

Services & Housing Directory 2024



Showcasing Silvera Communities

Silvera for Seniors has 61 years of experience and is a trusted leader in providing a diverse selection of safe, affordable housing and important services to older adults.

Did you know Silvera has 28 communities located throughout Calgary?



For more information,
403.567.5301 | silvera.ca





BE FREE BE YOU

Experience the best of senior living, where a vibrant community and the freedom to live life to the fullest await you.



Learn more about
our communities
optimaliving.ca

Our communities in southern Alberta.

Calgary Area

Sage Hill

403-536-6378 | sagehillseniors.ca
Independent Living, Supportive Living, Memory Care

The Edward

403-265-3023 | edwardliving.com
Independent Living

Red Deer

Aspen Ridge

403-341-5522 | aspenridgeseniors.ca
Independent Living, Assisted Living, Memory Care

Deer Park Village

403-309-6333 | deerparkseniors.ca
Independent Living

Inglewood

403-346-1134 | inglewoodseniors.ca
Independent Living, Assisted Living

The Hamlets at Red Deer

403-986-1250 | thehamletsatreddeer.ca
Independent Living, Supportive Living, Memory Care

Airdrie

Cedarwood Station

403-945-2222 | cedarwoodstation.ca
Independent Living

Claresholm

Cottonwood Village

403-625-5520 | cottonwoodvillage.ca
Independent Living

Medicine Hat

Meadowlands

403-504-5123 | meadowlandsseniors.ca
Independent Living, Memory Care, Supportive Living



Supporting your Independence

Through supportive living, Silvera for Seniors helps older adults remain as independent as possible and age successfully in community.



What is supportive living?

Scan to find out!

In partnership with the Alberta Government and the City of Calgary, Silvera offers 7 affordable (discounted) supportive living options for seniors and 1 market-priced location.

Come and go as you please, but always call Silvera home.



Dining



Housekeeping

Dining.

Residents can choose from a variety of nutritious meals and snacks prepared from scratch in our on-site kitchens. Red Seal chef created recipes that are both resident tested and dietitian approved, make dining a pleasure every day.

Housekeeping.

Weekly housekeeping is an important service provided to residents at our supportive living communities. Feel confident knowing that your suite and your community are clean and well cared for, keeping you safe and healthy.

Life, Learning and Leisure.

Residents at our full-service communities are offered a variety of Life, Learning and Leisure programs to help residents to maintain their health physically, socially and cognitively.



Life, Learning and Leisure



For more information,
403.567.5301
communityliving@silvera.ca | [Silvera.ca](https://silvera.ca)





**Your Golden
Ticket to
Friendship!**

Find Your Golden Ticket to Your Golden Life

Multiple Dining Options
Safety and Security | Sense of Community
Well-appointed Suites | Something for Everyone

Find a Golden Life Village near you and learn more today.

GRANDE AVENUE
Village

50 Grande Avenue
Cochrane
(403) 851-8857

EVANSTON GRAND
Village

40 Evanston Way
NW Calgary
(403) 274-6416

GRAND SETON
Village

4485 Front St.
Calgary
(587) 480-0147



Your golden life starts here.
Call today!



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Another year into the future, another year of our incredible directory: a document that contains all the information you might need to make informed decisions for your future, your well-being and your health.

As we head further into the future, it is getting harder to know what information to trust. The advent of AI and social media bombards us with so much, we're overwhelmed. No one has the time to trust and verify everything they hear when it rarely stops.

But in your hands, you have a document curated and created by people; real, flesh and blood folks. There is no AI generation here. We put a lot of hard work into ensuring every single piece of information is up-to-date, relevant and correct.

We are so proud to offer this to you, free-of-charge, and with the knowledge we've curated this guide for your benefit.

Here is to another year of our amazing directory, and a year filled with new connections.

Yours truly,

A handwritten signature in cursive script that reads 'R. K. Parker'.

Richard Parker

Richard Parker, board chair, and the entire board of Kerby Assembly.



We acknowledge the support of



©2024 The Calgary Seniors Directory of Services and Housing is published by Unison at Kerby Centre, 1133–7 Avenue SW, Calgary, Alberta T2P 1B2.

For further information on listings contained in this directory please contact Unison Seniors Supports at 403-705-3246 or seniorsupports@unisonalberta.com

Information compiled by Unison Seniors Support Staff.

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Design and Production: Zac Bolan



Independent Life, Community Living at Origin

Offering Full-Service Independent, Assisted Living
& Memory Care Suites



403-678-2288
808 Spring Creek Dr.
Canmore



403-271-2277
5200 – 44th Ave.
Calgary



587-481-6638
2635 Eversyde Ave. SW
Calgary

What do you want to do today?

For more information visit www.originway.ca



Ahead of the publication of this directory, we know that our senior community is facing a difficult time.

We've heard it all. We've heard it in the statistics, which tell us that one in four seniors in Calgary are in dire financial straits.

We've heard it from our partners and community organizations, who are trying to figure out how to help people whose monthly income is barely enough to cover rent.

And we've heard it from our seniors themselves, too many people with stories of trying to choose between their prescriptions or their groceries.

We may not have the solutions to all the big problems out there right now, but I like to think of this as a lifeline.

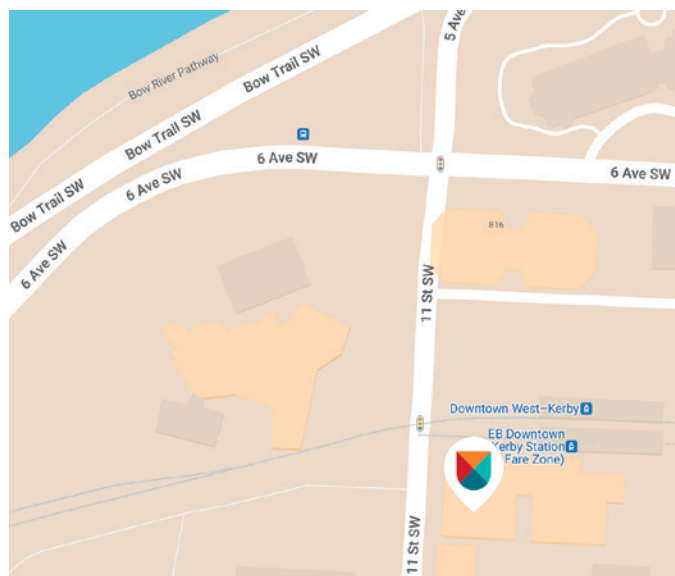
Wherever you look, there are people willing to help you. The folks at Unison, for Generations 50+ want to help, and this directory is filled with a ton of services, businesses and more. Each one could be the one thing you're looking for that will be able to help you make it through another month, another week, another day.

And if you can't find it here, come on down to Unison at Kerby Centre. No matter what your problem might be, we've been helping folks for over 50 years, and we don't plan on stopping anytime soon.

A handwritten signature in black ink, appearing to read "Larry Mathieson". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Larry Mathieson
CEO & President, Unison, for Generations 50+

Unison at Kerby Centre Location



**1133-7 Avenue S.W.
Calgary, AB T2P 1B2**

Phone: (403) 265-0661

Fax: (403) 705-3211

General E-mail:

generaloffice@unisonalberta.com

Hours: Mon – Fri, 8 AM to 4 PM

Contacts by Department

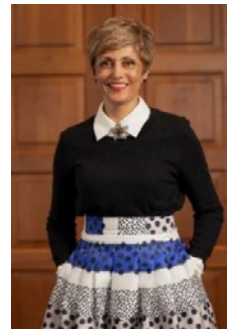
Kerby Shelter shelter@unisonalberta.com	(24-hour) 403-705-3250	Kerby Café, Catering and Event & Meeting Space Rentals kaylag@unisonalberta.com	403-705-3248
Wellness Connection Centre lola@unisonalberta.com	403-234-6566		
Thrive Food Security thrived@unisonalberta.com	403-234-6571	Volunteer Department volunteer@unisonalberta.com	403-234-6570
Seniors Supports seniorsupports@unisonalberta.com	403-705-3246	Fund Development robl@unisonalberta.com	403-705-3235
Active Aging program@unisonalberta.com	403-705-3233	Kerby News Editor andrewm@unisonalberta.com	403-705-3229
Adult Day Program adp@unisonalberta.com	403-705-3214	CEO Board of Directors president@unisonalberta.com	403-705-3251
Membership nancyg@unisonalberta.com	403-265-0661 ext.256	Website	unisonalberta.com
Travel travel@unisonalberta.com	403-705-3237	Unison at Veiner Centre (Medicine Hat) info@veinercentre.com	403-529-8307

A MESSAGE FROM MAYOR JYOTI GONDEK



A MESSAGE FROM MAYOR GONDEK

Thank you to the Unison for Generations 50+ team for your continued efforts to curate this informative directory to help aging Calgarians navigate living in our great city. My Council colleagues and I are inspired by the number of services presented in the directory which seems to expand every year a little more to reflect the many programs, services, housing options, and organizations that support Calgarians to age well.



For a city to truly be inclusive, we need policies, places, and practices that are designed for the people they serve. Unison at Kerby Centre is a welcoming place where people feel part of a community. In a similar fashion, this directory offers an accessible wayfinding tool to live and age in community.

Our 50+ generation has greatly contributed to Calgary, and you deserve a city that reflects your needs. The best way to do this is together. Flipping through these pages, it's awe-inspiring how many non-profit organizations and businesses are working hard to offer services that enhance the lives of others. Please know that we appreciate all you do, along with the team that brings it all together at our fingertips.

Thank you to everyone at the Unison at Kerby Centre. You are a big reason Calgary continues to be listed as one of the most livable cities in the world.

Sincerely,

Jyoti Gondek
Mayor of Calgary



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Our Services

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- Meal Planning
- Errands & Appointments
- Dementia Strategies
- Mindful Visits
- ***And more!***

For more information, please contact
403-919-7147 or **originathome@origin.ca**

www.OriginAtHome.ca



Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
<p>For EMERGENCY medical, fire and police response.</p> <p>Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.</p>	<p>Information, advice and help accessing programs and benefits for older adults.</p>
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
<p>Health advice (including dementia advice) from a registered nurse.</p>	<p>Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).</p>
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
<p>Information on all City of Calgary services. www.calgary.ca</p>	<p>Non-urgent advice on navigating the addiction and mental health system.</p>
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
<p>Information and referrals for community and social services. www.ab.211.ca</p>	<p>Confidential information and support, or to report a suspected case of elder abuse.</p>

Telephone language interpretation service available on all lines.

19-0002791

Find out why Active Agers Love

Rocky Ridge Retirement Community

Tour Today

Rocky Ridge
Retirement Community *by Signature*



All Inclusive Senior Living

With fabulous mountain views and a myriad of amenities, Rocky Ridge Retirement is a top choice for active agers. With fitness classes, entertainment, happy hours, bus outings, lifelong learning and music, there is much to choose from. We have 26 suite types in our resort type setting along with a theatre, pool and outdoor courtyard. We provide three freshly prepared meals a day, snacks in our bistro, weekly housekeeping and much more. Moreover, if you need care and assistance, we have that too. Call us today to book a tour.

www.RockyRidgeRetirement.com

403.930.4848

Experience Vibrant Seniors Living

10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1



#ELDERABUSEHAPPENS

It's not always easy to spot the impact of elder abuse. Nearly one in 10 Alberta seniors is the victim of physical, mental or sexual abuse, financial exploitation or neglect. Make sure you know the signs and how to stop it.

Learn more.
Alberta.ca/ElderAbuseHappens

Alberta

Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness of people like you who remember us with a gift in their will – a gift that will help create a better future for seniors.

*Make an impact.
Leave a legacy.*

Contact Rob Locke
RobL@UnisonAlberta.com
403-705-3235

WHAT TO DO WHEN YOU TURN 65?

6-10 MONTHS BEFORE

- Apply for Canada Pension Plan (CPP)
- Apply for Old Age Security (OAS)
- Apply for Guaranteed Income Supplement (GIS)
Call: 1-800-277-9914 for application status

3 MONTHS BEFORE

- Apply for Alberta Seniors Financial Assistance Program. Automatically registers you in the following programs if you are eligible for them:
 - Alberta Seniors Benefits — a cash assistance for low-income earners
 - Dental and Optical Assistance
 - Special Needs Assistance (SNA). Call: 1-877-644-9992 for application status.
- Blue Cross: Send “Proof of Age Declaration Form” to Alberta Health and Wellness for Basic Blue Cross Premium coverage or take Proof of Age/Alberta Health Care Card/Canadian Birth Certificate to any authorized Registry.
Call: 403-234-9666

AFTER TURNING 65

- Apply for Calgary Transit Seniors Bus Pass
Call: 403-262-1000
- Calgary Public Library Card
All Library memberships are now free
- Apply for Fair Entry Program (If eligible)
Call: 311

AT ANY TIME AFTER AGE 18 PLEASE CONSIDER

- Writing your will
- Preparing a Personal Directive
- Preparing/Assigning Enduring Power of Attorney

UnisonAlberta.com



Nurse Next Door®
home care services

HOME CARE DONE DIFFERENTLY

Our Care Team is here for you 24/7

- Proudly serving Calgarians since 2008
- Companionship, personal care, housekeeping, meal prep, transportation and more
- Customized care plans to suit each family's needs
- Ask about the Subsidized Client Directed Home Care Program



CONTACT US FOR A FREE CARING CONSULT
403-454-1399
WWW.NURSENEXTDOOR.COM



SERVICE CANADA

Service Canada provides Canadian seniors with a single point of access to a wide range of government services and benefits.

THE CANADA PENSION PLAN (CPP)

CPP provides contributors and their families with partial replacement of earnings in the case of retirement, disability or death. It is a monthly payment for someone at least 60 years old who has worked and made valid contributions to the CPP. The pension amount depends on how much and for how long they contributed to the CPP and at what age they want their pension to start. Starting the CPP retirement pension at age 60 for example, will decrease their pension amount by 7.2% per year up to a maximum reduction of 36%.

canada.ca/en/services/benefits/publicpensions/cpp

Call: 1-800-277-9914

ELIGIBILITY

To be eligible you must:

- have worked in Canada and made at least one valid contribution to the Canada Pension Plan (CPP)
- (earnings above \$3,500 per year);
- -be 60 years old or older.

UNDER 65 YEARS OLD

If you continue working, receive your CPP retirement pension and are under 65 years old, you must continue to contribute to the CPP. Your contributions will go toward post-retirement benefits and will increase your retirement income.

65 YEARS OLD AND OLDER

If you continue working, receive your CPP retirement pension and are 65 years old or older, you can choose whether to continue contributing to the CPP. If you choose to continue contributing, your CPP contributions will go toward post-retirement benefits and will increase your retirement income.

Your pension amount depends on how much and for how long you contributed to the CPP and at what age you want your pension to start.

HOW TO APPLY

OPTION 1

Apply online through My Service Canada Account (MSCA).

If you do not already have a MSCA, you will need to request a personal access code (PAC). A PAC is your key to accessing Service Canada's secure online services.

OPTION 2

Complete, sign and mail the Application for Canada Pension Plan Retirement Pension (ISP1000) to Service Canada.

CHILD-REARING PROVISION

If you stopped working or worked less in order to raise your children while they were under the age of 7, you could use the child-rearing provision to increase your CPP benefit. To request this, complete Section 11A of the CPP Retirement application form (ISP1000)

SURVIVOR'S PENSION

CPP survivor's pension is paid to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor.

canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension

Call: 1-800-277-9914

OLD AGE SECURITY (OAS)

The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security

Call: 1-800-277-9914

OLD AGE SECURITY (OAS) ALLOWANCE

A monthly payment for someone aged 60 to 64 whose spouse or common-law partner is receiving the OAS pension and is eligible for the Guaranteed Income Supplement.

OAS Allowance for the Survivor – a monthly payment for someone aged 60 to 64 whose spouse or commonlaw partner has died, who has not remarried or entered into a new common-law relationship and whose annual income is below the eligible threshold.

THE GUARANTEED INCOME SUPPLEMENT (GIS)

GIS provides a monthly non-taxable benefit to OAS pension recipients whose annual income (or in the case of a couple, a combined income) from the previous year is below the eligible threshold. and are living in Canada.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement

Call: 1-800-277-9914

LIVING WITH A DISABILITY

A CPP contributor under the age of 65 who becomes disabled may be eligible for:

CPP Disability Benefit – a monthly payment for someone who has worked and contributed to the CPP and whose disability is severe and prolonged and prevents them from working at any job on a regular basis.

In addition, their child or children may be eligible for:

CPP Children's Benefit – a monthly payment for the child of someone who receives the CPP disability benefit. The child must be under the age of 18, or between 18 and 25 and attending a recognized school or university full time.

CHANGES IN PERSONAL SITUATION

Changes in someone's personal situation may affect their benefits. Service Canada must be notified when any of the following events occurs:

- A couple can no longer live together for reasons

beyond their control (for example, if one of them is in the hospital or living in a Long-Term Care Facility), they may be entitled to a higher payment.

- Divorce or separation, contributions made to the CPP can be equally divided for the period they lived together while married or in a common-law relationship.
- Marriage or common-law relationship status;
- Change of address; or
- Any absence from Canada over six months.

DEATH

- Service Canada must be notified as soon as possible when someone receiving CPP and/or OAS benefits dies. The month in which someone dies is their last month to receive benefits. Any benefits received after that month must be repaid.

HELP IF YOU'RE NOT QUITE A SENIOR (AGE 55–64)

The government identifies a person as a senior when they turn 65 years of age.

Below are a list of services and benefits available before the age of 65.

ASSURED INCOME FOR THE SEVERELY HANDICAPPED (A.I.S.H.)

- (Page 49)

BUS PASS

- Low-income monthly bus passes are available from Calgary Transit (Page 66)

ACCESSIBLE TRANSPORTATION

- Access Calgary – Calgary Transit (Page 67)

FOOD DELIVERY

- Meals on Wheels (Pages 32)
- Unison at Kerby Centre Thrive (Page 33)

FOOD

- Calgary Food Bank (Page 32)

HEALTH BENEFITS

- The Alberta Adult Health Benefits provides eye exams, glasses, prescriptions and dental care for individuals and families with limited income
 - 1-877-469-5437
 - aahb@gov.ab.ca
 - alberta.ca/alberta-adult-health-benefit

HOUSING

- Unison Seniors Supports Department may have suggestions for low-cost rental options (Page 85)

INCOME SUPPORT

- Alberta Employment and Immigration (Alberta Works) can provide financial support (Page 24)

INCOME SUPPORT FOR THOSE LIVING WITH A DISABILITY

- Canada Pension Disability—CPP (Page 52)

PENSION

- Canada Pension retirement benefits can begin at age 60. The Allowance for the Survivor may also start at 60. (Page 52)

RECREATION

- City pools and recreation facilities offer a subsidy for low-income earners (Page 57)
- 50+ clubs offer low-cost programs (Page 58)
- Unison's Active Aging department offers over 150 exciting programs, over four semesters for any fitness level (Pages 28, 57)

Still have questions? Contact: Unison at Kerby Centre Seniors Supports Office 403-705-3246

PERSONAL AND FINANCIAL DECISION MAKING OPTIONS

There are a number of options available when a person does not, or can not, handle their financial and personal affairs.

POWER OF ATTORNEY:

- This document allows seniors to give power to someone else to act on their behalf.
- Usually related to financial matters i.e. paying their bills.
- In effect only while the senior is alive and able to make their own decisions.
- It is best if this document is prepared by a lawyer.

ENDURING POWER OF ATTORNEY:

- An enduring power of attorney is a legal document you can use to appoint someone to make financial and legal decisions on your behalf. A power of attorney is “enduring” if it states its power continues after mental incapacity or it can be written to only take effect when mental capacity is lost. If you prepare this document, there is no need for your family to apply to be your trustee in the event you lose capacity.

PERSONAL DIRECTIVE:

- This document allows seniors to appoint someone else to make personal decisions on their behalf.
- Comes into effect when the person is unable to make their own decisions due to illness or accident.
- Decision making may include medical treatment, accommodation, and other personal care problems.
- This legal document ends on the death of the represented senior.
- This form along with the instructions is found on alberta.ca/personal-directive.
- This document is typically signed at the same time as the Enduring Power of Attorney.

GUARDIANSHIP:

- A guardian is appointed by the court to act on behalf of a person who is no longer mentally capable.

- Guardians may make decisions such as where to live, health care, etc.
- For assistance with application contact Office of the Public Guardian and Trustee alberta.ca/opgt-supports.

TRUSTEESHIP:

- A trustee is appointed by the court to handle the financial matters of a senior.
- Generally the person acting as a trustee will also act as a guardian to ensure that both financial and personal matters are handled for the senior.
- For assistance with application contact Office of the Public Guardian and Trustee alberta.ca/opgt-supports

ALBERTA HEALTH SERVICES ADVANCE CARE PLANNING AND GOALS OF CARE

P: 811

albertahealthservices.ca/info/page12585.aspx

Advance Care Planning offers a system-wide approach to assist clinicians and patients in discussing and defining the goals of care for individuals receiving health care services.

- Goals of care conversations provide an opportunity for patients and their health care professionals to share information on relevant topics such as the patient's values and wishes, health concerns, and the benefits and burdens of current and future treatment options.
- Information regarding the process of creating a personal directive is also provided and will help guide decision making related to your care in the event you become unable to communicate for yourself.



UnisonAlberta.com
(403) 265-0661

WILLS AND ESTATES

ESTATE:

- Is all the property and money owned by an individual when they die.

WILL:

- Is a legal document prepared by a person prior to their death that outlines how their Estate will be given out after their death.
- It is always wise to have a lawyer prepare a will to avoid legal problems.

INTESTATE:

- A term used for a person who dies without a valid will.
- Contact a lawyer or Public Trustee 403-297-6541, for instructions on how to handle this situation.

HOLOGRAPH WILL:

- Holograph wills are legal in Alberta but not in all provinces or territories in Canada.
- Holograph wills must be written in the Testator's own handwriting and must be signed by the Testator and are not witnessed.
- These types of wills can be prepared in an emergency, but it is important that they clearly state what your intentions are.

EXECUTOR:

- Is the person or persons named in a will to deal with any financial matters related to the person who has died and to distribute the estate.

BENEFICIARY:

- Is the person or organization named in a will who will receive the assets of the estate.
- The executor and the beneficiary may be the same person.

PROBATE:

- Probate is a legal process that takes place after someone's death.
- It involves proving that the deceased's will is valid and dividing the property as instructed by the will.
- By planning ahead, it may be possible to avoid probate.
- Property that is held jointly with a spouse or other person does not need to be probated.
- Before any transfer of assets, it is a good idea to get legal advice.

- There may be costs and tax to pay.
- Probate may not be necessary if the estate is small.
- Probate is required when a house or investment is in the deceased's name only.
- A will needs to be probated if any individual such as a financial institution or the land titles office asks for it to be probated.
- Applications for probate are usually made by a lawyer however a lawyer is not required.
- Probate forms in a package called Surrogate Court Rules can be ordered from the Queens Printer at qp.alberta.ca or by dialing 403-310-0000 and asking for 780-427-4952.
- The assistant at the court of Queens Bench (403-297-7281) will give limited information to anybody who wishes to apply for probate without a lawyer.

JOINT LAND TITLES:

- It is a good idea to have both husband and wife listed on a land title to eliminate the need of probate.
- Lawyers DO NOT recommend that children or grandchildren be put on a land title.
- By adding another person to a land title, that person receives an equal share in the property and the property cannot be sold without that individual's permission.

WHAT HAPPENS IF YOU DIE WITHOUT A WILL?

- If you die without a will, the Wills and Succession Act sets out how and to whom property is transferred when a person dies. Information about this act is available by visiting alberta.ca/wills-in-alberta.aspx.



Jill Chambers CEA

Professional Executor

403 978 2176

jill@financial-concierge.ca

financial-concierge.ca

STEPS TO FOLLOW WHEN A SENIOR DIES

PRE-ARRANGEMENTS

- **Will:** Executor needs to locate a copy. Should be kept in an accessible/safe location.
- **Funeral:** A pre-arranged funeral can save money and stress. For a low-cost alternative try Calgary Co-operative Memorial Society, 403-248-2044.
- **Documents:** Executor needs list of bank accounts, credit cards, investments, insurance and organizations and people to be notified.

FEDERAL GOVERNMENT

Notify Service Canada
(Income Security Programs) 1-800-277-9914

- **Old Age Security & Canada Pension:** Cancel cheques. Social insurance number required. Estate is entitled to cheque received in month of death.
- **Lump Sum Death Benefit:** Paid to the estate of contributors to Canada Pension. Application form usually provided by funeral home.
- **Survivor Benefit:** Amount depends on what deceased paid into Canada Pension. Application form usually provided by funeral home.
- **Allowance:** For widows/widowers between the ages of 60-65, depending on income.
- **Guaranteed Income Supplement:** over 65, depending on income.
- For GST rebate & info on submitting a final tax return.
- Info on obtaining a Clearance Certificate after final tax has been accepted.

PROVINCIAL GOVERNMENT

Notify Alberta Seniors 1-877-644-9992

- **Seniors Financial Assistance Program:** Paid to low-income individuals over 65. Notify with deceased's personal health number.
- **Alberta Health Care** should notify **Alberta Blue Cross**. If not, call 403-234-9666.

Land Titles 403-297-6511

- To transfer the title on Alberta real estate.

Public Trustee 403-297-6541

- May need to consult this office if the deceased died without a will.


MISCELLANEOUS

- **Financial:** Notify banks, credit cards, investment dealers
- **Insurance:** Notify car, home, vehicle and life insurers
- **Vehicle Registration:** Contact private registry agent
- **Utilities:** Notify phone, cable, electricity, gas
- **Death Certificate:** Funeral director's certificate should be sufficient for most purposes. If not, order one from any private registry agent.
- **Support/Counselling:** Grief counselling is available from Alberta Health Services, Grief Support at 403-955-8011.

See information sheets on *Personal and Financial Decision-Making Options* on page 16 and *Wills and Estates* on page 17.

Elder Abuse Happens

The Unison **Elder Abuse Shelter** offers individuals a safe place to stay while actively working with caseworkers to transition back into the community safely and sustainably.



Elder Abuse Resource Line: 403-705-3250 (24-hour)
UnisonAlberta.com/Elder-Abuse

UnisonAlberta.com

COMMUNITY SERVICES FOR SENIORS

INDIGENOUS SERVICES

ABORIGINAL FRIENDSHIP CENTRE OF CALGARY

P: 403-270-7379
316 7 Ave SE T2G 0J2
afccalgary.org

- A supportive environment for aboriginal people to connect to community resources.

ELDER ABUSE

UNISON ELDER ABUSE SHELTER

P: 403-705-3250 (Elder Abuse Resource Line)
KarenW@unisonalberta.com
TTY Capable
unisonalberta.com

- Offers safe, secure shelter to senior men and women who are experiencing abuse. The Elder Abuse Resource Line can be accessed for information, support and crisis intervention. Assessment required prior to admission.

PROTECTION FOR PERSONS IN CARE ALBERTA SENIORS

P: 1-888-357-9339
F: 780-415-8611
Health.ppc@gov.ab.ca
alberta.ca/protection-for-persons-in-care.aspx

- Investigates complaints of abuse involving adults receiving services from government-funded agencies such as nursing homes, seniors' lodges, hospitals, shelters and group homes. Any person who believes an adult in such a facility has been abused, must report the abuse to the above number or to the police.

ADDICTION SERVICES

AL-ANON 24-HOUR LINE

P: 403-266-5850
303 Forge Road SE T2H 0S9
aiscalgarymonitoring@gmail.com
al-anon.ab.ca

- Self-help groups for relatives and friends of alcoholics.

ALBERTA HEALTH SERVICES ADULT ADDICTION SERVICES

T: 403-367-5000
F: 403-367-5010
707 10 Avenue SW T2R 0B3 (3rd Floor)
albertahealthservices.ca

Addiction treatment services may include:

- Drop-in intake
- Short-term, outpatient counselling
- Educational, skill, and support group programs
- A four-week, intensive day treatment program for those committed to abstinence
- Next business day access to programs following intake

ACCESS MENTAL HEALTH

P: 403-943-1500 ext 2, help line: 403-955-6155
Fax: 403-943-9044
AHS Seniors' Health Clinic-Bridgeland
1070 McDougall Road NE Calgary, AB T2E 7Z2
ahs.ca

- A concurrent program for seniors focusing on the treatment of substance abuse and mental health problems. To assist older individuals and their family members to cope with addiction.

ALCOHOLICS ANONYMOUS

P: 403-777-1212
centraloffice@calgaryaa.org
4021 4 Street SE T2G 2W4
calgaryaa.org

- 24-Hour answering service for anyone with a drinking problem. Daily self-help meetings held at various locations throughout the city.

DISTRESS CENTRE

P: 403-266-4357 (24-hour crisis line)
F: 403-262-2512
help@distresscentre.com
#500, 999 8 St. SW T2R 1J5
distresscentre.com

- A 24/7 crisis line, online crisis chats and short-term counselling on any issue including suicide, abuse or violence, loneliness and substance abuse.

DIRECTORY OF SERVICES

CAREGIVER INFORMATION

ALBERTA HEALTH SERVICES FAMILY CAREGIVER CENTRE

P: 403-955-1674

F: 403-955-1584

family.caregivercentre@albertahealthservices.ca
1070 McDougall Road NE T2E 7Z2

- Offers a range of information and support for families providing care at home.

RESPIRE

Respite programs offer relief services for caregivers.

ALBERTA HEALTH SERVICES HOME CARE

P: 403-943-1600 (Current Home Care Clients)

P: 403-943-1920 (New Home Care Clients)

10101 Southport Road SW T2W 3N2

albertahealthservices.ca

- Home Care may arrange for short-term in-home relief for caregivers. In addition, Home Care may refer to care centres that offer temporary admissions. A medical assessment by Home Care is required for these services.
- In addition to the above, there are non-funded respite beds available at several care centres.

CAREGIVERS ALBERTA

780-453-5088

Toll-Free: 1-877-453-5088

caregiversalberta.ca/

office@caregiversalberta.ca

- Provides resources, mental health support, and education for people caring for family members or friends.

CERTIFICATES AND LICENSES

SERVICE ALBERTA

P: 310-0000 (Toll free in Alberta)

P: 780-427-2711

service.alberta@gov.ab.ca

alberta.ca/service-alberta

- In Alberta, birth, marriage, and death certificates and drivers' licenses are obtained from private registry agents. A list of agents can be found under License & Registry Services in the Yellow Pages or from the website above.

For certificates from outside Alberta, information is available from Unison Seniors Supports at 403-705-3246.

CITIZENSHIP AND IMMIGRATION

CALGARY CATHOLIC IMMIGRATION SOCIETY

P: 403-262-2006 contact@ccisab.ca

Immigrant Senior Services 5th Floor,
1111 11 Avenue SW T2R 0G5
ccisab.ca

- Promotes social integration and access to community services for immigrant seniors.

CALGARY IMMIGRANT WOMEN'S ASSOCIATION

P: 403-263-4414

F: 403-264-3914

reception@ciwa-online.com

200, 138 4 Avenue SE T2G 4Z6

ciwa-online.com

- A counsellor assists senior immigrant women that have been in Canada less than three years in the areas of health, family law, intergenerational issues and community resources. Support is provided in their first language.

CITIZENSHIP AND IMMIGRATION CANADA

P: 1-888-242-2100

F: 403-292-6240

TTY: 1-888-576-8502

question@cic.gc.ca

ircc.canada.ca

- Application for Canadian citizenship may be made by permanent residents who have lived in Canada three out of four years prior to applying.
- Information on immigrating to Canada and sponsoring a relative. Forms available on the website.

IMMIGRANT SERVICES CALGARY

P: 403-265-1120

F: 403-266-2486

info@immigrantservicescalgary.ca

1200, 910 7 Avenue SW T2P 3N8

immigrantservicescalgary.ca

- Provides settlement and integration services for immigrants. Interpreters available. Courses in citizenship preparation.
- Services for multi-cultural seniors including presentations on community resources and one-on-one supportive counselling.

COMMUNITY DEVELOPMENT

CARYA

P: 403-269-9888

F: 403-205-5281

info@caryacalgary.ca

180, 839 - 5th Avenue SW T2P 3C8
caryacalgary.ca

- Social connection projects include tea and conversation, days of caring, educational events, community projects, hampers and board and volunteer opportunity.

CALGARY SENIORS' RESOURCE SOCIETY

P: 403-266-6200

F: 403-269-5183

reception@calgaryseniors.org

3639 - 26 Street NE T1Y 5E1

calgaryseniors.org

- **Senior Connect:** Free education sessions help caring citizens recognize the signs that a senior may be at risk and how to report their concerns confidentially via the 24-hour Seniors' Help Line. A social worker follows up with the identified seniors and helps connect them with community services.

UNISON AT KERBY CENTRE

P: 403-265-0661

F: 403-705-3211

Seniorsupports@UnisonAlberta.com

1133 7 Ave SW T2P 1B2

unisonalberta.com

- Activities, Programs and services designed specifically for older adults all under one roof. Centrally located with easy access by LRT at the Downtown West / Kerby Station. See our department specific listings on pages 19, 21, 23, 24, 26, 28, 33, 37, 53, 54, 57, 60, 64, 67, 68, 141.

THE CITY OF CALGARY — SENIORS SERVICES

CALGARY NEIGHBOURHOODS

P: 311

calgary.ca/seniors

Seniors Services at The City of Calgary works with agencies, communities and seniors to identify and develop initiatives and opportunities to enhance the quality of life for older adults. The City of Calgary has developed an Age Friendly Calgary Strategy based on the World Health Organization's Age Friendly Cities Framework.

What they do:

- Identify needs in seniors' communities and neighbourhoods
- Support community-led initiatives that respond to the community needs in 6 local priority areas
- Bring older adults in the community together to talk about issues that affect them and services they may require.
- Work with older adults in planning special projects and events that promote the well-being of all older adults in community life
- Assist older adults in advocating for their own needs

If you are interested in finding out more information or would like to start your own community initiative, contact 311 or visit calgary.ca/Seniors.

SORCe

P: 587-779-5015

admin@sorcecalgary.ca

SORCe (sorcecalgary.ca)

316 7th Ave SE (Walk-in)

- The SORCe is a location where people can access programs and services that address their current needs. SORCe provides resources in three areas: Housing, Mental Health & Addiction and Employment & Training.
- SORCe is located on the City Hall LRT platform and is open Monday through Friday from 9am to 12pm and from 1pm to 4pm.

COMPUTERS

For information on seniors' computer courses at various locations around the city, contact Unison at Kerby Centre Active Aging Department at 403-705-3233.

CALGARY COMMUNITY NETWORK ASSOCIATION

P: 403-263-8080

Office@calcna.ab.ca

manager@calcna.ab.ca

- This non-profit organization provides affordable accessibility to the internet from public access terminals or by dialing in from home. Surf the web and use email.

CALGARY PUBLIC LIBRARY

P: 403-260-2600 (Central Library)

F: 403-260-2737

F: 403-262-5929

800, 3rd Street, SE, T2G 2E7

calgarylibrary.ca

DIRECTORY OF SERVICES

CONSUMER INFORMATION

ALBERTA OMBUDSMAN

P: 403-297-6185

F: 403-297-5121

info@ombudsman.ab.ca

2560, 801 6 Avenue SW T2P 3W2

ombudsman.ab.ca

- Has authority to investigate complaints against provincial government agencies, departments, boards, and commissions. Also professions covered by the Health Professions Act such as dentists, audiologists.

ALBERTA SECURITIES COMMISSION (ASC)

P: 1-877-355-0585

P: 403-297-6454

F: 403-297-6156

inquiries@asc.ca

600, 250 5 Street SW T2P 0R4

asc.ca

- Free, impartial information on investing. Visit the website or call to check registration and disciplinary history of an individual or firm selling an investment, make a complaint or request free brochures.

BETTER BUSINESS BUREAU

P: 403-517-4222 - Complaints line

P: 403-531-8784 - General inquiries line

F: 403-640-2514

info@calgary.bbb.org

#5, 1709 8th Ave NE T2E 0S9

bbb.org

- Provides information to consumers on the reliability of a company. Also takes consumer complaints and provides mediation services.

CONSUMER CONTACT CENTRE SERVICE ALBERTA

P: 1-877-427-4088 (Toll Free)

F: 403-297-4270

service.alberta@gov.ab.ca

servicealberta.ca

- Consumer information on door-to-door sales, collection practices, contractor licensing, cemeteries, funeral services, charitable fundraising, and landlord/tenant. Also investigates consumer complaints.

MONEY MENTORS

P: 403-265-2201

P: 1-888-294-0076

F: 1-888-858-3305

info@moneymentors.ca

140, 109 Quarry Park Blvd, SE T2C 5E7

moneymentors.ca

- Provides consumer debt counselling and orderly payment of debts program

UTILITIES CONSUMER ADVOCATE

P: 403-310-4822

F: 1-866-744-5129

UCAhelps@gov.ab.ca

Century Park Place 855 8 Avenue SW T2P 3P1

(9th floor)

ucahelps.alberta.ca

Monday-Friday 8:15am - 4:30pm

- Mediate disputes between consumers and utility companies and have a team of mediation officers who provide advice and information on energy related issues like energy choice and charges on a utility bill.

COUNSELLING

The following offer professional counselling by registered social workers or psychologists.

AHS MENTAL HEALTH AND WALK-IN

P: 403-943-9374

South Calgary Health Centre 2nd floor

31 Sunpark Plaza SE

Walk-in therapy on a single session basis (walk-in/ phone/zoom)

Monday to Thursday (4pm-7pm) Friday (9am-12pm)

Closed on weekends and statutory holidays

ahs.ca

- Service covered under Alberta Health Care

CALGARY COUNSELLING CENTRE

P: 403-265-4980

P: 1-833-827-4229 - Intake Line Register by phone.

Hours of operation: Monday-Friday 9am - 4 pm

F: 403-265-8886

contactus@calgarycounselling.com

1000 - 105, 12 Ave SE T2G 1A1

calgarycounselling.com

- Individual, couple, children, youth and family counselling. Programs for family violence and sexual abuse survivors.

CALGARY NARRATIVE COLLECTIVE

P: 403-265-9590

223 12 Ave SW, T2R 0G9

calgarynarrative@gmail.com

scalgarynarrativecollective.com

- Individual counselling to female clients by female counsellors.

CARYA

P: 403-269-9888

P: 403-205-5244 - Intake line

F: 403-205-5281

180, 839 - 5th Avenue SW T2P 3C8

caryacalgary.ca

- Non-crisis counselling available by clinical professionals specially trained in older adult issues. For individuals, couples and families. Facilitation of difficult family conversations on issues related to aging. Services available at a variety of office locations, and, when required, in-home. Fees on a sliding scale.

DISTRESS CENTRE - CRISIS SUPPORT

P: 403-266-HELP (4357)

F: 403-262-2512

info@distresscentre.com

500, 999 8 St. SW T2R 1J5

distresscentre.com

- Free professional counselling with Registered Social Workers for individuals, families, couples and groups
- 24 hour/365 days telephone support
- Chat online 3pm-10pm Monday to Friday and 12pm-10pm weekends

EASTSIDE FAMILY CENTRE

P: 403-299-9699

Help line - 403-299-9699

F: 403-283-9735

askus@woodshomes.ca

#255, 495 36 St. NE T2A 6K3

woodshomes.ca

- Provides crisis assistance and counselling services on a no fee, walk-in basis.

KINDRED

P: 403-233-2360

F: 403-205-5295

intake@kindred.ca

250, 707 10 Avenue SW T2R 0B3

kindred.ca

- Individual, couple and family counselling services.

LIVING WITH ADVANCED ILLNESS CENTRE

P: 403-263-4525

info@hospicecalgary.ca

1245, 70 Avenue SE T2H 2X8

hospicecalgary.ca

- Counselling and support groups for people living with life-threatening illness and their families. Clients can be seen in home or at Sage Centre. No referral needed.

JEWISH FAMILY SERVICE CALGARY

420, 5920 1A Street SW T2H 0G3

jfsc.org

P: 403-287-3510

F: 403-287-3735

info@jfsc.org

- Fees based on a sliding scale.
- Counselling for individuals, couples and families.
- Provide Outreach works in the South of Calgary
- Specialized services for Holocaust survivors

UNISON WELLNESS CONNECTION CENTRE

Unison at Kerby Centre

1133- 7 Avenue SW T2P 1B2

P: 403-234-6566

lolaf@unisonalberta.com

unisonalberta.com

- Programs for 50+
- Grief support, River walk, Sidewalk seniors, Social calling, Peer support, Wellness presentations, Men's shed, laughter yoga, indigenous drumming and story telling, music wellness, boundaries workshop.

unison
At Kerby Centre

**Seek Out our Unison
Wellness Connection Centre**

Supporting the mental health and
wellness of generations 50+

UnisonAlberta.com/Wellness
LolaF@UnisonAlberta.com | 403-234-6566

DIRECTORY OF SERVICES

CRIME

CALGARY POLICE SERVICE

P: 403-266-1234 Info Line (non-emergency)
cps@calgarypolice.ca calgary.ca/cps

Call the above number to report crime.

CANADIAN ANTI-FRAUD CENTRE

P: 1-888-495-8501
F: 1-888-654-9426
info@antifraudcentre.ca
antifraudcentre.ca

DOMESTIC CONFLICT / ELDER ABUSE UNIT

P: 403-428-8339
F: 403-216-5359
5111 47 St. NE T2J 3R2

- Provides crime prevention information and advice on all forms of abuse against seniors. Offers educational lectures on elder-abuse and fraud.

VICTIM ASSISTANCE UNIT

P: 403-428-8398, 1-888-327-7828 (toll free)

- Offers support and information for victims of crime. This includes bereavement support when necessary. Support can also be provided to seniors who are required to attend court, either as a victim or a witness.

CRISIS ASSISTANCE

Also see Crime (above).

ALBERTA SUPPORTS CONTACT CALL CENTRE

P: 1-877-644-9992
alberta.ca/alberta-supports

- Information on social-based programs and services offered by the Government of Alberta.

UnisonAlberta.com

ALBERTA EMPLOYMENT AND IMMIGRATION

P: 780-427-2711
(Dial 310-0000 before dialing the number)
alberta.ca/work-in-alberta

CALGARY COMMUNITIES AGAINST SEXUAL ABUSE

P: 403-237-5888 (24-hour support and info line, hours of operation: 9am to 5pm Mon-Fri)
P: 1-877-237-5888
F: 403-264-8355
info@calgarycasa.com
Northland Building, Suite 700, 910 7 Avenue SW
T2P 3N8
calgarycasa.com

- Crisis counselling for sexual abuse/assault survivors. Police and court education support program. Education and outreach programming

DISTRESS CENTRE CALGARY

P: 403-266-4357 (24-hour)
F: 403-262-2512
info@distresscentre.com
500, 999 8 St. SW T2R 1J5
distresscentre.com

- For seniors, their families, and caregivers. 24-hour service by Distress Centre volunteers. Help for loneliness, elder abuse, alcohol or drug abuse, family concerns, depression and grief or loss. Online crisis chat.

SALVATION ARMY COMMUNITY SUPPORT SERVICES

P: 403-220-0432
F: 403-220-0470
1826 36 Street SE T2B 0X6
salvationarmy.ca/alberta

- Assistance with clothing and other emergency.

UNISON ELDER ABUSE SHELTER & OUTREACH

P: 403-705-3250 (Elder Abuse Resource Line)
TTY Capable
F: 403-705 3242
shelter1@unisonalberta.com
unisonalberta.com

- Offers safe, secure shelter to senior men and women who are experiencing abuse. The Elder Abuse Resource Line can be accessed for information needs. Client interview required. support and crisis intervention. Assessment required prior to admission.

DEATH & FUNERAL ARRANGEMENTS

FUNERAL ARRANGEMENTS

ALBERTA FUNERAL SERVICE ASSOCIATION

P: 1-780-412-1310

F: (780) 413-0076

inquiry@afsa.ca

#202, 5405 - 99 Street, Edmonton, AB T6E 3N8
afsa.ca

- Provides information on funerals and memorial services.

ALBERTA FUNERAL SERVICES REGULATORY BOARD

Toll free: 1-800-563-4652 (in Alberta only)

F: 780-452-6085

office@afsrb.ab.ca

afsrb.ab.ca

- Licenses and investigates complaints about funeral businesses, funeral directors, embalmers and funeral salespeople. The board also has information on funeral planning and prearranging a funeral in Alberta.

CALGARY CO-OPERATIVE MEMORIAL SOCIETY LTD.

P: 403-248-2044

P: 1-800-566-9959

admin@calgarymemorial.com

204A, 223 12 Avenue SW T2R 0G9

calgarymemorial.com

- Society membership provides access to low

cost funerals, burials and cremation. Lifetime membership fee is \$40.00 per adult.

CANADA PENSION PLAN DEATH BENEFIT

270, 220 4 Avenue SE T2G 4Z6

P: 1-800-277-9914

F: 1-613-941-1827

Mail: Box 2710, Stn Main, Edmonton T5J 2G4
servicecanada.gc.ca

- Canada Pension provides a lump sum death benefit for contributors of the plan. It is paid to the estate, next of kin or individual who pays for the funeral.

LAST POST FUND

P: 1-800-465-7113

F: 1-514-866-1471

info@lastpost.ca

#330 – 6600 Trans-Canada Hwy Pointe-Claire, QC
H9R 4S2

lastpostfund.ca

- Provides assistance for funeral, burial and grave marker expenses to war veterans or individuals receiving a disability pension for peace time service. Income and some assets are taken into consideration.

PUBLIC TRUSTEE

P: 403-297-6541

F: 403-297-3427

Barclay Centre, #900, 444 7 Ave SW T2P 0X8
alberta.ca/opgt-supports

- A branch of Alberta Justice that may administer an estate when a person dies without a will. May also arrange the funeral of a person who dies without a will.

Need Help Applying for Benefits & Pensions?



The Seniors Supports Team can help you apply for:

CPP, CPP Disability, Guaranteed Income Supplement (GIS), Old Age Security (OAS), Alberta Seniors Benefits (ASB), AISH, FairEntry Applications

UnisonAlberta.com/Calgary-Seniors-Supports

SeniorSupports@UnisonAlberta.com | 403-705-3246

We can provide guidance and support with Housing, Benefits & Pensions, Legal Help, Tax Support and Wills

DIRECTORY OF SERVICES

GRIEF SUPPORT

ALBERTA HEALTH SERVICES GRIEF SUPPORT SERVICES

P: 403-955-8011

F: 403-955-8022

Bob Glasgow Grief Support Centre
3rd Floor, 1820 Richmond Road SW T2T 5C7
albertahealthservices.ca

- Individual and group counselling for those experiencing the death of a loved one. Services offered at various locations including The South Calgary Health Centre or the University of Calgary Medical Clinic, Sheldon Chumir Clinic.

WELLNESS CONNECTION CENTRE

Unison at Kerby Centre
1133- 7 Avenue SW T2P 1B2
P: 403 - 234-6566


lolaf@unisonalberta.com
unisonalberta.com

- Programs for 50+
- Grief support, River walk, Sidewalk seniors, Social calling, Peer support, Wellness presentations, Men's shed.



**Seek Out our
Unison Wellness
Connection Centre**

Supporting the mental health
and **wellness** of generations 50+



UnisonAlberta.com/Wellness
LolaF@UnisonAlberta.com | 403-234-6566

DISABILITY SERVICES

CANADIAN NATIONAL INSTITUTE FOR THE BLIND (C.N.I.B.)

P: 403-266-8831

F: 403-265-5029

10 11A St. NE, T2E 4Z3
cnib.ca

- Provides services for people with vision loss. These include counselling, low vision assessments, mobility training and assistance with independent living. Supplies consumer products and assistive technology for vision loss. Seniors' support group.

SPINAL CORD INJURY ALBERTA

P: 403-228-3001

calgary@sci-ab.ca
5656 3 St. SW T2H 1H7
sci-ab.ca

- Provides counselling and referral for those with spinal cord injuries and other mobility impairments. Assistance with home adaptations, employment and housing.

THE CITY OF CALGARY ADVISORY COMMITTEE ON ACCESSIBILITY (ACA)

P: 311

calgary.ca/accessibility

- The City of Calgary offers accommodations and services such as captioning, sign language interpretation and alternate formats so everyone can participate in City services, programs and events.
- Also offers a variety of accessible services and programs for people with disabilities.
- These services include adapted recreational programs, accessible transportation options and advice on how to prepare for an emergency. Visit Calgary.ca/accessibility for more information. The City of Calgary's Advisory Committee on Accessibility (ACA) provides access recommendations and advise City Council of the rights and service needs of Calgarians with disabilities.

DEAF AND HEAR ALBERTA

P/F/Text: 403-284-6203

info@deafandhearalberta.ca
63 Cornell Road NW T2L 0L4
deafandhearalberta.ca

- Information and services for the deaf and hard of hearing. Offers classes in lip reading and coping strategies for the hard of hearing. Interpreting services and technical aid centre.

INDEPENDENT LIVING RESOURCE CENTRE OF CALGARY

P: 403-263-6880

F: 403-263-6811

TTY: 403-263-6874

#134, 3359 27th Street NE T1Y 5E4

Ed@ilrcc.ab.ca

ilrcc.ab.ca

- A consumer controlled, cross disability, community-based resource centre that delivers education, information and awareness through programs and activities.

PERSONS WITH DEVELOPMENTAL DISABILITIES (PDD) CALGARY REGION COMMUNITY BOARD

P: 403-297-5011

css.pddcalgary@gov.ab.ca

8500 Macleod Trail T2H 2N1

alberta.ca/persons-with-developmental-disabilities-pdd

- A provincial government program that pays for staff to help adult Albertans with developmental disabilities to be a part of their community and live as independently as they can.

PLAN CALGARY

P: 403-804-4798

membership@plancalgary.ca

301, 10820 24 St SE T2Z 4C9

- Comprehensive future planning service for seniors with adult disabled dependents.

EDUCATION

PLEASE NOTE: The seniors' centres on page 57 also offer a variety of program options, as do the recreation facilities on page 58.

GENERAL COURSES

ALBERTA UNIVERSITY OF THE ARTS

P: 403-284-7634 (Registrar – Credit Courses)

F: 403-284-7644

registrar@auarts.ca

P: 403-284-7640 (Extended Studies)

coned@auarts.ca

1407 14 Avenue NW T2N 4R3

auarts.ca

- Extended studies courses are offered at a discount to seniors.

ATHABASCA UNIVERSITY

P: 1-800-788-9041

F: 403-298-2922

au-questions@athabascau.ca

345 6 Avenue SE T2G 4V1

athabascau.ca

- Offers university courses by distance or online learning. Individuals 65 and over receive a substantial reduction on course fees.

CALGARY BOARD OF EDUCATION CHINOOK LEARNING SERVICES

P: 403-777-7200

F: 403-777-7889

chinooklearning@cbe.ab.ca

2336 53 Ave SW T3E 1L2

chinooklearningservices.com

- The Calgary Board of Education provides adult and continuing education programs through Chinook Learning Services.
- General interest courses are offered at sites throughout the city. These non-credit courses include computer training, arts, music, health and wellness, languages, etc. A 10% seniors' discount is in effect unless otherwise indicated.



Become a happier, stronger and more connected YOU!

Services offered

Fit Minds coaching
(Cognitive Stimulation therapy)

Alzheimer's & Dementia care

Individualized Senior Fitness

Therapeutic recreation activities

*SPECIALIZING IN INDIVIDUALS LIVING WITH
DEMENTIA, CHRONIC DISABILITIES, PHYSICAL &
MOBILITY CHALLENGES, LOW MOOD AND ISOLATION*

**BOOK YOUR FREE
30-MINUTE
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+1 587 436 8819

info@activeagingseniors.ca

www.activeagingseniors.ca

DIRECTORY OF SERVICES

CALGARY LEARNS

P: 403-266-6444

F: 403-266-6449

info@calgarylearns.com

Suite 960, 5940, MacLeod Trail, SW T2H 2G4

calgarylearns.com

- Funds projects that support non-credit learning in: adult basic literacy, english language learning, employment enhancement and community issues.

UNISON AT KERBY CENTRE ACTIVE AGING

P: 403-705-3233

F: 403-705-3211

program@unisonalberta.com

1133 7 Avenue SW T2P 1B2

unisonalberta.com

- Over 150 continuing education courses are offered in fall, winter, spring, and summer semesters. These include physical activity, lifestyle enhancement, fine arts, languages, academics, computers, music appreciation, and lecture series. Drop-in activities such as cribbage, pickleball, ping-pong, badminton, Artists Club, and Spanish conversation clubs are also offered. All programs and drop-in activities are open to anyone 55 years of age and older.

UNIVERSITY OF CALGARY

P: 403-210-7625 (Registrar credit courses)

F: 403-289-1253

P: 403-220-2866 (Continuing Education)

F: 403-284-9242

conted@ucalgary.ca

2500 University Drive NW T2N 1N4

conted.ucalgary.ca

- The University of Calgary waives University of Calgary tuition fees related only to undergraduate, direct-entry bachelor's level courses for senior citizens (excludes programs that require prior postsecondary education). A senior citizen must be 65 years of age or older by the first day of the term in which they are registered. Students are responsible for application fees, mandatory supplementary course fees (if applicable) and group study fees (if applicable).

Continuing Education:

conted.ucalgary.ca

- Non-credit programs for older adults age 50+. Depending on the course a 5-10% discount might be offered.

LITERACY / ESL (English as Second Language)

CALGARY CATHOLIC IMMIGRATION SOCIETY

P: 403-262-2006

F: 403-262-2033

contact@ccis-calgary.ab.ca

5th Floor, 1111 11 Avenue SW T2R 0G5

ccis.ab.ca

- Offer a variety of ESL programs for older learners. These include one-on-one matches with volunteers, practice groups and ESL classes.

IMMIGRANT SERVICES CALGARY

P: 403-265-1120

F: 403-266-2486

info@immigrantservicescalgary.ca

1200, 910 -7 Avenue SW T2P 3N8

immigrantservicescalgary.ca

- They offer workshops that can be found online in the calendar of events. Language services are provided for new comers to Calgary.

UnisonAlberta.com

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and Physically Fit
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Aging Programs!**

**UnisonAlberta.com/Active-Aging
Program@UnisonAlberta.com
403-705-3233**



EMPLOYMENT

CENTRE FOR NEWCOMERS

Career Development and Job Search Service

P: 403-569-3325

F: 403-248-5041

info@centrefornewcomers.ca

125, 565 36 St NE T2A 6K3

centrefornewcomers.ca

- This centre provides help with job searches for immigrants who have been in Canada less than 10 years, especially if English is a barrier. Call the centre to book an appointment with a Career Development Practitioner or come to the centre to use the Career & Business Information Hub. The Hub has a job board, on-line job search sites, a workspace, computers, phones, fax machines, and job search library.

CALGARY CAREER HUB

P: 403-201-4122

info@calgarycareerhub.com

calgarycareerhub.com

#130-75 Crowfoot Rise NW T3G 4P5

- Provides one-to-one coaching, online workshops and a range of 'self-serve' tools through our Virtual Resource Room. Cover everything from the basics of getting your resume right, to interview skills, networking, and local labor market information.

MCG CAREERS -TARGETED INITIATIVE FOR MATURE WORKERS (TIMW)

P: 403-668-5445

F: 403-668-5448

ccec@mcgcareers.com

Southcentre Executive Tower,

350 – 11012 Macleod Trail SE, T2J 6A5

- 6-week program at no cost for mature job seekers ages 50-64. Offers in-depth assessment of participant's needs, in-class professional and personal development, and ongoing, individualized support.

PROSPECT HUMAN SERVICES - WORKWISE PROGRAM

P: 403-273-2822

915 33 Street NE T2A 6T2

info@prospectnow.ca

prospectnow.ca/workwise/

- 6 week skill-building webinar series for job seekers 50 years or older.

SERVICE CANADA - JOB BANK

jobbank.gc.ca

- Online job search, career planning and training resources.

ENTERTAINMENT

MUSEUMS AND GALLERIES

ALBERTA UNIVERSITY OF THE ARTS - ILLINGWORTH KERR GALLERY

1407 14 Avenue NW, Calgary AB T2N 4R3

P: 403-284-7633

F: 403-289-6682

auarts.ca

infodesk@auarts.ca

registrar@auarts.ca

admissions@auarts.ca

GLENBOW MUSEUM

P: 403-268-4100

F: 403-265-9769

info@glenbow.org

130 9 Avenue SE T2S 0P3

glenbow.org

LOUGHEED HOUSE

707 13 Avenue SW T2R 0K8

P: 403-244-6333

F: 403-244-6354

info@lougheedhouse.com

lougheedhouse.com

NICKLE ARTS MUSEUM UNIVERSITY OF CALGARY

410 University Ct. N.W

Main floor of the Taylor Family Digital Library

P: 403-210-6201

nickle@ucalgary.ca

nickle.ucalgary.ca

THE MILITARY MUSEUMS

4520 Crowchild Trail SW T2T 5J4

P: 403-410-2340 EXT: 2604

F: 403-410-2359

themilitarymuseums.ca

info@themilitarymuseums.ca

THE HANGAR FLIGHT MUSEUM

P: 403-250-3752

F: 403-250-8399

info@thehangarmuseum.ca

4629 McCall Way NE T2E 8A5

thehangarmuseum.ca

PLACES OF INTEREST

BOW HABITAT STATION

1440 17A Street SE T2G 4T9

P: 403-297-6561

F: 403-592-8552

bow.habitat@gov.ab.ca

bowhabitat.alberta.ca

CALGARY CHINESE CULTURAL CENTRE

197 1 Street SW T2P 4M4

P: 403-262-6387

F: 403-232-6387

info@culturalcentre.ca

culturalcentre.ca

CALGARY POLICE SERVICE INTERPRETIVE CENTRE

5111 – 47th St NE (LC 594) T3J 3R2

P: 403-428-5430

F: 403- 974-0508

tara.robinson@calgarypolice.ca

youthlinkcalgary.com

CALGARY STAMPEDE PARK

1410 Olympic Way SE T2P 1J9

P: 403-261-0101

F: 403-265-7197

info@calgarystampede.com

calgarystampede.com

CALGARY TOWER

101 9 Avenue SW T2P 1J9

P: 403-266-7171

F: 403-266-7230

info@calgarytower.com

calgarytower.com

CANADA'S SPORTS HALL OF FAME

P: 403-776-1040

info@cshof.ca

169 Canada Olympic Road SW T3B 6B7

sportshall.ca

DEANE HOUSE HISTORIC SITE AND RESTAURANT

P: 403-264-0595

info@deanehouse.com

806 9 Avenue SE T2G 0S2

deanehouse.com

DEVONIAN GARDENS

P: 311

400, 317 7 Avenue SW (On the 4th floor of building)

calgary.ca

FISH CREEK PROVINCIAL PARK

P: 403-297-5293

F: 403-297-5284

15979 Bow Bottom Trail SE

albertaparks.ca/fish-creek.aspx

FORT CALGARY HISTORIC PARK

P: 403-290-1875

F: 403-265-6534

info@fortcalgary.com

750 9 Avenue SE T2G 5E1

fortcalgary.com

GLENBOW RANCH PARK FOUNDATION

P: 403-851-9053

255001 Glenbow Road, Cochrane, AB T4C 0B7

grp.ca

HERITAGE PARK HISTORICAL VILLAGE

P: 403-268-8500

F: 403-268-8501

info@heritagepark.ca

1900 Heritage Drive SW T2V 2X3

heritagepark.ca

INGLEWOOD BIRD SANCTUARY & NATURE CENTRE

P: 403-268-CITY (2489)

ibs@calgary.ca

2425 9 Avenue SE T2G 4T4

calgary.ca/ibs

OLYMPIC OVAL

P: 403-220-7954

oval@ucalgary.ca

2500 University Drive NW T2N 1N4

oval.ucalgary.ca

SCOTIABANK SADDLEDOME

P: 403-777-4646 or F: 403-777-2171

customerservice@calgaryflames.com

555, Saddledome Rise SE T2G 2W1

scotiabanksaddledome.com

SPRUCE MEADOWS

P: 403-974-4200

F: 403-974-4270

information@sprucemeadows.com

18011 Spruce Meadows Way SW T2G 5G5

sprucemeadows.com

TELUS SPARK

P: 403-817-6800
F: 403-817-6800
info@sparkscience.ca
220 St. George's Drive NE T2E 5T2
sparkscience.ca

THE PIONEER ACRES ACADEMY & MUSEUM

P: 403-935-4357
info@pioneeracres.ab.ca
263204 Town ship Rd 274 Irricana, AB T0M 1B0
pioneeracres.ab.ca

WILDER INSTITUTE/CALGARY ZOO

1300 Zoo Road NE T2E 7V6
P: 403-232-9300
F: 403-237-7582
guestrelations@calgaryzoo.com
calgaryzoo.com

WINSPOUT'S CANADA OLYMPIC PARK

P: 403-247-5452
F: 403-286-7213
info@winsport.ca
88 Canada Olympic Road SW T3B 5R5
winsport.ca

PERFORMING ARTS

ALBERTA BALLET

P: 403-245-4222
F: 403-245-6573
info@albertaballet.com
141, 18 Ave SW T2S 0B8
albertaballet.com

*Performances take place at the Jubilee auditorium.

ARTS COMMONS

P: 403-294-7455
F: 403-294-7457
info@artscommons.ca
205 – 8 Avenue SE T2G 0K9
artscommons.ca

- Show information for Alberta Theatre Projects, Calgary International Children's Festival, Calgary Philharmonic, Festival Chorus, One Yellow Rabbit Theatre and Theatre Calgary

CALGARY OPERA

P: 403-262-7286
F: 403-263-5428
info@calgaryopera.com
1315, 7 St SW T2R 1A5
calgaryopera.com

*Performances take place at the Jubilee auditorium.

CALGARY PHILHARMONIC ORCHESTRA (CPO)

P: 403-571-0849
F: 403-294-7424
info@calgaryphil.com
2nd Floor, 205, 8 Ave SE T2G 0K9
calgaryphil.com

*Performances take place at the Jack Singer Concert Hall.

LOOSE MOOSE THEATRE

P: 403-265-5682
F: 403-289-2028
mail@loosemoose.com
1235 26 Avenue SE Calgary, AB T2G 1R7
loosemoose.com

UnisonAlberta.com

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● PHONE
(403) 870-7923

● EMAIL
Kimberly@TheEstateLady.ca

TheEstateLady.ca

DIRECTORY OF SERVICES

LUNCHBOX THEATRE

P: 403-265-4292

F: 403-264-5461

info@lunchboxtheatre.com

160 - 115 Avenue SE T2G 0P5

lunchboxtheatre.com

*Performances take place at the Vertigo Theatre

MORPHEUS THEATRE

P: 403.246.2999

info@morpheustheatre.ca

3512 – 5 Avenue NW, Calgary, AB T2N 0V7

morpheustheatre.ca

PUMPHOUSE THEATRE

P: 403-263-0079

F: 403-237-5357

boxoffice@pumphousetheatre.ca

2140 Pumphouse Avenue SW T3C 3P5

pumphousetheatre.ca

ROSEBUD DINNER THEATRE

P: 1-800-267-7553

F: 403-667-2390

boxoffice@rosebudtheatre.com

rosebudtheatre.com

SCORPIO THEATRE

331 – 41 Avenue NE, Calgary, AB T2E 2N3

(403) 615-5016

scorpio.ca

*Tickets and performances are at Morpheus Theatre

STUDIO BELL NATIONAL MUSIC

P: 403 543-5115

F: 403-543-5129

info@studiobell.ca

850 4 St SE, Calgary, AB T2G 0L8

nmc.ca

VERTIGO THEATRE

P: 403 221-3708

info@vertigotheatre.com

115 9 Ave SE #161, Calgary, AB T2G 0P5

vertigotheatre.com

FOOD AND SHOPPING

CALGARY FOOD BANK

P: 403-253-2059

F: 403-259-4240

info@calgaryfoodbank.com

5000 11 Street SE T2H 2Y5

calgaryfoodbank.com

- Provides emergency food hampers to low-income individuals and families.

CALGARY MEALS ON WHEELS

P: 403-243-2834

F: 403-243-8438

info@mealsonwheels.com

5759 80 Avenue SE T2C 4S6

mealsonwheels.com

- Meals available 365 days for the year with daily delivery Monday-Friday. Nutritious family-sized or individual frozen meals can be ordered for pick-up or delivery to be shared with family or friends during difficult times.

CALGARY POPPY FUND

P: 403-265-6304

F: 403-264-3892

calpopp@telus.net

2020-15 Street NW T2M 3N8

- Helps veterans and ex-servicemen with gift cards for food and other emergency requirements.



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403-828-0550
www.granddaughters.ca

BBB ACCREDITED BUSINESS

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CALGARY SENIORS' RESOURCE SOCIETY

P: 403-266-6200

F: 403-269-5183

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Assisted Shopping: In addition to providing transportation, volunteers offer companionship and social support. Shopping is not limited to groceries.

UNISON AT KERBY CENTRE THRIVE FOOD SECURITY PROGRAM

P: 403-234-6571

F: 403-705-3211

- The Thrive program supports frail and isolated seniors in living in their homes for as long as possible, while also staying connected to their community.

VETERANS FOOD BANK OF CALGARY

P: 403-277-8387

4619 6th Street NE Bay #1

Info@theveteransfoodbankofcalgary.ca

theveteransfoodbankofcalgary.ca

- Provide veterans with: food support, training, funding, referral services, clothing, bedding and mobility devices of all shapes and sizes.

UnisonAlberta.com

GOVERNMENT

CONGRATULATORY MESSAGES

- For special birthdays and wedding anniversaries, messages can be sent from the Mayor, Premier, Member of Parliament, Prime Minister, Governor General.
- Guidelines are in place specifying which birthdays and anniversaries qualify for a message. Details on these guidelines can be found at:

pm.gc.ca/en/connect/greetings

alberta.ca/premier-request-scroll.cfm

forms.calgary.ca/content/forms/af/public/public/request-a-congratulatory-certificate.html

assembly.ab.ca/members/related-resources/congratulatory-certificates

gg.ca/en/contact-us/birthday-anniversary-greetings

CALGARY CITY HALL

COUNCILLORS' OFFICES

P: 403-268-2430

F: 403-268-8091

F: 403-268-3823

City Hall, 700 Macleod Trail SE Mail: Box 2100
(8001) Station M T2P 2M5

MAYOR'S OFFICE

P: 403-268-5622

F: 403-268-8130

themayor@calgary.ca

City Hall, 700 Macleod Trail SE

Mail: Box 2100 (8069) Station M T2P 2M5

Thrive Food Security



Supporting generations 50+ with food security, friendly visits and connection to community and supports.

ThriveD@UnisonAlberta.com | 403-234-6571

DIRECTORY OF SERVICES

PROVINCIAL LEGISLATURE

LEADER OF THE OFFICIAL OPPOSITION

P: Toll Free Dial 310-0000, then 780-427-2292

F: 780-427-3697

201 Legislature Annex 9718 107 Street Edmonton

T5K 1E4

PREMIER OF ALBERTA SOUTHERN ALBERTA OFFICE

P: Toll Free Dial 310-0000, then (403) 297-6464

F: 403-297-4276

premier@gov.ab.ca

McDougall Centre, 455 6 Street SW T2P 4E8

PARLIAMENT

PRIME MINISTER OF CANADA

P: 1-613-992-4211

F: 1-613-941-6900

80 Wellington Street,

Ottawa, Ontario K1A 0A2. (No postage required).

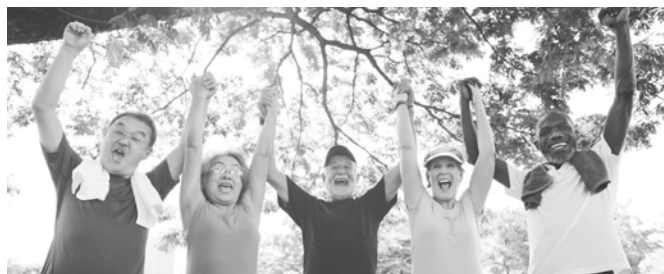
pm.gc.ca



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Toll Free: 1-877-322-0334

Email: info@priorityltd.com

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www.prioritycarecall.com

HEALTH

AIDS / HIV

SAFELINK ALBERTA (HIV COMMUNITY LINK)

P: 403-508-2500

F: 403-263-7358

info@hivcl.org

110, 1603 10 Avenue SW T3C 0J7

hivcl.org

- Provides education, counselling, support and advocacy.

SOUTHERN ALBERTA CLINIC

P: 403-955-6399

F: 403-955-6355

Room 3223, 1213 4 Street SW T2R 0X7

albertahealthservices.ca/findhealth/service.aspx?id=1001306

- Provides support for new patients, provides educational services on the disease process, and assesses any urgent medical needs related to sexually transmitted diseases.

CANCER SERVICES

ALBERTA HEALTH SERVICES TOM BAKER CANCER CENTRE

P: 403-521-3723

F: 403-521-3245

1331 29 Street NW T2N 4N2

albertahealthservices.ca

- A comprehensive cancer treatment centre.

CANADIAN CANCER SOCIETY

P: 403-205-3966

F: 403-205-3979

200, 325 Manning Road NE T2E 2P5

info@cancer.ab.ca

cancer.ca

- Information and community services for people with cancer. Offers peer support and volunteer driving (depending on driver availability).

UnisonAlberta.com

HOSPICE CALGARY: SAGE CENTRE & ROSEDALE HOSPICE

P: 403-263-4525

info@hospicecalgary.ca

1245, 70 Avenue SE T2H 2X8

hospicecalgary.ca

- The Living with Cancer Program is a weekly support group for adults living with advanced cancer and their family caregivers.

SCREENING FOR LIFE

P: 1-866-727-3926

F: 403-355-3287

2210 2 St SW T2S 3C3

screeningforlife.ca/screentest

- Offers free screening for breast, cervical and colorectal cancers.
- Provides information and education on breast, cervical and colorectal cancers.

CHRONIC ILLNESS

ALBERTA HEALTH SERVICES DIABETES EDUCATION

P: 403-955-8118

F: 403-955-8634

albertahealthservices.com

ALBERTA HEALTHY LIVING PROGRAM

P: 1-844-527-1160

F: 403-955-6868

ahs.ca/ahlp

DIABETES CANADA

Contact Centre: 1-800-226-8464

P: 403-266-0620

F: 403-269-8927

diabetes.ca

- Provides diabetes education, service and advocacy.

RICHMOND ROAD DIAGNOSTIC AND TREATMENT CENTRE

1820 Richmond Road SW T2T 5C7

P: 403-955-8444

F: 403-955-8483

albertahealthservices.ca

- Education/counselling for people newly diagnosed with diabetes.

SHELDON CHUMIR HEALTH CENTRE

P: 403-955-6200

1213 4 Street SW T2R 0X7

- Educational and support services for people living with a chronic conditions. No referral required.

CLINICS

ALBERTA HEALTH SERVICES URGENT CARE CENTRE

Alberta Lymphedema Association

1213 4 Street SW T2P 1H8

P: 403-955-6052

F: 403-955-6023

- Provides urgent care services on a walk-in basis, 24-hours a day, 7 days a week.

ALBERTA HEALTH SERVICES

Urgent Care Centre, South Calgary Health Centre

31 Sunpark Plaza SE T2X 3W5

P: 403-943-9300

F: 403-943-9410

- Provides urgent care services on a walk-in basis.



- Helping families and their loved one transition through end-of-life after a terminal diagnosis in a way that gives true peace of mind, calmness, and comfort so the sacred journey is one of ease.
- Taking back control of one's own transitional experience through a program that is tailored to meet your specific needs so there is manageable pain, ease, and calmness. Free of regrets, guilt, fear, and anger.
- The in-person program sessions accommodate hospice, hospital, long-term care facilities, or in-home locations.

Email: christine@love4u.ca

Website: www.love4u.ca

To Learn More About This
Compassionate Care Program
Visit: <https://bit.ly/379EyS8>

Book Your FREE 30 Minute
Quality of Life Consultation at
<https://love4u.as.me/3steps>



DIRECTORY OF SERVICES

THE ALEX SENIORS' HEALTH CENTRE

630 9 Avenue SE T2G 4V9 thealex.ca/seniors

P: 403-920-0011

F: 403-920-0014

info@thealex.ca

- Provides continuing health care to seniors in the East Village.

CAREWEST OSI CLINIC

Suite 203, 3625 Shaganappi Tr. NW
Calgary, Alberta, T3A 0E2

P: 403-216-9860

F: 403-216-9861

DAY HOSPITALS

The day hospital program provides assessment and short-term rehabilitation for older adults living in private homes, group homes, or lodges. It is geared to individuals who have experienced multiple medical problems or functional changes and are at risk for hospital or care centre admission.

CAREWEST DAY HOSPITAL SOUTH GLENMORE PARK

14 Street SW T2V 1P8

P: 403-640-6480, 403-258-7650

F: 403-258-7681 6909

carewest.ca

DAY SUPPORT PROGRAMS

Adult Day Support programs offer a variety of personal care, health and support services, and social activities to adults who may be physically or cognitively impaired or living with chronic illness. They promote independence by maintaining or improving, where possible, the existing abilities of the participant. Respite and support are provided for caregivers.

There is no charge to the client for the program; however, there is a nutrition charge of \$10.00 per day to cover the cost of a hot meal and snacks. Clients are also responsible for transportation costs to and from the program.

The following programs are funded by Alberta Health Services and are available to Home Care clients. Referral is made through the client's home care coordinator.

ALZHEIMER SOCIETY OF CALGARY CLUB 36 - BETHANY HARVEST HILLS

19 Harvest Gold Manor NE T3K 4Y1

P: 403-226-8201

F: 403-226-8587

club36hh@alzheimercalgary.com

AGECARE GLENMORE

1729 90 Avenue SW T2V 4S1

P: 403-253-8806

F: 403-212-3547

agecare.ca

Adult Day Program

We're here to provide the support you need



Our **ADP** programming is focused on promoting wellness by providing stimulating activities in a healthy, safe and supportive environment while providing respite to care providers.

Enrollment through Alberta Health Services: 403-943-1920

UnisonAlberta.com/Calgary-ADP
ADP@UnisonAlberta.com | 403-943-1920

BSF BOW VIEW MANOR

4628 Montgomery Blvd NW T3B 0K7
P: 403-288-4446
F: 403-288-8522
thebsf.ca

BSF CLIFTON HOUSE

907 47 St SE T2A 3N4
P: 825-540-5601
F: 825-540-7525
thebsf.ca

CALGARY CHINESE ELDERLY CITIZENS' ASSOCIATION

111 Riverfront Avenue SW T2P 4Y8
P: 403-269-6122
F: 403-269-1951
cceca@cceca.ca
cceca.ca

CAREWEST BEDDINGTON COMPREHENSIVE COMMUNITY CARE (C3)

308, 8120 Beddington Blvd. N.W.
P: (403) 520-3350
carewest.ca

CAREWEST – COLONEL BELCHER

1939 Veterans Way NW T3B 5Y8
P: 403-944-7800
F: 403-944-7870

CAREWEST – SARCEE

3504 Sarcee Rd SW, Calgary, AB T3E 4T4
P: (403) 686-8100

CAREWEST – SIGNAL POINTE

6363 Simcoe Road SW T3H 4M3
P: 403-240-7950
F: 403-240-7958

CLUB 36 SETON

4963 Front Street SE, Calgary, AB T3M 2M3
P: 403-255-0700
F: 403-255-0725
club36seton@alzheimercalgary.ca

FATHER LACOMBE CARE CENTRE

270 Providence Blvd SE T2X 0V6
P: 403-256-4641
F: 403-254-6297
info@fatherlacombe.ca
fatherlacombe.ca

UNISON AT KERBY CENTRE

1133 7 Avenue SW T2P 1B2
P: 403-705-3214
F: 403-705-3211
adsprecreation@unisonalberta.com
unisonalberta.com

DEMENTIA

DEMENTIA ADVICE LINE-HEALTH LINK (811)

By calling 811, callers can reach Health Link staff who can:

- Assess their needs and provide immediate advice for their concerns, 24/7.
- Refer to a specialized dementia nurse for additional support who will be able to do a more in-depth assessment to gain an understanding of each:
 - Individual situation;
 - Provide support and advice to patients and caregivers; and
 - Link callers to services available in their community.

SIMPLY COMPASSION ADVOCACY SOCIETY

P: 403-560-4403
simplycompassionadvocacy.com
Email- simplycompassionadvocacy@gmail.com

- Dementia education/advocacy for care partners of seniors in care.

DEMENTIA ADULT DAY PROGRAMS

AGECARE GLENMORE

AHS Adult Day Program
1729 90 Ave. SW
P: 403-253-8806
agecare.ca

AGECARE MIDNAPORE

AHS Adult Day Program
500 Midpark Way SE
P: 403-873-2600
agecare.ca

AGECARE SETON

Club 36 Adult Day Program
4963 Front Street SE
P: 403-255-0700
agecare.ca

DIRECTORY OF SERVICES

BETHANY HARVEST HILLS

Club 36 Adult Day Program
19 Harvest Gold Manor NE
P:403-226-8201
alzheimercalgary.ca

BSF BOW VIEW MANOR

AHS Adult Day Program
4628 Montgomery Blvd. NW
P:403-286-6166
thebsf.ca

BSF CLIFTON HOUSE

AHS Adult Day Program
907 47 St SE
P: 825-540-5601
thebsf.ca

BSF WENTWORTH MANOR

AHS Adult Day Program
5709 14 Avenue SW
P: 403-686-8602
thebsf.ca

CALGARY CHINESE CITIZENS ELDERLY ASSOCIATION

*Intended for clients who speak Chinese
111 Riverfront Ave. SW
P:(403) 269-6122
cceca.ca

CAREWEST COLONEL BELCHER

Wellness Day Program
1939 Veteran's Way NW
P: 403-944-7854
carewest.ca

CAREWEST SIGNAL POINTE

AHS Adult Day Program
6363 Simcoe Rd. SW
P: 403-240-7953
carewest.ca

ST. ANDREW'S PRESBYTERIAN CHURCH

Side by Side Fellowship
703 Heritage Dr. SW
P: (403) 255-0001
standrewscalgary.ca

VARSITY ACRES PRESBYTERIAN CHURCH

Side by Side Fellowship
4612 Varsity Dr. NW
P:403-288-0544
vapc.ca

WING KEI CARE CENTRE

Wing Kei Adult Day Program
*Intended for clients who speak Chinese
1212 Centre Street NE
P: (403) 277-7433
wingkeicarecentre.org

DEMENTIA CAREPARTNER SUPPORT – Registration Required

ALZHEIMER SOCIETY OF CALGARY

800 7015 Macleod Trail SW
P: 403-290-0110
findsupport@alzheimercalgary.com
info@alzheimercalgary.com

CALGARY NE DEMENTIA SUPPORT GROUP

Dementia-specific support.
403-273-2371
7:00 p.m. 2nd & 4th Thursday of each month

DEMENTIA SUPPORT

Dementia-Specific Support.
Southwood United Church, 10690 Elbow Dr. Sw
P: 403-253-2979
Office@Southwoodchurch.ca
1:30 – 3:00pm P.m. – Once Per Month On The 2nd
Wednesday

FAMILY CAREGIVER CENTRE

P: 403-955-1674
Charlene.retzlaff@Ahs.ca
• Safe, Fun, Social Activities For Those With Mild
Dementia And Their Care Partners.

FAMILY CAREGIVER CENTRE – FALL PREVENTION, EXERCISE AND SOCIAL PROGRAM

For Those With Mild Dementia
And Their Care Partners.
(403) 955-1674
Rene.engel@Ahs.ca

YOUNG ONSET DEMENTIA SUPPORT GROUP

Open To Those Affected By Young Onset Dementia.
Southwood United Church, 10690 Elbow Dr. Sw
403-975-6685 / 403-283-9537
Facebook.com/Youngonsetdementiasupportgroup/
1:30 – 3:00pm P.m. – Once Per Month On The 2nd
Wednesday

DEMENTIA OVERNIGHT RESPIRE – Assessment Required

CAREWEST SARCEE

3504 Sarcee Rd. SW
P: 403-686-8100
carewest.ca

MCKENZIE TOWNE RETIREMENT RESIDENCE

20 Promenade Park SE
P: 403-257-9331
reveraliving.com

GOVERNMENT CONTACTS

ALBERTA SUPPORTS

Toll-free: 1-877-644-9992
TDD/TTY toll-free: 1-800-232-7215
myAlbertaSupports.ca
Office hours: 7:30 a.m. – 8 p.m.
(Monday to Friday, closed statutory holidays)

- Please have your personal health number ready when calling.
- Alberta Supports connects seniors, persons with disabilities, lower-income Albertans, and children and youth with benefits and services that can assist with daily living; employment and training; abuse, bullying, homelessness and other
- Emergency situations. Seniors can get information about financial assistance and health benefit programs, housing resources, and much more.

GOVERNMENT OF ALBERTA CONTACT CENTRE

Toll-free 310-0000
Monday to Friday, 8 a.m. to 6 p.m.
Hearing impaired callers only (requires TTY unit):
Toll-free: 1-800-232-7215
Edmonton: 780-427-9999

SERVICE ALBERTA CONTACT CENTRE

Toll-free: 1-877-427-4088
Edmonton: 780-427-4088
alberta.ca/service-alberta.aspx

- The Service Alberta Contact Centre provides information to consumers about their rights and responsibilities in the marketplace. Information and advice about consumer complaints.

GOVERNMENT OF CANADA SERVICE CANADA CALL CENTRE

For information regarding Old Age Security (OAS), Guaranteed Income Supplement (GIS) or Canada Pension Plan (CPP) benefits, contact:
Toll-free: 1-800-277-9914
TTY: 1-800-255-4786
Hours of Operation: 8:30 a.m. – 4:30 p.m.
Website: servicecanada.gc.ca

HEALTH ADVICE

ALBERTA HEALTH SERVICES

P: 8-1-1

- Nurse advice and health information 24-hours a day. Provides information on health topics and nutrition, family physicians, health and hospital services.
- As well as the two languages listed above, translation services are available for a full range of languages.

HEALTH AND MOBILITY AIDS

CALGARY COMMUNITY AIDS FOR INDEPENDENT LIVING

P: 403-955-6955
1213 4 Street SW T2R 0X7

- The Calgary Community Aids for Independent Living (CCAIL) program is a small team of AHS healthcare providers working in the City of Calgary. These providers are approved Alberta Aids to Daily Living (AADL) authorizers. AADL is a Government of Alberta program available to any Albertan resident with a long-term disability, chronic illness, or terminal illness. Authorizers perform clinical assessment to determine your health care needs and identify the equipment and supplies required to support you. The CCAIL authorizers are required to follow the eligibility criteria set by AADL.
- You may be eligible for benefits through AADL if you are an Alberta resident with a valid Alberta Health Care Insurance Plan card and require assistance because of a long-term disability, chronic illness, or terminal illness (long-term and chronic are defined as being 6 months or longer).
- You may not be eligible for AADL benefits if you are eligible to receive comparable benefits from another source, including Veterans Affairs, Workers' Compensation Board, NIHB, or a private insurance plan. Cost sharing, installation fees, or additional costs may be in effect depending on income or provided equipment.

DIRECTORY OF SERVICES

- CCAIL is considered a non-urgent program and client's short-term / interim needs are expected to be met through other programs or processes. Following AADL eligibility criteria, AHS' Calgary Community Aids for Independent Living (CCAIL) team provides clinical assessment for the following basic medical equipment and supplies, when required for long-term needs:
 - mobility and transfer aids (e.g., walkers, wheelchairs, bedrails, poles)
 - bathroom equipment (e.g., raised toilet seats, commodes, shower seats, wall bars)
 - compression stockings and hernia support
 - incontinence supplies (e.g., briefs, pull-ups, liners, catheters)
- CCAIL serves clients within the Calgary city limits. If you live outside the city limits, please call Community Care Access at 403-943-1920.
- Certain AADL supplies such as ostomy, respiratory, and hearing aids are assessed through other programs. Please contact AADL toll-free in Alberta by dialing 310-000 then, 780-427-0731 when prompted.

ACUMEN CAPITAL PARTNERS

Is your financial future secure?



Member CIPF

- GIC, BONDS & Structured Income Products
- CDN & US Equities
- Mutual Funds & ETFs
- Complimentary Financial Plan
- Estate Planning

Frank J Walker
Senior Investment Advisor

(825) 540-3763

FWalker@AcumenCapital.com

Hari Mohan
Investment Advisor

(825) 540-7903

HMohan@AcumenCapital.com

AcumenCapital.com/Teams/Walker-Mohan/

Securing your Golden Years

THE ALBERTA AIDS TO DAILY LIVING (AADL)

- The Alberta Aids to Daily Living (AADL) program assists Albertans with a long-term disability, chronic illness or terminal illness, in maintaining independence in their community through the provision of basic medical equipment and supplies to meet their clinically assessed needs.
- AADL provides assistance for basic equipment; for example, bathroom aids, hearing aids, custom footwear, walking aids and wheel chairs. For a detailed list of benefits, please visit the Alberta Health website at health.alberta.ca/services/AADL-benefits.html.

A health care professional to determine his or her clinical need and eligibility for the program must first assess an Albertan. AADL cannot refund clients who purchase their own medical equipment and supplies before being assessed. For further information on assessment, please contact the Calgary Community Aids to Independent Living office at 403-955-6955. Alternatively, you may contact AADL toll-free in Alberta by dialing 310-000 then, 780-427-0731 when prompted.

- A full list of AADL vendors is available at health.alberta.ca/services/AADL-approved-vendors.html
- The responsibility for the delivery of the respiratory benefits, including issues related to bilevel positive airway pressure (BPAP machines, has been transferred to Alberta Health Services (AHS). For more information please contact the Respiratory Equipment and Services Program, AHS, at 780-342-8761
- Eligibility is based on medical condition. Applicants must demonstrate a long-term disability, chronic or terminal illness.
- Cost sharing may be in effect depending on income.

Hearing aids

- Hearing aids are provided to seniors and their dependants through AADL registered suppliers only. When visiting a hearing aid supplier, please ensure that they are registered with AADL as an approved vendor. If you are a cost-share client, AADL contributes \$900 toward one hearing aid only. If you are exempt from cost sharing, AADL will contribute up to \$1,200 per affected ear. This does not include upgrades.
- For details on specific supplies and equipment covered by AADL, contact your health care provider, Alberta Health Services or:
 - Alberta Supports Contact Centre
 - Toll-free: 1-877-644-9992

CANADIAN RED CROSS SOCIETY

2609 15 Street NE Calgary, AB T2E 8Y4

P: 403-541-6100

F: 403-541-6129

wecare@redcross.ca

redcross.ca

- Free loan of health aids including wheelchairs, walkers, crutches, canes and bathing seats with a loan period up to three months.

OXYGEN SERVICES – HOME & PORTABLE

Freshair Respiratory Care Inc. Calgary

P: 1-833-462-5009

Info@Freshairresp.ca

freshairresp.ca

SLEEP APNEA TESTING & CPAP

Aveiro Sleep | Calgary Sleep Apnea

P: 1-855-852-2989

Sleep@Aveirosleep.com

aveirosleep.com

HEALTH BENEFITS

ALBERTA HEALTH AND WELLNESS

ALBERTA HEALTH CARE INSURANCE PLAN

P: 310-0000, then dial 780-427-1432 (Toll free)

F: 780-422-0102

health.ahcipmail@gov.ab.ca

Mail: Alberta Health

Attention: Alberta Health Care Insurance Plan

P.O. Box 1360, Station Main Edmonton, AB T5J 2N3

The Alberta Health Care Insurance Plan (AHCIP) provides eligible residents of Alberta and their dependents with coverage for:

- medically required services provided by physicians;
- medically required oral and maxillofacial surgery and medically required dental services;
- medically required stays and services in Alberta hospitals; and
- limited coverage for services provided by optometrists and podiatrists (services must be provided in Alberta).
- All Albertans receive premium-free AHCIP coverage.

Eligibility:

- New and returning Alberta residents applying for coverage with the AHCIP must provide documents with their application that prove their identity, legal entitlement to be in Canada and Alberta residency.

There is a three month waiting period for coverage when persons move permanently to Alberta from another province or territory.

Temporary absence:

- Costs for health care services are high, especially outside Canada. Alberta Health and Wellness recommends the purchase of travel health care insurance, even for short trips. AHCIP pays for out-of-country practitioner services at the same rate that Alberta practitioners receive for the same service. Benefits for out-of-country hospital services are limited to the rates listed below, or the amount paid, whichever is less. For inpatient care, the maximum provided outside Canada is \$100/day (Canadian). Benefits are not payable for the day of discharge. A maximum of \$50 (Canadian) is payable for one outpatient visit per day.

ALBERTA BLUE CROSS COVERAGE FOR SENIORS

510, 715 - 5 Avenue SW

Calgary, AB T2P 0N2

Toll-free: 1-800-661-6995

Edmonton area: 780-498-8000

Calgary: 403-234-9666

ab.bluecross.ca

Alberta Health and Wellness provides seniors and dependents covered on their account with Alberta Blue Cross coverage at no cost. This is supplementary coverage for prescription drugs and other services. Seniors must provide proof of their age to receive this benefit.

Coverage for seniors uses the same benefit year as Alberta Health – July 1 to June 30.

ALBERTA DENTAL SERVICE CORPORATION

Toll-free: 1-800-232-1997

Edmonton area: 780-426-7526

Fax: 780-426-7581

adsc.org

Additional information regarding these programs can be found at:

alberta.ca/dental-opticalassistanceseniors.aspx

ALBERTA SUPPORTS CONTACT CENTRE

P: 1-877-644-9992

health.alberta.ca

- Contact Alberta Supports Contact Centre for information and referrals to social benefits and services for seniors.

DIRECTORY OF SERVICES

DENTAL ASSISTANCE FOR SENIORS PROGRAM

- The Dental Assistance for Seniors program pays for up to \$5,000 for basic dental work every five years. The amount of coverage received is based on annual income.
- For information about dental claims, or to download a claim form, contact:

OPTICAL ASSISTANCE FOR SENIORS PROGRAM

- The Optical Assistance for Seniors program reimburses seniors up to \$230 every three years for prescription eyeglasses. The amount of coverage received is based on annual income.
- For information about optical claims, or to download a claim form, contact:

HEALTH ORGANIZATIONS

See also *Disability Services* page 26.

ALS SOCIETY OF ALBERTA (LOU GEHRIG'S DISEASE)

7874, 10 St NE T2E 8W1

P: 403-228-3857

F: 403-228-7752

info@alsab.ca

alsab.ca

ALBERTA LYMPHEDEMA ASSOCIATION

10 Market Blvd SE #2406, Airdrie, T4A 0W8

P: (403) 281-9205

lymphnet@telus.net

albertalymphedema.com

- Information on lymphedema and therapies to improve quality of life.

ALZHEIMER SOCIETY OF CALGARY

800, 7015 MacLeod Trail SW, Calgary, AB T2H 2K6

P: 403-290-0110

P: 1-877-569-4357

F: 403-269-8836

info@alzheimercalgary.ca

alzheimercalgary.ca

- Offers education and support services to individuals and families living with Alzheimer Disease and other types of dementia.

ARTHRITIS SOCIETY

Toll-Free Number: 1-800-321-1433

F: 403-229-4232

info@ab.arthritis.ca

arthritis.ca

- Provides information to professionals and the general public regarding arthritis.

CALGARY FOOTHILLS PRIMARY CARE NETWORK

1701 Centre St NW T2E 7Y2

P: 403-284-3726

F: 403-284-9518 300

cfpcn.ca

CALGARY NEUROPATHY ASSOCIATION

P: 403-668-9777

calgaryneuropathy.com

- Learn to self-manage your nerve pain through education and group dialogue.

CANADIAN CANCER SOCIETY

P: 403-205-3966

Toll-Free Number: 1-800-661-2262

F: 403-205-3979

info@cancer.ab.ca

cancer.ca

- Information and community services for people with cancer. Offers peer support and volunteer driving (depending on driver availability).

CANADIAN DIABETES ASSOCIATION

220, 6223 2 Street SE Calgary, AB T2H 1J5

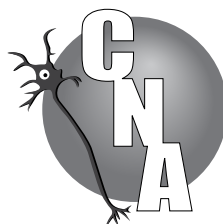
P: 403-266-0620

F: 403-269-8927

diabetes.ca

- Diabetes education, advocacy and support.

Calgary Neuropathy Association



Do you have

BURNING, TINGLING PAIN

in your

HANDS OR FEET?

You may have **neuropathy.**

Learn to self-manage your pain through:

Education Group Dialogue Presentations

Visit us at: calgaryneuropathy.com

UnisonAlberta.com

HEART AND STROKE FOUNDATION OF ALBERTA

100, 119 - 14 Street NW T2N 1Z6

P: 403-270-3549

F: 403-270-3550

heartandstroke.ab.ca

- Provides information on heart disease and stroke, nutrition, exercise and other factors affecting heart health.

THE KIDNEY FOUNDATION OF CANADA (SOUTHERN ALBERTA)

6007 1A Street SW T2H 0G5

P: 403-255-6108

P: 1-800-268-1177

F: 1866-650-6167

info@kidneyfoundation.ab.ca

kidney.ca/sab

- The Kidney Foundation of Canada is the national volunteer organization committed to reducing the burden of kidney disease.

LUNG ASSOCIATION - ALBERTA AND NWT

Suite 03, 259 9 Street SW., Edmonton Alberta T6X 1R9

P: 1-888-566-5864 (Ottawa)

P: 780-488-6819

info@ablung.ca

ablung.ca

- Provides information on lung health.

MULTIPLE SCLEROSIS SOCIETY

Suite 5 9405 Street N.W.

P: 403-250-7090

Toll-Free Number: 1-800-268-7582

msnavigators@msscanada.ca

mssociety.ca

- Provides counselling, information and programs for people with MS.

MUSCULAR DYSTROPHY CANADA - ALBERTA COMMUNITY OFFICE

4208 97 St NW #110, Edmonton, AB T6E 5Z9P:

1-800-366-8166 ext. 5201

P: 780-489-6322

F: 780-486-1948

infowest@muscle.ca

muscle.ca

- Provides information, support, advocacy and equipment to individuals living with a neuromuscular disorder

PARKINSON ASSOCIATION OF ALBERTA

120, 6835 Railway Street SE, Calgary, AB T2H 2V6

P: 403-243-9901

F: 403-243-8283

info@parkinsonalberta.ca

parkinsonalberta.ca

- Information and services for persons with Parkinson's.

PROSTAD CALGARY

PO Box 72126 R.P.O. Glenmore Landing, Calgary T2V 5H9

P: 403-455-1916

F: 403-253-1944

info@prostaaid.org

pccncalgary.org

- To provide peer-to-peer mutual support for men and their families on their journey with prostate cancer.
- To increase public awareness of the disease
- To advocate for a strong provincial voice in matters relating to prostate cancer.

HEALTHY AGING

P: 403-943-3453 (Rockyview Hospital)

P: 403-955-1500 (Bridgeland Seniors Health Centre)

P: 403-956-1111 (South Health Campus)

P: 403-944-1110 (Foothills Medical Centre)

P: 403-943-4555 ALBERTA HEALTH SERVICES

SENIORS/GERIATRIC CONSULTATION SERVICES

(Peter Lougheed Centre)

- Investigation and assessment to assist patients to reach and maintain their optimal level of function and remain as independent as possible.

Keep Mentally and Physically Fit with Unison's Active Aging Programs!



UnisonAlberta.com/Active-Aging
Program@UnisonAlberta.com | 403-705-3233



DIRECTORY OF SERVICES

SOUTH HEALTH CAMPUS WELLNESS CENTRE & WELLNESS KITCHEN

P: 403-956-3939

ahs.ca/shcwellness

wellness.shc@ahs.ca

wellness.shc@ahs.ca

4448 Front Street SE T3M 1M4

- Online guide for FREE Nutrition & Cooking, Health Management, Active Lifestyle, Emotional Wellbeing, and Support Group programs.
- Review online guide for class details including in-person or virtual offerings.

OT2U LTD. AGING-IN-PLACE AND HOME MODIFICATION CONSULTING

P: 403-276-6828

E: info@OT2U.ca

W: ot2u.ca

- Registered occupational therapists provide guidance around staying safe and independent in your home and community
- Home modification assessments, equipment prescription, falls prevention and in-home physical and cognitive rehabilitation

HOME CARE

ALBERTA HEALTH SERVICES

P: 403-943-1600 (Current Clients)

P: 403-943-1920 (New Clients)

F: 403-955-1564

10101 Southport Road SW T2W 3N2



**Seek Out our Unison
Wellness Connection Centre**

Supporting the mental health and
wellness of generations 50+



UnisonAlberta.com/Wellness
LolaF@UnisonAlberta.com | 403-234-6566

- Provides assessment and referral to care centres, personal care homes, and designated assisted living sites.
- Services include nursing, physical therapy, occupational therapy, nutritional counselling, social work, respiratory therapy, and speech-language services. Alberta Health pays for professional services.
- Homemaking or self-care (bathing, etc.) services may be provided to some clients who receive other services. There may be a small charge for these services.

PRIVATE HOME CARE

- Home support companies provide R.N.s and nurses aids. Where there is a medical referral, Alberta Blue Cross will pay \$200/family per benefit year for services of a practical or registered nurse. (403-234-9666) Alberta Blue Cross.

HOSPICE PROGRAMS

LIVING WITH ADVANCED ILLNESS CENTRE

1245 70 Ave SE T2H 2X8

P: 403-263-4525

Info@hospicecalgary.ca

- Counselling and group support for people living with life threatening illnesses.
- Home and hospital visits provided, continued support through bereavement.

Rosedale Hospice:

- Home like setting for adults with cancer and support for their families.

SALVATION ARMY AGAPÉ HOSPICE

1302 8 Avenue NW T2N 1B8

P: 403-282-6588

F: 403-284-9896

information@agapehospice.ca

agapehospice.ca

- Provides a home-like setting for people in need of end-of-life care.



Aging-in-Place and Home Modification Consulting

Lauren McDonald, MScOT
Occupational Therapist & Owner

 403-276-6828
 Info@OT2U.ca
 OT2U.ca



*You Home
Your Health
Your Confidence*

MEDICAL ALERT

ALBERTA HEALTH SERVICES - EMERGENCY MEDICAL SERVICES CAPSULE OF LIFE

100, 3705 35 Street NE T1Y 6C2

P: 403-955-9550

F: 403-538-7617

- Free capsules available for medical information. Capsules are stored in the fridge and are available to emergency medical personnel when called to a home.

CANADIAN MEDICALERT FOUNDATION

895 Don Mills Road, Suite 600, Toronto, ON M3C 1W3

P: 1-800-668-1507

F: 1-800-392-8422

MedicAlert Foundation Canada

Morneau Shepell Centre II

customerservice@medicalert.ca

medicalert.ca

- Provides bracelets and necklets for important medical information.

MENTAL HEALTH

ALBERTA HEALTH SERVICES ACCESS MENTAL HEALTH

P: 403-943-1500 (Ext 2: Adult & Senior services)

Toll-Free Number: 1-844-943-1500

mental.health@albertahealthservices.ca

- Information and referral on mental health services in the Calgary region.

ALBERTA HEALTH SERVICES COMMUNITY GERIATRIC MENTAL HEALTH SERVICES

P: 403-955-6155 (Main Line)

Sheldon Chumir Health Centre

- Provides assessment, treatment and support for seniors who require specialist mental health

services. Service is provided both in clinics and in seniors' residences.

CANADIAN MENTAL HEALTH ASSOCIATION (C.M.H.A)

P: 403-297-1700

F: 403-270-3066

info@cmha.calgary.ab.ca

#105, 1040 - 7 Avenue SW, Calgary, AB T2P 3G9

cmha.calgary.ab.ca

- Promotes good mental health in the community and provides programs and services for persons with mental health issues.

CENTRE FOR MENTAL HEALTH AND ADDICTIONS

P: 587-441-4043

144 4th Avenue SW Suite 1900 T2P 3N4

info@thecentres.ca

thecentres.ca

- Offers individual, couples, family, and group counselling on a sliding scale fee model.

NUTRITION

ALBERTA HEALTH SERVICES HEALTH LINK ALBERTA

P: 8-1-1

- Health information line. Callers can request to speak to a registered dietitian at the Nutrition and Active Living Helpline.

ALBERTA HEALTHY LIVING PROGRAM

P: 1-844-527-1160

Sheldon Chumir Health Centre 1213 4 Street SW T2R 0X7

albertahealthservices.ca/livingwellcalgary.asp

- Providing educational classes and individual counseling for people living with a chronic condition or certain acute medical conditions, which would respond to nutritional guidance.

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

Approved Veterans Affairs Provider

Locally owned by Tracy Brunt

Get your FREE Menu

1-844-431-2800

HeartToHomeMeals.ca

*Some conditions may apply.



DIRECTORY OF SERVICES

UNIVERSITY OF CALGARY PROGRAM TRYMGYM

P: 403-220-4374

F: 403-289-9117

trymgym@ucalgary.ca

ucalgary.ca/activeliving/health-fitness/trymgym

- A weight-loss and lifestyle change program focusing on three core components: nutrition, education, physical activity, and behavior change.

OSTEOPOROSIS

DR. DAVID HANLEY OSTEOPOROSIS CENTRE

1820 Richmond Road SW T2T 5E7

P: 403-955-8050

F: 403-476-9626

info@osteoporosiscalgary.com

Richmond Road Diagnostic & Treatment Centre

- Provides care to those with osteoporosis and other bone disorders which can result in fractures.

OSTEOPOROSIS CANADA – ALBERTA CHAPTER

P: 1-800-463-6842 x 2510 (Meghan Dunn)

info@osteoporosis.ca

osteoporosis.ca

- Education, support and information on osteoporosis and bone health.

PERSONAL SAFETY

CALGARY FIRE DEPARTMENT COMMUNITY SAFETY DIVISION

'Fire and Fall Prevention: Remembering When'

Call 311 to book a Fire Safety Presentation for Seniors.

- Fire and Fall Prevention: Remembering When is a Fire and Fall Prevention Program for older adults, developed by NFPA and the Centers for Disease Control and Prevention (CDC) to help older adults live safely at home for as long as possible.
- *Remembering When* is centered around 16 key safety messages — eight fire prevention and eight fall prevention — developed by experts from national and local safety organizations.
- The program was designed to be implemented by your local fire department, through group presentations, during home visits, and as part of a smoke alarm installation and fall intervention program.

- If you are interested in booking a Community Safety Officer to present on this informative program, please contact 311.

CALGARY FIRE DEPARTMENT SENIORS SERVICES

Smoke Alarm Safety Check for Seniors

P: 311

calgary.ca/fire

When properly installed, tested, and maintained smoke alarms provide the best early warning system in the event of a house fire. Detection and warning of smoke and fire saves lives and reduces damage to homes and personal belongings. They also cut the risk of dying in reported home fires in half.

Are you faced with mobility challenges? Is your smoke alarm not easily accessible? Examples such as these are cause for concern. By calling 311, you can arrange to have a fire crew or Community Safety officer visit your home and address your smoke alarm issues.

What you should know:

- Test smoke alarms once a month by pressing the alarm's test button and replace the batteries of each smoke alarm once a year.
- Replace smoke alarms after 10 years. Or, if you discover a smoke alarm is defective or broken after testing, replace it.
- Install at least one smoke alarm on every level of your home, including the basement, and ensure there is a smoke alarm in or near every sleeping area.

Service provided by Calgary Fire Department:

- Often, older adults are faced with the challenge of meeting the safety requirements surrounding the installation and care of working smoke alarms. The Calgary Fire Department offers a service for our seniors to help with this issue.

PHYSIOTHERAPY

PHYSIOCARE AT HOME

220, 919 Centre Street NW T2E 2P6

P: 403-316-0147

info@physiocareathome.com

- Provides in home physiotherapy services for seniors.
- Services include surgical rehabilitation, falls prevention, neurological rehabilitation, mobility and strengthening and home safety assessments.

SEXUAL HEALTH

SEXUAL & REPRODUCTIVE HEALTH

Sheldon Chumir Health Centre
1213 4 Street SW T2P 1H8

- Topics of interest to seniors include sexuality in later life, men's and women's sexual health, and menopause.

SPEECH LANGUAGE PATHOLOGY

ALBERTA HEALTH SERVICES SPEECH LANGUAGE PATHOLOGY

P: 403-943-0279 (Central office that reviews all referrals)
F: 403-943-0578

Patients will be triaged to one of these locations:

P: 403-943-4785 (North, Peter Lougheed Ctr)
P: 403-956-2900 (South Health Centre)
P: 403-955-6900 (Central Sheldon Chumir Health Ctr)

- Assists individuals with speech impairments including those occurring as a result of stroke. All patients must be referred by their doctor.

WOMEN'S HEALTH

PAP TESTS AND PELVIC EXAMS

- Female physicians provide routine PAP tests and pelvic examinations by appointment at the following locations:

CALGARY WELL WOMAN CLINIC

4640 17 Avenue NW T3B 0P3
P: 403-202-2727
F: 403-202-2733
papclinic.com

MEDICENTRE - PAP SCREENING SERVICE

217 150 Crowfoot Crescent NW T3G 3T2

Crowfoot Corner
P: 403-241-8900
F: 403-241-8109
medicentres.com

Heritage Hill
110 8180 Macleod Trail SE T2H 2B8
P: 403-259-3256
P: 403-253-2673
medicentres.com

Horizon Square
P: 403-291-5588
F: 403-250-6783
401, 3508 32 Avenue NE T1Y 6J2
medicentres.com

Mount Royal
3, 1032 17 Avenue SW T2T 0A5
P: 403-229-1771
F: 403-229-1812
medicentres.com



Life is better, together!

Connect to your senior community with a Unison membership, offering exclusive access to **programs** tailored for active seniors.



UnisonAlberta.com/Membership
403-265-0661 ext. 256

DIRECTORY OF SERVICES

South Trail

4307 130 Avenue SE T2Z 3V8

P: 403-257-9075

F: 403-257-7453 82,
medicentres.com

Westhills

220 Steward Green SW T3H 3C8

P: 403-240-0090

F: 403-240-0579
medicentres.com

Panorama Hills

510, 1110 Panatella Blvd NW T3K 0S6

P: 403-274-9712

F: 403-274-9714
medicentres.com

NORTHEAST CALGARY WOMEN'S CLINIC (SUNRIDGE)

3223 5th Ave NE T2A 6E9

P: 587-353-4483

F: 587-351-3963
newomensclinic@gmail.com
newomensclinic.com

HOME SUPPORT

HOME HELP

- Check listings for Carya (formerly Calgary Family Services) and City Links which follow:
- Mow and Snow programs for seniors are now available in some specific communities. These programs provide services at a reasonable cost.
- Special Needs Assistance: Seniors who receive Alberta Seniors Benefit may be eligible for assistance with housekeeping and yard maintenance expenses. A doctor's note is required. Call Unison Seniors Supports at 403-705-3246 for more information.
- For home renovation assistance see Home Improvement Grants on page 143.

CARYA

180, 839 - 5th Avenue SW T2P 3C8

P: 403-269-9888

F: 403-205-5281

caryacalgary.ca

In-Home Support

P: 403-205-5264

- Senior support workers are available to isolated, low-income seniors (65+).

CALGARY SENIORS' RESOURCE SOCIETY

3639 26 Street NE T1Y 5E1

P: 403-266-6200

F: 403-269-5183

calgaryseniors.org

- Volunteers are matched one-on-one with isolated seniors to provide companionship and social support once a week.

JEWISH FAMILY SERVICE CALGARY (JFSC)

#420 5920 - 1A Street SW T2H 0G3

P: 403-287-3510

info@jfsc.org

jfsc.org/programs--services/home-support-services.html

- Personal care, Medication assistance, Housekeeping, Companionship, Meal preparation, Accompaniment to medical appointments, Shopping and community activities, and Respite for primary caregivers.

THE CITY OF CALGARY – BASIC HOME MAINTENANCE, CALGARY NEIGHBOURHOODS

P: 311

Calgary.ca/seniors

- Several community-based and regional seniors' organizations provide assistance to seniors to help up-keep homes, and provide basic yard care and snow clearing.

Need Help Choosing?

Proactive Seniors Housing Support

Determining which residence is the right one for you can be difficult and time consuming.

We are experts in all seniors housing (subsidized, public, and private). We will:

- Discuss your goals, wishes and preferences
- Assess your care needs and financial considerations
- Determine your top 3-5 best-fit options
- Set up tours, help with application forms, provide advice and support



403-809-1971

info@proactiveseniors.ca

www.proactiveseniors.ca

THE CITY OF CALGARY - SENIOR SERVICES HOME MAINTENANCE, RECREATION & SOCIAL PROGRAMS

**P: 311 or apply online through the Fair Entry program – calgary.ca/fairentry
calgary.ca/seniors**

- Provides home maintenance support to seniors (65 years and older) living on lower fixed incomes with little or no family supports.
- There is no direct charge to seniors receiving these services. Seniors must apply through the Fair Entry program and must be eligible for the provincial Special Needs Assistance (SNA) for Seniors benefit to qualify for the SSHM program.
- The SNA has defined three main areas for home maintenance as allowable services paid out by the SNA benefit- Snow removal, lawn maintenance and light housekeeping.

SPECIAL NEEDS ASSISTANCE FOR SENIORS

Toll free: 1-877-644-9992

F: 780-422-5954

PO Box 3100 Edmonton, Alberta T5J 4W3

- Maximum \$20 per month monitoring fee.
- Eligibility - Primary income threshold: \$31,080 for single senior or \$50,720 for couple. Benefits are provided for the current benefit year only. An estimate or receipt for monthly monitoring fees is required.

VISITING PROGRAMS

LINKAGES SOCIETY OF ALBERTA

Suite 130, 720 28 Street NE, Calgary, AB T2A 6R3

P: 403-249-0853

F: 403-685-1331

info@link-ages.ca

link-ages.ca

- Partners teens with seniors in care centres on a regular basis throughout the school year to establish friendships and participate in activities together.

PET ACCESS LEAGUE SOCIETY (PALS)

3019 21 Street NE T2E 7T1

P: 403-250-7257

F: 403-250-9273

info@palspet.com

palspets.com

- A visitation program to promote companion animals to urban society. This service provides pet therapy to care centres, hospitals and seniors' programs.

INCOME PROGRAMS

INCOME SUPPORT

ALBERTA WORKS — INCOME SUPPORT

P: 1-877-644-9992

css.ascc@gov.ab.ca

alberta.ca/alberta-income-support

- Income Support is a provincial program, which provides financial benefits to individuals and families who do not have enough money for the basics like food, clothing and shelter. The level of assistance varies depending on each individual's situation including financial resources, ability to work and the number of children in the family. People receiving Income Support receive medical benefits as well.
- Applications for Income Support can be made in person at one of the following locations:

ASSURED INCOME FOR THE SEVERELY HANDICAPPED (A.I.S.H.)

P: 403-297-8511

F: 403-297-6221

alberta.ca/aish

NEXT Stage Services



Estate Property Services

Caring professionals who work with executors, lawyers and family members to make estate property dispersal stress-free:

Charity Sharing • Shipping to Family • Estate Sales • Disposal
Antique/Collectable Appraisals • Sell Valuable Items

Preparing estate property for next occupants or for sale



Repairs • Cleaning • Environmentally Sustainable Disposal
Yard Maintenance • Staging

FREE initial consultation

403-589-4044 | NEXTStageServices.ca

DIRECTORY OF SERVICES

CALGARY SOUTH - HERITAGE SQUARE ALBERTA SUPPORTS CENTRE

P: 403-297-2020

100S Heritage Square, 8500 Macleod Trail SE

Calgary, Alberta T2H 2N1

alberta.ca/alberta-supports

Hours of Service: 8:15 am - 4:30 pm, Monday to
Friday Closed statutory holidays

CALGARY EAST WESTLAND ALBERTA SUPPORTS CENTRE

1st Floor, Westland Professional Centre,
2752 Sunridge Way NE, Calgary, T1Y 0A5.

P: 403-297-1907

F: 403-297-8639

Hours of Service:

8:15 am - 4:30 pm, Monday to Friday Closed
statutory holidays

CALGARY NORTH ONE EXECUTIVE PLACE ALBERTA SUPPORTS CENTRE

1st Floor, 1816 Crowchild Trail NW T2M 3Y7

P: 403-297-7200

F: 403-297-3115

Hours of Service: 8:15 am - 4:30 pm,
Monday to Friday. Closed statutory holidays.

CALGARY NORTH ALBERTA SUPPORTS CENTRE

3rd Floor, 1816 Crowchild Trail NW T2M 3Y7

P: 403-297-7200

F: 403-297-3115

Hours of Service: 8:15 am - 4:30 pm,
Monday to Friday. Closed statutory holidays.

PENSIONS — FEDERAL

*For Veterans Pensions, see listing under Veterans and
Armed Services, page 68.*

SERVICE CANADA

Income Assistance

P: 1-800-277-9914

P: 1-800-255-4786 TTY

Harry Hays Building, Suite 150,
220 4 Avenue SE T2G 4X3

- One Executive Place, Suite 103
- 1816 Crowchild Trail NW Calgary
- Temple Crossing, Suite 116
- 5401 Temple Drive, Calgary
- 15 Royal Vista Place NW, Suite 350 Calgary
- 120-23 Sunpark Drive SE, Calgary

All written correspondence to: Box 2710, Station
Main, Edmonton T5J 2G4

servicecanada.gc.ca

- Service Canada on behalf of Human Resources and Social Development Canada delivers pensions. For information regarding Old Age Security and the Canada Pension Plan call the toll-free number.
- Application forms can be obtained as follows:
 - By calling the toll-free telephone number.
 - In person from Unison Seniors Supports or the Service Canada office.
 - From the website.

OLD AGE SECURITY (OAS)

- To be eligible for the federal Old Age Security pension (OAS), you must:
 - Be at least age 65 (you do not need to be retired)
 - Be a legal resident of Canada

Need Help Applying for Benefits & Pensions?



The Seniors Supports Team can help you apply for:

CPP, CPP Disability, Guaranteed Income Supplement (GIS), Old Age Security (OAS), Alberta Seniors Benefits (ASB), AISH, FairEntry Applications

**UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246**

*We can provide guidance and support with Housing, Benefits & Pensions,
Legal Help, Tax Support and Wills*

- Have lived a minimum of 10 years in Canada after the age of 18.
- You should apply for your OAS pension right away if you do not receive a notification letter from Service Canada advising of automatic enrolment the month after you turn 64 years old and wish to start receiving your OAS pension at age 65.
- If you are 65 years of age or older and are not covered by the conditions above, you may still qualify for a pension since Canada has social security agreements with many countries. Call Service Canada for information.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security

GUARANTEED INCOME SUPPLEMENT (GIS)

- The Guaranteed Income Supplement (GIS) provides a monthly non-taxable benefit to Old Age Security pension recipients who have low income and are living in Canada. You qualify for the GIS if you meet all of the following conditions:
 - You are receiving an Old Age Security pension.
 - Your annual income (or in the case of a couple, your combined income) is less than the maximum annual threshold.
- Using your income information from your Federal Income Tax and Benefit Return, your eligibility for the GIS will be reviewed every year. If you still qualify, your benefit will automatically be renewed. In July, you will receive a letter telling you one of the following:
 - Your benefit will be renewed.
 - Your benefit will be stopped.
 - Your income information is required.
- If you do not receive a letter from Service Canada informing you that you were selected for OAS/GIS automatic enrolment, you must submit a GIS application. If you are already receiving the OAS pension and wish to be considered for GIS, you must submit an application.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement

ALLOWANCE

- A monthly benefit for low-income seniors (age 60-64) whose spouse is eligible for Old Age Security and Guaranteed Income Supplement. 10 years in Canada required.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance

ALLOWANCE FOR THE SURVIVOR

- The Allowance is paid to the spouse or common-law partner of a senior receiving the Guaranteed Income Supplement. You may qualify for the Allowance if you meet all of the following conditions:
 - You are aged 60 to 64.
 - Your spouse or common-law partner receives an Old Age Security pension and is eligible for the Guaranteed Income Supplement.
 - You are a Canadian citizen or a legal resident.
 - You reside in Canada and have resided in Canada for at least 10 years since the age of 18.
 - Your and your spouse or common-law partner's annual combined income from the previous year is less than the maximum allowable annual threshold.
- The Allowance for the Survivor is available to widowed spouses or surviving common-law partners who have little or no other income and who are between the ages of 60 and 64. You may qualify for the Allowance for the Survivor if you meet all of the following conditions:
 - You are aged 60 to 64 (includes the month of your 65th birthday).

Free Low-Income Tax Clinic



Receive assistance for filing taxes

Eligibility for those 55+ and/or AISH clients with an income limit of \$35,000/year for an individual or \$50,000/year for a couple



UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246

DIRECTORY OF SERVICES

- You are a Canadian citizen or a legal resident.
- You reside in Canada and have resided in Canada for at least 10 years since the age of 18.
- Your spouse or common-law partner has died and you have not remarried or entered into a common-law relationship.
- Your annual income is less than the maximum annual threshold.
- People who may be eligible for the Allowance or Allowance for the Survivor should apply six to 11 months before their 60th birthday. It may be applied for any time between ages 60 and 64 and can continue until the age of 65. To continue receiving the Allowance or Allowance for the Survivor, you must file an income tax return by April 30 each year. If you continue to be eligible, your Allowance or Allowance for the Survivor will automatically be renewed. If you do not file your return, you must complete a Statement of Income form.

canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor

CANADA PENSION PLAN (CPP)

- Benefits are paid to those persons who have contributed to the plan through employment. An application must be submitted in order to receive a benefit after the age of 60 years. A person cannot contribute to CPP after the age of 70. The Canada Pension Plan benefits include:
 - **Retirement pension:** You may be eligible for a retirement pension if you worked and have made at least one valid contribution to the CPP. The pension may start at age 65, as early as the month following your 60th birthday, at a reduced rate, or as late as age 70 at an increased rate.
 - **Post-retirement benefit:** - If you continue to work while receiving your CPP retirement pension, and are under the age of 70, you can continue to participate in the CPP. Your CPP contributions will go toward post-retirement benefits, which will increase your retirement income.
 - **Disability Benefit:** A monthly benefit payable to persons who have contributed for a required period of time, who are disabled and are age 65 and under. A disability is defined as either a mental or physical condition that is both severe and prolonged and which prevents a person from working. A benefit is also available for the dependent children of the disabled contributor. The 18- to 25-year-old children of a disabled contributor may receive a benefit if they are in

full-time attendance in school.

- **Survivor Benefit:** A monthly benefit paid to the surviving spouse or common-law partner of a deceased contributor. A monthly benefit is also available to the dependent children of a deceased contributor. The 18- to 25-year-old children of a deceased contributor may be eligible for a benefit if they are in full-time attendance in school.

canada.ca/en/services/benefits/publicpensions/cpp

- **Death Benefit:** A one-time payment made to the estate of a contributor, next-of-kin or individual who pays for the funeral.

canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit

PENSIONS — PROVINCIAL

See also *Seniors' Health Benefits*, page 41.

ALBERTA SENIORS

P: 1-877-644-9992

Box 3100 Edmonton AB T5J 4W3

seniors.alberta.ca

- Contact Alberta Seniors for assistance to complete government assistance forms.

SENIORS INFORMATION LINE

P: 1-877-644-9992

F: 1-780-422-5954

INCOME SUPPORT PROGRAMS

- The Government of Alberta offers the following financial assistance programs for seniors:
 - Alberta Seniors Benefit
 - Special Needs Assistance for Seniors
 - Dental and Optical Assistance for Seniors
 - Seniors Home Adaptation and Repair Program
 - Seniors Property Tax Deferral Program
- You should receive a Seniors Financial Assistance application package in the mail six months before your 65th birthday. If you do not, apply online at sfa.alberta.ca, or call the Alberta Supports Contact Centre at 1-877-644-9992.
- **General eligibility:** You are eligible to apply for the seniors financial assistance programs, if you:
 - are 65 years of age or older
 - have lived in Alberta for at least three months immediately before applying
 - are a Canadian citizen, or have been admitted into Canada for permanent residence (landed or sponsored immigrant).

ALBERTA SENIORS BENEFIT

- The Alberta Seniors Benefit program provides a monthly income supplement to federal income sources including Old Age Security (OAS) and Guaranteed Income Supplement (GIS).
- Eligibility for a benefit is determined by:
 - The type of accommodation you live in
 - Your marital/cohabitation status
 - Your income (combined with your spouse/partner's income if applicable)
 - Receiving the federal OAS pension (i.e., having lived in Canada for 10 years)

alberta.ca/alberta-seniors-benefit

SPECIAL NEEDS ASSISTANCE FOR SENIORS

- The Special Needs Assistance for Seniors program provides seniors with low income financial assistance toward a range of expenses including appliances and specific health and personal supports. To be considered for the Special Needs Assistance for Seniors program, you must have completed the Seniors Financial Assistance application form. You may then send the Special Needs Assistance for Seniors program a receipt or estimate for the expense requested. A single senior with a total annual income of \$29,630 or less, or a senior couple with a total combined annual income of \$48,120 or less may receive assistance.

alberta.ca/seniors-special-needs-assistance

LEGAL SERVICES

ALBERTA HUMAN RIGHTS COMMISSION

P: 403-297-6571

Toll-free: 1-800-232-7215

humanrights@gov.ab.ca

albertahumanrights.ab.ca

- Provides free, confidential information, a complaint resolution service, and education programs and services that educate and engage Albertans and Alberta organizations on human rights, diversity, and rights and responsibilities under Alberta's human rights law.

UnisonAlberta.com

UNISON AT KERBY CENTRE SENIOR SUPPORTS

1133 7 Avenue SW T2P 1B2

P: 403-705-3246

F: 403-705-3241

Seniorsupports@Unisonalberta.com

unisonalberta.com

- Free 20 minutes legal advice available over the phone by referral to lawyer.

CALGARY LEGAL GUIDANCE

100, 840 7 Avenue SW T2P 3G2

P: 403-234-9266

F: 403-234-9299

clg@clg.ab.ca

clg.ab.ca

- Offers legal advice to people with low income for Wills, Power of Attorney and Personal Directives, by appointment only.

LEGAL AID ALBERTA

Sunlife Place

10123 99 Street NW, Edmonton Alberta T5J 3H1

P: 1-866-845-3425

F: 1-866-382-7253

legalaid.ab.ca

- Provides a legal service for those who are unable to pay a lawyer privately. Handles both criminal and civil cases. Generally reserved for cases of greater magnitude.



Need Legal advice?

FREE 20 minute legal advice over the phone by volunteer lawyers.

UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com
 403-705-3246

*We can provide guidance and support with
 Housing, Benefits & Pensions, Legal Help,
 Tax Support and Wills*

DIRECTORY OF SERVICES

LAND TITLES

P: 403-297-6511

F: 403-297-8641

lto@gov.ab.ca

710 4 Avenue SW T2P 0K3 (Drop off only)

servicealberta.ca

- For transfer of land titles.

LAWYER REFERRAL SERVICE

P: 1-800-661-1095

lawsociety.ab.ca/public/findalawyer/

OFFICE OF THE PUBLIC GUARDIAN AND TRUSTEE

900 Barclay Centre

444 7 Avenue SW T2P 0X8

P: 403-297-3364

F: 403-297-3427

alberta.ca/contact-office-public-guardian-trustee

- Information and assistance in obtaining guardianship. Also provides information on personal directives.

The Public Trustee:

- Provides information to people wishing to make application for trusteeship of a dependent adult. (For a description of trusteeship see page 16).
- May act as a trustee for persons declared by the court to be unable to make reasonable judgments in matters relating to their financial affairs.
- May administer an estate when a person dies without a will.

STUDENT LEGAL ASSISTANCE

University of Calgary

3390 Murray Fraser Hall

2500 University Drive NW T2N 1N4

P: 403-220-6637

F: 403-282-0473

slacalgary.com

- Legal assistance and information to persons who are unable to afford a lawyer. Open year round. There is a charge to open a file.

UNISON AT KERBY CENTRE FREE WILL CLINIC

1133 7th Avenue SW T2P 1B2

P: 403-705-3246

- Eligibility: Age: 55+, Single income <\$35000, Couple: < \$45000 annually, No dependent adult children, No foreign property, Assets < \$65000

UTILITIES CONSUMER ADVOCATE

P: 310-4822 (In Alberta)

P: 780-644-5130 (Outside Alberta)

F: 1-866-744-5129

855-8th Ave SW T2P 3P1 (Floor 9)

UCAhelps@gov.ab.ca

ucahelps.alberta.ca

Monday-Friday 8:15am - 4:30pm

- Advocate by representing the interests of residential, farm, and small business consumers in regulatory proceedings. Mediate disputes between consumers and utility companies. Provide advice and information on energy-related issues like energy choice and charges on a utility bill.

WOMEN'S CENTRE OF CALGARY

39, 4th Street NE T2E 3R6

P: 403-264-1155

F: 403-264-1203

legal@womenscentrecalgary.org

womenscentrecalgary.org

- Legal advice for women.

LGBTQ RESOURCES

ACCOMMODATION

gaycalgary.com/Directory

ALBERTA TRANSGENDER RESOURCES

albertatrans.org

AFFIRM UNITED WEBSITE

The United Church has a website dedicated to help affirming congregations as well as LGBTQIA2S+ church goers.

affirmunited.ause.ca

CALGARY OUTLINK

1st Floor Community Wise Office

103, 223 12 Avenue SW

P: 403-234-8973

calgaryoutlink.ca

info@calgaryoutlink.ca

Office hours: 9:00 am to 5:00 pm,

Monday to Friday; Call Ahead for Appointments

CALGARY QUEER CHURCH

A church service for the Calgary LGBTQIA2S+ Community:

calgaryqueerchurch@andychurch.org

calgaryqueerchurch.com

UnisonAlberta.com

CANADA HUMAN RIGHTS TRUST

egale.ca

CENTRE FOR SEXUALITY

1509 Centre St S, Calgary, AB T2G 2E6

P: 403-283-5580

KNOX UNITED CHURCH

506 – 4th Street SW, Calgary, AB T2P 1S7

P: 403-269-8382

office@kxcalgary.com

LGBT HELP RESOURCES

gaycalgary.com/Directory.aspx?catid=146

SOCIAL CLUBS AND ORGANIZATIONS

gaycalgary.com/Directory.aspx?catid=116

actioncanadashr.org/about/who-we-are

TRANS EQUALITY SOCIETY OF ALBERTA

tesaonline.org

LGBTQ+ NEWCOMERS SERVICES

Centre for Newcomers

125, 565 36 Street NE T2A 6K3

P: 403-569-3325

b.stojanovic@centrefornewcomers.ca

k.ernst@centrefornewcomers.ca

centrefornewcomers.ca/our-services/settling-in-canada/lgbtq-project

PRIME TIMERS CALGARY

Social group for mature and senior gay and bisexual men

Suite 02, 118 Strathcona Rd SW T3H 1T3

P: 403-889-9158

primetimerscalgary@gmail.com

chapters.theprimetimerswww.com/calgary/

LGBTQ HEALTH SERVICES

CENTRE FOR SEXUALITY

700, 1509 Centre St SW, Calgary, Alberta T2G 2E6

P: 403-283-5580

F: 403-270-3209

info@centreforsexuality.ca

centreforsexuality.ca

UnisonAlberta.com

KENSINGTON CLINIC

2431 5th Avenue NW, Calgary, T2N 0T3

P: 403-283 9117

kensingtonclinic.com

PETER LOUGHEED CENTRE, WOMEN'S HEALTH CLINIC

3500 26 Avenue NE, Calgary, T1Y 6J4

P: 403-943 5716

EAST CALGARY HEALTH CENTRE

4715 8 Avenue SE, Calgary, T2A 3N4

P: 403-955-1000 (no walk-ins – appointment only)

HEALTH AND SUPPORT RESOURCES

calgarysexualhealth.ca

calgaryoutlink.ca

SHELDON M. CHUMIR HEALTH CENTRE

1213 4 Street SW, Calgary, T2R 0X7

P: 403-955-6200

SOUTH CALGARY HEALTH CENTRE

31 Sunpark Plaza SE, Calgary, T2X 3W5

P: 403-943 9300 (adult mental health)

SAFELINK ALBERTA

1944 10 Ave SW, Calgary, AB T3C 0J8

P: 403-508-2500

P: (877) 440-2437 (toll free)

info@safelinkalberta.ca



**Seek Out our Unison
Wellness Connection Centre**

Supporting the mental health and
wellness of generations 50+



UnisonAlberta.com/Wellness
LolaF@UnisonAlberta.com | 403-234-6566

DIRECTORY OF SERVICES

LIBRARIES

CALGARY PUBLIC LIBRARY CENTRAL LIBRARY DIVERSITY SERVICES

800-3rd St SE, Calgary T2G 2E7

P: 403-260-2600 (Central)

P: 403-260-2702 (Diversity)

F: 403-260-2737

calgarylibrary.ca

- Delivery of library materials is available to people who are unable to visit the Library because of health or mobility concerns through the Homebound Readers' Program. 14,000 talking books and over 30,000 large print books are available. Films for seniors are shown Thursday afternoons at 1:00 p.m. in the Central Library's John Dutton Theatre.
- Cybersenior classes are offered at some library branches. These free classes are designed to teach computer basics in a relaxed, self-paced style. Pre-registration in Cybersenior classes is required.
- An adaptive technology workstation is available at eight library locations. It includes a 19" monitor, adjustable table, scanner, printer and adaptive keyboard. It also includes software that can translate print into Braille, read the onscreen text aloud, magnify the screen, and create documents using verbal commands.

BRANCH LIBRARIES

For phone numbers and hours call: 403-260-2600

BOWNESS LIBRARY

6532 Bowness Road NW T3B 0E9

COUNTRY HILLS LIBRARY

11950 Country Village Link NE T3K 6E3

CROWFOOT LIBRARY

8665 Nose Hill Drive NW T3G 5T3

FISH CREEK LIBRARY

11161 Bonaventure Drive SE T2J 6S1

FOREST LAWN LIBRARY

4807 8 Avenue SE T2A 4M1

GIUFFRE FAMILY LIBRARY

3223 14 Street SW T2T 3V8

JUDITH UMBACH LIBRARY

6617 Centre Street N T2K 4Y5

LOUISE RILEY LIBRARY

1904 14 Avenue NW T2N 1M5

MEMORIAL PARK LIBRARY

1221 2 Street SW T2R 0W5

NICHOLLS FAMILY LIBRARY

1421 33 Street SW T3C 1P2

NOSE HILL LIBRARY

1530 Northmount Drive NW T2L 0G6

QUARRY PARK LIBRARY

108 Quarry Park Road SE T2C 5R1

SADDLETOWNE LIBRARY

150, 7555 Falconridge Blvd NW T3J 0C9

SAGE HILL LIBRARY

19 Sage Hill Passage NW T3R 0S4

SETON LIBRARY

4995 Market St SE T3M 2P9

SHAWNESSY LIBRARY

333 Shawville Boulevard SE T2Y 3W6

SIGNAL HILL LIBRARY

5994 Signal Hill Centre SW T3H 3P8

SOUTHWOOD LIBRARY

924 Southland Drive SW T2W 0J9

VILLAGE SQUARE LIBRARY

2623 56 Street NE T1Y 6E7

Active Aging Online!

Our goal is to provide options to stay fit, engaged, entertained and connected from your home.



UnisonAlberta.com/Online-Home
Program@UnisonAlberta.com | 403-462-5080

OUTREACH

THE WAY IN CALGARY OLDER ADULT SERVICES

P: 403-SENIORS (403-736-4677)

If you have questions or need help and you are an adult 65+ living in the community of Calgary, who do you call?

The Way In — Calgary Older Adult Services is there to help you find the services, benefits and programs that are available to you, and to support you to age with dignity and in the right place.

They can meet with you in your home or another place in your community. They can also help your family or friends on your behalf.

Services provided:

- Information about services and benefits available
- Help filling out forms and applications for:
- Government pensions and benefits.
- Transportation.
- Housing needs.
- Support to get the right services and assistance for you.
- Opportunities to get connected with your community
- Support for people living with elder abuse
- Educational opportunities.

If required, interpretation may be available for the above services.

RECREATION & FITNESS

Many seniors' centres and recreation facilities in Calgary offer courses for 50+. The variety is endless: opera appreciation, low intensity fitness, mall walking, painting and much more.

GENERAL RECREATION PROGRAMS

UNISON AT KERBY CENTRE ACTIVE AGING

1133 7 Avenue SW T2P 1B2

P: 403-705-3233

F: 403-705-3211

program@unisonalberta.com
unisonalberta.com

- A wide range of recreation and fitness activities run throughout the year. These include registered programs and drop-in clubs. Registered programs include courses and workshops in academics, fine arts, fitness (aerobics, dance, strength training, and balance), health, computers, and languages. Dropin clubs include badminton, pickleball, ping-pong, cribbage, artists club, and Spanish conversation.

CITY OF CALGARY RECREATION

P: 311

calgary.ca/recreation

- Courses and drop-in activities are available at various facilities and art centres. Programs are listed in the city program guide found online or

**Keep Mentally
and Physically Fit
with Unison's Active
Aging Programs!**

UnisonAlberta.com/Active-Aging
Program@UnisonAlberta.com
403-705-3233



DIRECTORY OF SERVICES

available for pick up from recreation facilities, libraries, and other locations. Fee assistance is available.

MOUNT ROYAL RECREATION (MOUNT ROYAL UNIVERSITY)

4825 Mount Royal Gate SW T3E 6K6

P: 403-440-6517

F: 403-440-6998

recreation@mtroyal.ca

mtroyal.ca/recreation

- Offers some general fitness programs suitable for seniors such as aquacise, deep water workout, pilates, yoga, tai chi, and dance.

MNP SPORT CENTRE

2225 Macleod Trail South T2G 5B6

P: 403-233-8393

info@mnpcentre.com

mnpcentre.com

- Offers a variety of fitness options suitable for seniors. This includes year-round access to walking track, fitness classes and aqua fitness.

VECOVA

3304 - 33 Street NW T2L 2A6

P: 403-284-2231

F: 403-210-1836

recinfo@vecova.ca

vecova.ca

- Offers a barrier-free, specially heated, therapeutic pool for drop-in swimming or aquafit classes. Also runs fitness classes.

YMCA

BROOKFIELD RESIDENTIAL YMCA AT SETON

4995 Market Street SE T3M 2P9

P: 403-351-5262

seton@ymcacalgary.org

MELCOR CROWFOOT YMCA

8100 John Laurie Boulevard NW T3G 3S3

P: 403-547-6576

F: 403-547-8347

cfy@ymcacalgary.org

ymcacalgary.org

REMINGTON YMCA AT QUARRY PARK

108 Quarry Park Road SE T2C 5R1

P: 403-351-6678

ry@ymcacalgary.org

SADDLETOWN YMCA

180-7555 Falconbridge Blvd NW T3J 0C9

P: 403-237-2393

ty@calgary.ymca.ca

ymcacalgary.org

SHANE HOMES YMCA AT ROCKY RIDGE

11300 Rocky Ridge Rd NW T3G 5H3

P: 403-351-6673

rry@ymcacalgary.org

SHAWNESSY YMCA

333 Shawville Boulevard SE T2Y 4H3

P: 403-256-5533

F: 403-256-0133

shwy@ymcacalgary.org 400,

ymcacalgary.org

SENIORS SPORT AND RECREATION CLUBS

5TH DIMENSION OUTDOOR CLUB

info@5thdimensionoutdoorclub.com

5thdimensionoutdoorclub.com

- For those 55+ Hiking, cross-country skiing and snowshoeing on Thursdays. Also, golfing in summer.

ALBERTA 55 PLUS - CALGARY ZONE

Summer and Winter Games for Seniors

P: 403-978-3008

zone3membership@alberta55plus.ca

alberta55plus.ca/zones/zone-3

PEOPLES TABLE TENNIS CLUB - SENIOR'S PROGRAM WITH BOBBY CHAN

Unit 200, 222 16th Ave NE T2E 1J8

P: 403-263-7664

fitpong@telus.net

fitpong.ca

CALGARY 55+ HOCKEY ASSOCIATION

calgary55plushockey.com

CALGARY LAWN BOWLING CLUB

P: 403-245-4341

info@calgarylawnbowlingclub.ca

calgarylawnbowlingclub.ca

- May to September

CALGARY SENIOR MENS 55+ SLOW PITCH

P: 403-273-1472

CALGARY SENIOR MENS 55+ SOFTBALL TEAM

grandslamslopitch.com

ELBOW VALLEY CYCLE CLUB EASY RIDERS

elbowvalleycc.org

EVERGREEN SENIORS OUTDOOR CLUB

evergreenoutdoorclub.org

evergreenseniorscalgary@gmail.com

- Hiking or cross-country skiing on Thursdays.

FLC SENIORS CLUB

11150 Bonaventure Drive SE T2J 6R9

P: 403-540-0963

info@flcseniors.ca

flcseniors.ca

- Walking groups, bird watching, and snowshoeing.

GARRISON SENIOR'S CURLING CLUB

2288 47 Avenue SW T2T 6J9

P: 403-242-8191

info@garrisoncurling.com

garrisoncurling.com

M'n'M OUTDOOR CLUB

403-710-4142

mnmtoutdoorclub2018@gmail.com

hohner@shaw.ca

- Hiking or cross-country skiing and snowshoeing on Mondays.

SECOND SIXTIES OUTDOOR CLUB

P: 403-259-0209

info@secondsixties.ca

secondsixties.ca

- Hiking, cross-country skiing or snow-shoeing on Wednesdays.

SENIORS' ALPINE SKI CLUB

Membership director: 403-650-3418

seniorski@seniorsalpineskiclub.com

seniorsalpineskiclub.com

SENIORS' OUTDOOR CLUB

P: 403-270-7447

socccalgary@gmail.com

calgary-seniors-outdoor-club.ca

- Hiking, snow-shoeing, or cross-country skiing on Tuesdays.

SKRASTINS OUTDOOR CLUB

P: 403-246-9145

skrastinsoutdoorclub.ca

- Provides hiking, snowshoeing, cross-country skiing and winter walking activities in the foothills and mountains west of Calgary most Fridays of the year.

STANLEY PARK LAWN BOWLING CLUB

350 42 Street SW T3C 1Y3

P: 403-532-8006

calgarybowls.com

- Free beginners' night on Mondays.

TAOIST TAI CHI SOCIETY

P: 403-240-4566

2310 24 Street SW T2T 5H8

taoist.org/locations/calgary/

- Tai chi for health programs at different locations.

WEST WINDS OUTDOOR CLUB

P: 403-271-9602, 403-276-4009

westwindsseniorshiking.com

- Hiking (May to October)
- City Winter Walking (November to April)
- Hikes quite strenuous.

Elder Abuse Happens in our Community.
We Can Help

Please call the Elder Abuse Resource Line at
403-705-3250 for more information about elder
abuse, resources or to inquire about shelter space.



DIRECTORY OF SERVICES

SENIORS ORGANIZATIONS

See separate listing for Seniors Sport and Recreation Clubs.

GROUPS — CITY WIDE

UNISON AT KERBY CENTRE

1133 7 Avenue SW T2P 1B2

P: 403-265-0661

F: 403-705-3211

generaloffice@unisonalberta.com

unisonalberta.com

ALBERTA WAR BRIDES

P: 403-276-4311

- Second Tuesday of every month

ANA SENIORS

P: 403-285-1707 (Gayle)

- Second Thursday of every month
- Dinner and dance at the Bowness legion (must call to register)
- \$20 members. \$22 non-members

BOW CLIFF 50+ ACTIVITY CENTRE

3375 Spruce Dr SW, T3C 3A3

P: 403- 246-0390

info@bowcliffseniors.org

bowcliffseniors.org

CARP - CANADA'S ASSOCIATION FOR THE FIFTY-PLUS

P: 403-256-1181

calgary@carp.ca

CN PENSIONERS ASSOCIATION

P: 403-280-9107

woods@nucleus.com

cnpensioners.org

CP PENSIONERS

P: 403-319-3035

pension@cpr.ca

cp-pensioners.com

CARIBBEAN 50+ ASSOCIATION

P: 403-295-7714

ackee1@shaw.ca

CALGARY CHINESE ELDERLY CITIZENS' ASSOCIATION

111 Riverfront Avenue SW T2P 4Y8

P: 403-269-6122

F: 403-269-1951

cceca@cceca.ca

cceca.ca

CALGARY ITALIAN SENIORS CLUB

P: 403-264-4133

info@calgaryitalianculturalcentre.com

calgaryitalianculturalcentre.com



Life is better, together!

Connect to your senior community with a Unison membership, offering exclusive access to **programs** tailored for active seniors.



UnisonAlberta.com/Membership
403-265-0661 ext. 256

CALGARY KOREAN ASSOCIATION

calgarykorea.ca

CALGARY KOREAN WOMEN'S ASSOCIATION

P: 403 861 8231
#4, 3530 11a St NE T2E 6M7
info.ckoreanwomen@gmail.com
calgarykoreanwomen.com

CALGARY KOTOBUKI KAI LONG LIFE SOCIETY

P: 403-242-4143
cjcmain@shaw.ca

CALGARY RETIRED TEACHERS' ASSOCIATION

crtatb@gmail.com
calgaryretiredteachers.ca

CALGARY SENIORS' RESOURCE SOCIETY

P:403-266-6200
F:403-269-5183
info@calgaryseniors.org
calgaryseniors.org

CITY OF CALGARY RETIREES

319 Coach Side Road SW T3H 1C7
P: 403-669-3793 (Alanna Hargan)
P: 403-613-5469 (Kim Jaedicke)

CLUB DE L'AMITIE (FRENCH)

P: 403-252-3154
information@clubdelamitie.ca

CONFEDERATION PARK 55+ ACTIVITY CENTRE

2244 Chicoutimi Dr. NW Calgary, AB T2L 0W1
P: 403-289-4780
F: 403-289-2028
info@yycseniors.com
yycseniors.com

NATIONAL ASSOCIATION FEDERAL RETIREES

P: 403-265-0773
fsnacalg@telusplanet.net

GREATER FOREST LAWN 55+ SOCIETY

3425 26 Ave SE, T2B 2P2
P: 403-272-4661
gfls.org

HINDU SOCIETY OF CALGARY

2225 24 Ave NE Calgary
P: 403-291-2551
hindusocietyofcalgary@gmail.com
calgaryhindusociety.com

INDIAN EX-SERVICEMEN IMMIGRANT ASSOCIATION CALGARY

503 4774 Westwinds Drive NE T3J 0L7
P: 403-293-3337
F: 403-293-3384
indianveterans92@gmail.com

ISMAILI SENIOR CITIZENS

P: 403-215-6200

PARKDALE NIFTY FIFTIES

3512 5 Ave NW, T2N 0V7
P: 403-283-0620
pdfn.org

POLISH CANADIAN SENIORS

3015 15th Street NE T2E 7L8
P: 403-291-3757
info@dompolski.ca
dompolski.ca (Polish Version)
polishcentre.ca (English Version)

ST. VLADIMIR UKRAINIAN ORTHODOX GOLDEN AGERS

P: 403-264-3437
info@stvlads.com
stvlads.com

Keep Mentally and Physically Fit with Unison's Active Aging Programs!



UnisonAlberta.com/Active-Aging
Program@UnisonAlberta.com | 403-705-3233



DIRECTORY OF SERVICES

GROUPS — NE CALGARY

BRIDGELAND RIVERSIDE (BRCA SENIOR'S COFFEE GROUP)

917 Centre Avenue NE T2E 0C6

P: 403-263-5755

seniors@brcacalgary.org

- Thursdays 1:00 pm to 3:00 pm

CIRCLE OF WOMEN

95 Falshire Drive NE (Lower level)

P: 403-285-0111

P: 403-473-1733

cher.g@telus.nett

FALCONRIDGE/CASTLERIDGE 55+ SOCIAL CLUB

95 Falshire Dr. NE T3J 1P7

P: 403-280-4422

Meet Mondays 1:00pm to 3:00pm

info@falconridgecastleridge.ca

falconridgecastleridge.ca

F.O.C.U.S. ON SENIORS

P: 403-816-8145

info@focusonseniors.ca

focusonseniors.ca

LOMA NORTH EAST SENIORS

P: 403-248-1775

MARLBOROUGH 50+ CLUB

P: 403-273-5894

info@marlboroughhca.com

calgarymarlborough.com/programs/

PINE RIDGE SENIORS

P: 403-280-2774

Meet Mondays 11:00am to 1:00pm

info@pineridgeyyc.ca

THORNVIEW SENIORS ASSOCIATION

P: (403) 248-1775

sandyistaple@gmail.com

GROUPS — NW CALGARY

ALLIANCE FOR ACTIVE AGING

P: (403) 547-9589

alignable.com/calgary-ab/saca-scenic-acres-community-association/alliance-for-active-aging

- A virtual 50+ centre serving Dalhousie, Edgemont, Scenic Acres, Montgomery, Silver Springs and Varsity.

BANFF TRAIL SENIORS

2115, 20 Avenue NW T2M 1J1

P: 403-282-2234

- Wednesdays from 1pm to 3:30pm

BOWNESS SENIORS' CENTRE

6422 35 Avenue NW T3B 1S6

P: 403-286-4488

office@bownessseniorscentre.com

bownessseniorscentre.com

BRENTWOOD COMMUNITY ASSOCIATION

1520B Northmount Drive NW

P: 403-284-3477

F: 403-284-3951

office@brentwoodcommunity.com

- Meets every Wednesday from 1pm to 3:30pm

CARRIBBEAN 50+ ASSOCIATION

P: 403-295-7714

ackee@telusplanet.net

- Every 3rd Saturday of each month. Call for details.

CONFEDERATION PARK 55+

2244 Chicoutimi Drive NW

P: 403-289-4780

info@yycseniors.com

yycseniors.com

HILLHURST-SUNNYSIDE SENIORS

1320, 5 Ave NW T2N 0S2

P: 403-283-0554

F: 403-270-3130

Debbie.o@hsca.ca

hillhurstsunnyside.org



UnisonAlberta.com
(403) 265-0661

HUNTINGTON PIONEERS ASSOCIATION

520, 78 Avenue NW T2K 0S2

P: 403-275-4294

hpa50@shaw.ca

hpa50.ca

IODE (IMPERIAL ORDER DAUGHTERS OF THE EMPIRE)

P: 403-264-4633

PO Box 44004 South Centre Calgary T2J 7C5

iode.ca

- Assists new immigrants, abused children and women, supports diversity in education and provides clothing and personal items to the homeless. (meets every second Thursday of every month)

PARKDALE NIFTY FIFTIES SENIORS ASSOCIATION

3512 5 Avenue NW T2N 0V7

P: 403-283-0620

F: 403-283-0602

info@pdnf.org

pdnf.org

ROCKY RIDGE ROCKERS

10709 Rocky Ridge Blvd NW T3G 4G1

P: 403-547-6633

info@rrrha.ca

rrrha.ca

SCENIC ACRES COMMUNITY ASSOCIATION

8825 Scurfield Drive NW T3L 2A

P: 403-547-9589

scenicacresca.ca

scenicacresca@shaw.ca

SENIORS ASSOCIATION

5600 Centre Street NW T2K 0T3

P: 403-275-0300

VARSITY SENIORS CARD CLUB

4303 Varsity Drive NW T3A 0Z7

P: 403-289-2876

WEST HILLHURST GO-GETTERS ASSOCIATION

1940 6 Avenue NW T2N 0W3

P: 403-283-3720

F: 403-283-3744

gogetters@telus.net

GROUPS — SE CALGARY

DEER PARK UNITED CHURCH

77 Deerpoint Road SE

P: 403-278-8263

info@dpuc.ca

facebook.com/deerparkuniteddyyc/

FLC SENIORS CLUB

11150 Bonaventure Drive SE T2J 6R9

info@flcseniors.ca

flcseniors.ca

GREATER FOREST LAWN SENIOR CITIZENS' SOCIETY

26 Avenue SE T2B 2P2

P: 403-272-4661

F: 403-272-6153 ext.3425

gfls.org

INGLEWOOD SILVER THREADS ASSOCIATION

1311 9 Street SE T2G 0T2

P: 403-264-1006

inglewoodsilverthreads@gmail.com

OGDEN HOUSE SENIOR CITIZENS CLUB

2102 69 Avenue SE T2C 3Y4

P: 403-279-2003

F: 403-279-1009

ogden50plus.org

SOUTH FISH CREEK 50+ SENIORS DROP-IN

P: Joan Kendrick 403-201-4005

cardelrec.com



Life is better, together!

—

Connect to your senior community with a Unison membership, offering exclusive access to **programs** tailored for active seniors.



unison
At Kerby Centre

UnisonAlberta.com/Membership
403-265-0661 ext. 256

DIRECTORY OF SERVICES

GROUPS — SW CALGARY

+55 CONNECTIONS SOCIAL CLUB

3227 Signal Hill Drive SW

P: 403-474-0838, 403-281-0667

- Thursdays at 10:30am

BOW CLIFF SENIORS

3375 Spruce Dr SW T3C 3A3

P: 403-246-0390

info@bowcliffseniors.org

bowcliffseniors.org

FLC SOUTH SENIORS BRIDGE CLUB

P: 403-605-3175

JEWISH COMMUNITY CENTRE

1607 90 Avenue SW T2V 4V7

P: 403-253-8600

calgaryjcc.com

- Offers classes for seniors

GOOD COMPANIONS

2609 19 Avenue SW T3E 0E9

P: 403-249-6991

gc50plus@gmail.com

gc50plus.org

SALVATION ARMY GLENMORE TEMPLE

Young at Heart – 2nd and 4th Tuesday 10am to 2:00pm

Craft and Chat – every wednesday 9:30pm to 1:30pm

P: 403-253-1700

F: 403-253-8024

glenmoretemple.office@salvationarmy.ca

salvationarmy.org

WOODCREEK SENIORS

P: 403-281-2571 (Anne Bundgaard)

PROVINCIAL SENIOR ORGANIZATIONS

ALBERTA ASSOCIATION OF GERONTOLOGY - CALGARY CHAPTER

P.O. Box 47022, RPO Inglewood T5J 4N1

P: 403-370-5251

info@albertaaging.ca

albertaaging.ca

- Networking for students, professionals and older adults interested in gerontology.

ALBERTA COUNCIL ON AGING

Box 62099 Edmonton T5M 4B5

P: 780-423-7781, 1-888-423-9666

info@acaging.ca

acaging.ca

- A province-wide charitable organization working to enhance senior participation in all aspects of society.

NATIONAL SENIOR ORGANIZATIONS

CARP - NATIONAL

70 Jefferson Ave, Toronto, ON M6K 1Y4

P: 1-888-363-2279

support@carp.ca

carp.ca

- A national organization focused on promoting and protecting the interests of aging Canadians.
- Acts as an advocate for aging Canadians.

CARP - CALGARY CHAPTER

P: 403-256-1181

calgary@carp.ca

- Advocacy and information for fifty-plus. Information magazine. Offers members preferred rates and discounts on services such as insurance and travel.

TAX

INCOME TAX

All seniors, regardless of income, should file an individual tax return each year by April 30. Some government benefits are renewed from the income tax information. Seniors risk being cut off benefits by not filing income tax on time. Individuals may also qualify for the Goods and Services Tax rebate (GST) by filing income tax.

Please note that many of the seniors' drop-in centres listed provide assistance with income tax preparation.

UNISON - SENIORS SUPPORTS

1133 7 Avenue SW T2P 1B2

P: 403-705-3246

Seniorsupports@unisonalberta.com

unisonalberta.com

- Volunteers do simple returns for individuals over 55. Call after February 1st for an appointment in March and April.

- Income limits subject to change as per CRA.
- Volunteer available every Friday from May to January at Unison at Kerby Centre to do simple returns for low income seniors over 55 years. Appointment required.
- In March and April there is a Tax Clinic from Monday to Friday (9am to 3pm).

CANADA REVENUE AGENCY

P: 1-800-959-8281 (General Information)

P: 1-800-387-1193 (GST, Benefit and credit questions)

P: 1-800-959-1956 (Telerefund)

P: 1-800-959-2221 (Forms and Publications)

P: 1-800-267-6999 Automated phone service for proof of income statements, benefit payments, balance owing and more.

cra-arc.gc.ca

- This office can answer any questions regarding income tax. Appointments are required for in person service. Self-serve stamping machines are available to provide receipt for documents delivered during regular business hours. 8:15 am – 4:30 pm.

PROPERTY TAX

Seniors Property Tax Deferral Program

- The Seniors Property Tax Deferral Program allows eligible senior homeowners to defer all

or part of their annual residential property taxes through a low-interest home equity loan with the Government of Alberta. If you qualify, the program will pay your residential property taxes directly to your municipality on your behalf. You repay the loan, with interest, when you sell the home, or sooner if you wish.

General eligibility

- To qualify, your home must be your primary residence, where you live most of the time, and you must have a minimum of 25 per cent equity in your home.

ALBERTA SUPPORTS CONTACT CENTRE

Mail: Box 3100 Edmonton, AB T5J 4W3

P: 1-877-644-9992

**F: 780-422-5954 available 24hrs a day
health.alberta.ca**

- Contact Alberta Seniors for assistance to complete government assistance forms.

THE CITY OF CALGARY

P: 3-1-1

Property Tax Office

**3rd flr, Municipal Building 800 Macleod Trail SE
calgary.ca/propertytax**

- Property Tax Assistance Program: Low-income homeowners may be eligible for property tax relief. To be eligible there must be an increase in property tax. For assistance, contact the office listed above.

Free Low-Income Tax Clinic

Receive assistance for filing taxes

Eligibility for those 55+ and/or AISH clients with an income limit of \$35,000/ year for an individual or \$50,000/year for a couple



**UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246**

TRANSPORTATION

ALBERTA MOTOR ASSOCIATION DRIVER 55 PLUS PROGRAM

4700 17 Avenue SW T3E 0E3

P: 403-240-5450

P: 1-800-642-3810 (Toll Free)

drivered@ama.ab.ca

ama.ab.ca/drivereducation

- Keeping drivers on the road as long and as safely as possible
- 10 hours of classroom sessions
- Held at AMA Calgary Main 4700 17 Ave SW
- In-car refresher instruction also available

ALBERTA TRANSPORTATION DRIVER LICENSING

In addition to providing transportation, volunteers offer companionship and social support. Shopping is not limited to groceries. Any senior can apply but assistance may be prioritized by need.

- Driver examinations, licenses and registration of vehicles is done exclusively through private registry agents. A list of agents can be found under License & Registry Services in the Yellow Pages.
- Disabled Parking Permit/License Plate applications are available from registry agents. The application must be signed by a doctor. Parking permits are given to individuals rather than to vehicles. This means the permit can be transferred between vehicles and can be used only when the disabled person is in the vehicle.
- Medical examinations are required for all drivers at age 75. If there are no problems, the license is renewed for five years. Starting at age 80, medical examinations are required every two years.

ALBERTA TRANSPORTATION DRIVER FITNESS AND MONITORING BRANCH

P: Dial 310-0000 and then 780-427-8230 (toll free)

F: 780-422-6612

driver.fitness@gov.ab.ca

alberta.ca/driver-fitness-and-suspensions

- Drivers can have their operator's license suspended or restricted for medical reasons.

UnisonAlberta.com

CALGARY SENIORS' RESOURCE SOCIETY

3639 26 Street NE T1Y 5E1

P: 403-266-6200

F: 403-269-5183

info@calgaryseniors.org

calgaryseniors.org

- Escorted Transportation: Volunteer drivers provide one-on-one escorted transportation to medical appointments for seniors who are unable to use existing transportation. Two week notice is required.
- Assisted Shopping: Volunteers are matched one-on-one with seniors for reoccurring shopping trips.

CALGARY TRANSIT CUSTOMER SERVICE CENTRE

234 7th Avenue SW T2P 0W6

P: 403-262-1000 (Calgary Transit Call Centre)

calgarytransit.com

Hours: 10:00 a.m. – 5:30 p.m. Mon – Fri

- Senior Citizen Transit Pass: A transit pass issued on a yearly basis (currently expires June 30) that enables residents of Calgary, 65 years of age and older, to travel on Calgary Transit without additional payment. It can be used on bus or CTrain but not for Calgary Transit Access. Proof of age and residency is required. Visit calgarytransit.com for further information.
- Low income Senior Citizen Transit Pass: Application can be made through Fair Entry and proof of income (Notice of Assessment) is required.
- Accessible Transportation: Is available for qualified applicants, through Calgary Transit Access (a division of Calgary Transit). This is a shared-ride, door-to-door service delivered by various service providers. To book a trip, call 403-537-7777, option 2. This service is designed for people with health conditions or disabilities who may not always be able to use regular transit.

Customer Service

P: 403-537-7777, option 4

- For customers who are already registered with Calgary Transit Access some important phone numbers are:

Automated Trip Confirmation/Cancellation

P: 403-537-7777, option 1.

To book a trip up to 4 days in advance use

P: 403-537-7777, option 2.

Same day service inquiries use

P: 403-537-7777, option 3.

DISABLED ACCESS PROGRAM

Provided by: Calgary Transit Access

P: 403-537-7770

F: 403-537-7812

calgarytransitaccesseligibility@calgary.ca

Mon-Fri 8:30AM - 4:30PM

FAIR ENTRY

City of Calgary Municipal Building Third Floor

800 Macleod Trail SE, Calgary, T2G 2M3

P : 311

F: 403-268-2596

fairentry@calgary.ca

calgary.ca/fairentry

Mon-Fri 8AM- 6PM Applications accepted until 5:45 PM.

- Service targeted to residents of Calgary, individuals and families that meet low income eligibility criteria. Low income cut-off thresholds change annually.

INTERCITY EXPRESS (ICE)

Route 900 service operates between Airdrie, CrossIron Mills Mall and Rundle LRT station in northeast Calgary.

Route 901/902 service operates between Airdrie and downtown Calgary. Calgary Transit tickets/ monthly passes are not accepted on Routes 901, 902 or 900,

P: 403.948.8875

F: 403.948.6567

airdrietransit.ca

airdrie.transit@airdrie.ca

PARKING PLACARDS FOR PERSONS WITH DISABILITIES

P: 780-427-7013

Toll Free 310--0000

alberta.ca/get-parking-placard-people-disabilities

- Persons who cannot walk 50 metres (164 feet) can apply for a parking placard or a disabled licence plate. This service is provided through authorized Alberta registry offices.

TRAVEL

KERBY TRAVEL

1133 7 Avenue SW T2P 1B2

P: 403-705-3237

F: 403-705-3211

kerbytravel@unisonalberta.com

unisonalberta.com

- Offers day trips for members and non-members.
- Desk is open 9:30am to 3:00pm weekdays

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220 4 Avenue SE
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travel.gc.ca

- Application forms for Canadian passports are available from most travel agencies, post offices, or online from the above website.

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hihostels.ca

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F: 403-648-1111
info@travelalberta.com
travelalberta.com

- Information on any aspect of travel and tourism in Alberta.

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(Toll free) 1877-537-2757
F: 403-591-7372
info@williamwatsonlodgesociety.com
albertaparks.ca/www

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VETERANS AND ARMED SERVICES

AIR FORCE ASSOCIATION OF CANADA

P: 403-289-0062
P: 1-866-351-2322
airforce.ca

ANA SENIORS

P: 403-285-1707 (Gayle)

ARMY, NAVY AND AIR FORCE VETERANS

Donna Currie
P: 403-248-0844

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2020 15 Street NW T2M 3N8

P: 403-284-1161

F: 403-284-9899

info@calgarypoppy.ca

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CALGARY NAVAL VETERANS ASSOCIATION

2402 2A St SE T2G 4S2

P: 403-261-0530

F: 403-261-0540

calgarynavalvets@gmail.com
cnva.ca

INDIAN EX-SERVICEMEN IMMIGRANT ASSOCIATION CALGARY

503-4774 Westwinds Drive NE T3J 0L7
P: 403-293-3337

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P: 403-284-1161
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office@abnwtlegion.com

VETERANS AFFAIRS CANADA

Unit 470-220 4th Ave SE T2G 4X3
P: 1-866-522-2122
F: 403-292-4839
veterans.gc.ca

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VOLUNTEER OPPORTUNITIES

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1133 7 Avenue SW T2P 1B2

P: 403-234-6570

F: 403-705-3211

volunteer@unisonalberta.com
unisonalberta.com

- Volunteers with Unison are matched to a variety of volunteer opportunities based on skill-level, interest and agency needs. Wide varieties of volunteer positions are available.

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28 Oak drive NW T3B 6A8

P: 403-955-7997

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5945 Centre Street SE T2H 0C2

P: 403-777-3534

bbbs.calgary@bigbrothersbigsisters.ca

c/o Big Brothers and Big Sisters of Calgary and Area
bbbscalgary.ca/betweengenerations

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books@booksbetweenfriends.com

booksbetweenfriends.com

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P: 1-800-268-9052

info@ceso-saco.com

ceso-saco.com

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THE CITY OF CALGARY

P: 311

calgary.ca/volunteer

- Wide varieties of volunteer opportunities are available by contacting 311. Volunteer jobs include work in parks, golf courses, historic City Hall, community programming, animal services, special events and much more. Visit Calgary.ca/311 for more information.

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1170, 105 12 Avenue SE T2G 1A1

P: 403-265-5633

F: 403-265-8981

info@volunteerconnector.org

volunteerconnector.org

- Promotes volunteer participation in Calgary. Trains and refers volunteers to other non-profit groups.

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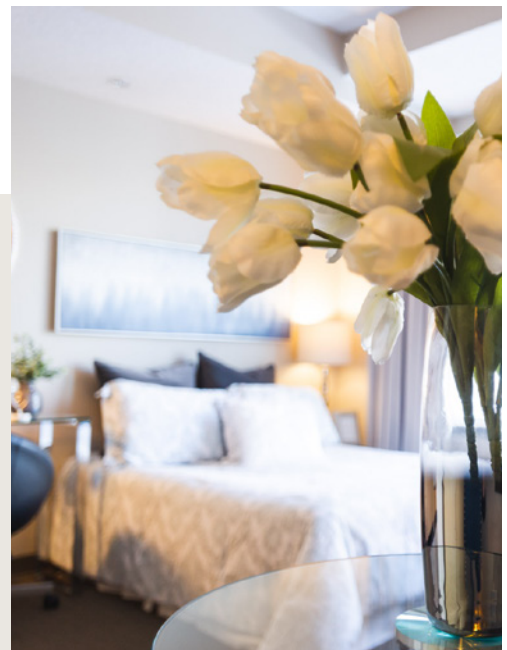
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905 Prominence Way SW | ProminenceWayRetirement.com | info@ProminenceWayRetirement.com



Programs & Support for Family/Friend Caregivers

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1.877.453.5088 | support@caregiversalberta.ca | caregiversalberta.ca



Want to Help Support Alberta's Caregivers?

Caregivers Alberta is creating a Volunteer Seniors Ambassador Program to connect with senior caregivers throughout the province.

If you are 65 or older and would like to learn more about becoming a Senior Caregiver Ambassador, visit caregiversalberta.ca/get-involved/volunteer or email volunteer@caregiversalberta.ca.



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- What do you need to do to get ready?
- What housing options are available?
- What is your current home worth?

If you are looking for a change in your lifestyle call Debra & Peter Molzan for a confidential, no obligation consultation.

Debra & Peter Molzan
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403-605-3774

www.TheMolzanTeam.com

“Assisting Seniors & their Families Since 1991”

"Debra & Peter were completely focused on selling my home and finding me another one that would suit my changing circumstances. They deeply care about all the needs of their clients." — Cicely S.

"I found Debra to be very helpful when I was looking for accommodation in a senior's complex. She was not only very knowledgeable on what was available, but had patience to see that my needs were met. I would definitely recommend her to others who are looking to make a move." — Audrey H.

"I met Debra when she was helping my mother find a new residence. I really liked the way she listened to find out what was important to us. She showed us many places that met our list of requirements and paced the visits so we never felt rushed or pressured. When we were weighing the options, she was very helpful and found answers to all our questions. Mom has been in her new place for six months and is pleased with the move and the decision she made. We are very appreciative of all Debra's assistance." — Tara H.

"As part of their commitment to seniors, they each volunteer at Kerby Centre to better understand seniors' needs and keep up with developments in the senior market place." — Ted D.

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HOUSING DEFINITIONS

Alberta Health Services Personal Care Homes

- Typically single-family dwellings where five to eight residents receive support services
- Meals, housekeeping, personal care and support services are provided

Alzheimer

- Alzheimer disease is the most common form of dementia
- Symptoms include difficulty in remembering recent events
- Symptoms can also include confusion, irritability and aggression, mood swings, trouble with language, and long-term memory loss. As the sufferer declines they often withdraw from family and society

Apartment

- A dwelling situated above or below one or more other units (residential or non-residential)
- The “apartment” dwelling unit may share common hallways and access to the outside with other units
- Included in this category are the following types of units: duplexes, triplexes, stacked townhouses, and
- apartments above a non-residential unit

Assets

- All equity in real estate
- Cash and liquid assets
- Does not include: equity in a motor vehicle, TFSAs, household furniture and/or appliances.
- For a complete definition of assets, please call your housing management body or the Government of Alberta

Bachelor apartment (Also known as Studio)

- A small apartment usually consisting of one main living space, a small kitchen, and a bathroom

Dementia

- Is a serious loss of global cognitive ability in a previously unimpaired person, beyond what might be expected from normal aging

Designated Supportive Living

- Private supportive facilities that have a contract with Alberta Health Services to provide on-site 24-hour non-professional supportive residential services to clients
- Health and personal care supports are on-site for seniors with complex and significant care needs

Hospices

- Nursing care of people who are living with, and dying from, a life-limiting illness along with equal supportive care of their families

Independent Living Non-Profit Housing

- Non-profit agencies and/or organizations that provide housing for seniors or all age groups
- Rents are lower than market level and income tested

Independent Living Senior Citizens Subsidized Apartments

- Apartments are jointly owned by the Alberta Government and the management group
- Rents are 30 percent of one’s gross income

Independent Living Condo or Life Lease

- Condo: a form of property ownership where the purchaser buys a suite
- Life Lease: a contract between a resident and an organization which grants the resident the right to occupy a unit for the balance of his/her life

Long Term Care Centres (also known as Nursing Homes)

- For a small number of seniors who have highly complex health needs and whose care can not be safely provided in their own home or in supportive living
- Under the direction of a family physician, an on-site Registered Nurse supervises care with the support of Licensed Practical Nurses, Health Care Aides and other health-care providers

Mental Health

- A mental disorder or mental illness is a psychological pattern or anomaly, potentially reflected in behavior, that is generally associated with distress or disability, and which is not considered part of normal development of a person’s culture.
- Mental disorders are generally defined by a combination of how a person feels, acts, thinks or perceives.

HOUSING DEFINITIONS

Non-Profit Independent Assisted Living

- Lodge style housing for seniors 55+ years who have not been able to successfully access seniors housing in Calgary

One (1) Bedroom apartment

- A small apartment usually consisting of one main living space, a small kitchen, and a bathroom with a room for sleeping

Person with developmental disabilities

- Developmental disability is a term used in the United States and Canada to describe lifelong disabilities attributable to mental or physical impairments

Point System

- The point system is a format used to evaluate the applicant who has the greatest need in a fair manner
- Building Management take into account and allot a set number of points for: the rent paid/income, eviction or special circumstances, overcrowding, housing detrimental to health, shared housing and utility responsibility
- Building Management deduct points for assets. The more points, the greater the need

Private Personal Care Homes Licensed and Unlicensed

- Small privately owned residences that provide a home-like atmosphere
- Supports and services vary
- Contact management in listing directly

Private Supportive Living

- Privately-owned facilities that charge market rates for apartment style suites (most with modified kitchens)
- Meals in a central dining room, recreational activities, bus service for medical appointments and housekeeping

Row (also known as Townhouse)

- A ground-oriented dwelling attached to two or more similar units so that the resulting row structure contains three or more units

Semi Detached

- Two ground-oriented dwelling units which are attached by means of a common wall, and adjoining no other structure
- Each unit in the structure is called a semi-detached unit. Included in this category: a unit built to attach to a “single” or to a non-residential structure

Shelters

- A dwelling place or home considered as a refuge from the elements: Everyone’s basic needs are food, clothing, and shelter

Single Detached

- A building containing only one dwelling unit, which is completely separated on all sides from any other dwelling or structure
- Included in this category is: a single house which is not attached to any other dwelling above ground, but may be attached below ground

Studio Apartment (Also known as Bachelor)

- A small apartment usually consisting of one main living space, a small kitchen, and a bathroom

Subsidized Supportive Living Lodge Program

- Private room and bath with the services of housekeeping and meals in a central dining room
- Rents are a percentage of one’s gross income

Two (2) Bedroom Apartment

- A small apartment usually consisting of one main living space, a small kitchen, and a bathroom with two rooms for sleeping

DEMENTIA RESIDENTIAL FACILITIES

For people who are experiencing Dementia or Alzheimer related concerns, specialized accommodations have been developed. These accommodations provide:

- Assistance with daily living activities: bathing, dressing, nutrition, and mobility
- Assistance with lifestyle maintenance: outings, social engagements, care of your pet
- Medication Assistance Service, Continence Management Program, Palliative Care Services
- A variety of structured and varied activities are offered to facilitate continued engagement with community, family and life such as (mental) cognitive exercises and physical activities, designed to appeal to each client's personal interests and to reinforce past associations and memories.

AgeCare Glenmore

1729 90 Ave SW
403-253-8806
AgeCare.ca

AgeCare Midnapore

500 Midpark Way SE
403-873-2600
AgeCare.ca

AgeCare Seton

4963 Front St SE
587-349-8444
AgeCare.ca

AgeCare Skypointe

179 Skyview Circle NE
587-619-1900
AgeCare.ca

AgeCare Walden Heights

250 Walden Dr SE
403-873-4700
AgeCare.ca

Bethany Calgary

916 18A St NW
403-284-6000
Bethanyseniors.com

Bethany Harvest Hills

19 Harvest Gold Manor NE
403-226-8200
Bethanyseniors.com

Bethany Riverview

200, 2915 - 26th Avenue SE
587-392-3999
Bethanyseniors.com

AgeCare Bow Crest

5927 Bowness Rd NW
403-288-2373
AgeCare.ca

Brentwood Care Centre

2727 16 Ave NW
403-289-2576
intercarealberta.com

BSF Bow View Manor

4628 Montgomery Blvd NW
403-288-4446
bowviewmanor.ca
bowview@theBSF.ca

BSF Wentworth Manor

5717 14th Ave SW
403-242-5005
thebsf.ca
wentworthmanor.ca
wentworth@theBSF.ca

Carewest Colonel Belcher

1939 Veterans Way NW
403-944-7800
Carewest.ca

Carewest Garrison Green

3108 Don Ethell Blvd SW
403-944-0100
Carewest.ca

Carewest George Boyack

1203 Centre Ave NE
403-267-2750
Carewest.ca

Chartwell Eau Claire Care Residence

301 7 St SW
587-287-3943
chartwell.com

Venvi The Edgemont

80 Edenwold Dr NW
587-327-9436
venviliving.com

Evanston Grand Village

40 Evanston Way NW
403-274-6416
evanstongrand.ca

Extendicare Cedars Villa

3330 8 Ave SW
403-249-8915
Extendicarecedarsvilla.com

Extendicare Hillcrest

1512 8 Ave NW
403-289-0236
extendicarehillcrest.com

Father Lacombe Care Centre

270 Providence Blvd SE
403-256-4641
fatherlacombe.ca

Holy Cross Manor

70 Evanspark Manor NW
587-230-7070
covenantcare.ca

Intercare Chinook Care Centre

1261 Glenmore Tr SW
403-252-0141
Intericarealberta.com

Intercare Southwood Care Centre

211 Heritage Dr SE
403-252-1194
intericarealberta.com

Mayfair Care Centre

8240 Collicutt St SW
403-252-4445
mayfaircarecentre.com

Mckenzie Towne Care Centre

80 Promenade Way SE
403-508-9808
AgeCare.ca

Mckenzie Towne Retirement Residence

20 Promenade Park SE
403-257-9331
AgeCare.ca

Millrise Seniors Village

14911 5th St SW
587-715-0474
seniorsliving.sehc.com/locations/
mill.info@sehc.com

Monterey Seniors Village

4288 Catalina Blvd NE
403-207-2929
retirementconcepts.com
info@retirementconcepts.com

Mount Royal Care Centre

1813 9 St SW
403-244-8994
AgeCare.ca

Newport Harbour Care Centre

10 Country Village Cove NE
403-567-5100
parkplaceseniorsliving.com

Prince Of Peace Manor And Harbour

300 Prince of Peace Way,
Rockyview County
403-285-5080
verveseniorliving.com
crm.pop@verveseniorliving.com

Providence Care Centre

149 Providence Blvd SE
587-393-1350
fatherlacombe.ca

Venvi Evergreen

2220 162 Ave SW
587-816-2819
venviliving.com

Rocky Ridge Retirement Community

10715 Rocky Ridge Blvd NW
403-930-4848
rockyridgetirement.com

Sage Hill

6 Sage Hill Gardens NW
403-455-2273
Optimaliving.ca
sagehill@optimaliving.ca

Scenic Acres Retirement Residence

150 Scotia Landing NW
587-317-9527
cogirseniorliving.ca

St. Marguerite Manor

110 Evanspark Manor NW
587-955-9788
covenantcare.ca
SMM.Admin@covenantcare.ca

St. Teresa Place

10 Redstone PI NE
587-619-7116
covenantcare.ca
stp.admin@covenantcare.ca

Swan Evergreen Village By Origin

2635 Eversyde Ave SW
587-481-6638
originswanevergreen.ca

Trico Livingwell

7670 4A St SW
403-281-2802
tricolivingwell.com
hello@tricolivingwell.com

Whitehorn Village By Origin

5200 44 Ave NE
403-271-2277
Whitehornvillage.com

Wing Kei Crescent Heights

1212 Centre St NE
403-277-7433
wingkeicarecentre.org

Wing Kei Greenview

307 35 Ave. NE
403-520-0400 we
wingkeicarecentre.org

DEVELOPMENTAL DISABILITY - HOUSING OPTIONS

In addition to traditional housing options for older adults, people with developmental disabilities have additional options available to them:

- Alberta Government—Persons with Developmental Disabilities (PDD) Community Boards
- Alberta Government—Assured Income for the Severely Handicapped (AISH)

Persons with Developmental Disabilities (PDD) community boards

Based on a specific set of eligibility criteria PDD provides funding to pay for:

- COMMUNITY LIVING SUPPORTS help individuals in their home (for example: meal planning and housekeeping)

To find out about eligibility criteria, and funding opportunities in the Calgary Area, contact:

Persons with Developmental Disabilities (PDD)

alberta.ca/persons-with-developmental-disabilities-pdd

PDD.CalgaryBoard@gov.ab.ca 403-297-5011

Assured Income for the Severely Handicapped (AISH)

AISH is a living allowance for people aged 18–65 if they have a severe handicap that prevents them from earning a living.

Medical documentation required, and the individual must meet a specific eligibility criteria. Income and assets of the applicant, their spouse, or cohabitating partner are assessed when determining eligibility.

To learn more about AISH, or to obtain an application form, contact:

alberta.ca/aish
403-297-8511

INDEPENDENT LIVING: NON-PROFIT HOUSING

Non-profit housing is accommodation that is owned and operated by a non-profit organization and may be partially funded by the government.

- Rents are lower than market value.
- Rent is calculated based on the renter's income.
- Some of the accommodations are primarily for seniors while others give housing to any age group.

Bishop's Manor

200 Nina Gardens NE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Columbus Place

100 Nina Gardens NE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Gilchrist Apartments North (Gardens)

511 Pinestream Place NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Livingston Terrace Apartments

149 Livingston Hills NE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Templemont Place

9 Templemont Circle NE Calgary
403-269-3183
tpfa.ca
applications@tpfa.ca

Willow Park on the Bow

30 11 Street NE Calgary
403-567-5301
silvera.ca

Bow Bridge Manor

3139 Bowwood Drive NW Calgary
403-288-4014
simcomanagement.ca

Bow Centre Place

115, 7915 43 Avenue NW Calgary
403-288-3626
bowcentreplace.ca
bowcentreplace@shaw.ca

Lions Village

2528 Bowness Road NW Calgary
403-283-3836
bethanyseniors.com
info@bethanyseniors.com

Westbourne Place

877 64 Avenue NW Calgary
403-274-8383
westbourneseniors.com
westbourneplace@shaw.ca

AgeCare Walden Heights Estate by Hestia

270 Walden Drive SE Calgary
403-471-1732
hestiaproPERTIES.ca
waldenestate@hestiagroup.ca

Becker Manor

2611 15 Avenue SE Calgary
403-265-4492
elderstatesmengroup.com
ESGManager@outlook.com

Kanerva House

2945 26 Avenue SE Calgary
403-272-8615
bethanyseniors.com
info@bethanyseniors.com

Mikkelsen House

2933 26 Avenue SE Calgary
403-272-8615
bethanyseniors.com
info@bethanyseniors.com

Wilkinson House

2939 26 Avenue SE Calgary
403-272-8615
bethanyseniors.com
info@bethanyseniors.com

Bow Claire Apartments

717 1 Avenue SW Calgary
403-265-4492
elderstatesmengroup.com
ESGManager@outlook.com

Glenway Gate

4211 Richmond Road SW Calgary
403-264-4596
tpfa.ca
applications@tpfa.ca

St. Mark's Manor

2612 14A Street SW Calgary
403-245-8220
barryccorns@telus.net

Villa Jean Toupin

#102, 1809 5 Street SW Calgary
403-228-5709
sfcc@telusplanet.net

Westview Residence West

5000 50 Avenue SW Calgary
403-567-5301
silvera.ca

AgeCare Sagewood Estate by Hestia

140 Cambridge Glen Drive
Strathmore
403-361-8044
hestiaproPERTIES.ca
info@hestiagroup.ca

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Please call the Elder Abuse Resource Line at
403-705-3250 for more information about elder
abuse, resources or to inquire about shelter space.

Independent: Non-Profit (Below Market) NE Calgary

Gilchrist Apartments North (Gardens)

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: Flat starting at \$1,075, Plus security deposit

EXTRA COSTS: Parking, Internet, Cable, Phone

UNITS: 19 x 1 br, 1 x 1 br barrier-free suites

BUSES: Bus stop within 3 blocks

FEATURES: Shared laundry, dishwashers

SUPPORTS: 24/7 maintenance on call, Access to Home Care, wheelchair accessible, Barrier-free suites

Silvera for Seniors – Gilchrist Apartments North

silvera.ca

communityliving@silvera.ca or (403) 567-5301

511 Pinestream Place NE

Calgary, AB T1Y 0B5

403-276-5541

Independent: Non-Profit (Below Market) NE Calgary

Willow Park on the Bow

ELIGIBILITY: Age 55+, Income must be below Alberta income threshold

RENT: 10% below market, plus security deposit
1 br \$1177
2 br \$1424

EXTRA COSTS: Parking, scooter parking, electricity, pet fee

UNITS: 55 x 1 br, 17 x 1 br barrier-free, 3 x 2 br

BUSES: Bus stop within 3 blocks

PET FRIENDLY: Yes (cats only)

FEATURES: Shared Laundry, dishwasher, 4 storeys with 3 elevators, social club, lounge, Included in rent: heat and water

Optional add on packages are an additional fee.

SUPPORTS: 24/7 on call maintenance, access to home care, wheelchair accessible, barrier-free suites.

Willow Park on the Bow

silvera.ca

communityliving@silvera.ca or (403) 567-5301

30 11 St NE

Calgary, AB T2H 2K6

403-262-6295

Independent: Non-Profit (Market) NE Calgary

Willow Park on the Bow

ELIGIBILITY: Age 55+

RENT: Rent plus Security Deposit

1 Br – call for pricing

2 Br – call for pricing

EXTRA COSTS: Parking, scooter parking, electricity, pet fee

UNITS: 58 x 1 br, 17 x 2 br

BUSES: Bus stop within 3 blocks

PET FRIENDLY: Yes (cats only)

FEATURES: In-suite laundry, dishwasher, 4 floors with 3 elevators, social club, lounge, Included in rent: heat and water

Optional add on packages are an additional fee.

SUPPORTS: 24/7 maintenance on call, access to homecare.

Willow Park on the Bow

Silvera.ca

willowparkliving@silvera.ca or

403-262-6295

30 11 St NE

Calgary, AB T2H 2K6

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Livingston Terrace Apartments

(Opening Spring 2024)

ELIGIBILITY: Age 65+, income must be below Alberta income threshold

RENT: (Included heat and water) plus Security Deposit, rents from 41% to 10% below median market rates and 3 units below CMHC average market rate.

EXTRA COSTS: Pet fee, parking, scooter parking, cable, electricity, internet, phone

UNITS: 2 x 1 br, 5 x 1 br +den/patio, 4 x 2 br, 1 x 1 barrier free

BUSES: 8 blocks, transit on demand service

PET FRIENDLY: Yes, dog run on property

FEATURES: In-suite laundry, dishwashers, 4 storeys with 2 elevators, outdoor sitting area, walk in showers with shower seat, storage, scooter/bike parking, social rooms

SUPPORTS: 24/7 maintenance on call, access to home care, wheelchair accessible

Silvera for Seniors
– Livingston Terrace Apartments

silvera.ca

communityliving@silvera.ca or (403) 567-5301

149 Livingston Hills NE

Calgary, AB T4B 3P6

Lions Village

ELIGIBILITY: Age 60 plus / Age 55+ Barrier free suites. Maximum income limits apply. Non smoking and no pets

RENT/LEASE: \$720.00-\$1200.00 per month

EXTRA COSTS: Parking, electricity, laundry, cable, phone, internet.

UNITS: 90 units (studio, one and two bedroom)

BUSES: 5 routes within 3 block radius.

PET-FRIENDLY: No

FEATURES: Elevators, garden/patio, fitness and billiard room, library, laundry room on each floor, Wi-Fi in common areas, social club activities, bike storage room.

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society

bethanyseniors.com

info@bethanyseniors.com

2528, Bowness Road NW

Calgary, AB T2N 3L9

403-283-3836

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and Physically Fit
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Aging Programs!**



**UnisonAlberta.com/Active-Aging
Program@UnisonAlberta.com
403-705-3233**



Kanerva House

ELIGIBILITY: 60+, maximum income limits apply. Non smoking.

RENT/LEASE: \$920.00 per month

EXTRA COSTS: Parking, laundry, cable, phone, internet

UNITS: 109 one-bedroom suites

BUSES: 5 bus routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Bistro, elevator, garden/patio, fitness room, library, social club activities, laundry room, Wi-Fi in common areas

SUPPORTS: Spiritual Care and Social Work services available. Meal delivery service available (additional charge)

Bethany Care Society

bethanyseniors.com

info@bethanyseniors.com

2945 26 Ave SE

Calgary, AB T2B 2N5

403-272-8615

Independent: Non-Profit

SE Calgary

Mikkelsen House

ELIGIBILITY: Age 60+, 55+ accessible units. Maximum income limits apply. Nonsmoking and no pets

RENT/LEASE: \$725.00 - \$1130.00 per month

EXTRA COSTS: Underground/ surface parking, electricity, laundry, cable, phone, internet

UNITS: 139 studio, one- and two-bedroom units

BUSES: 5 bus routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Bistro, elevator, garden/patio, fitness room, library, social rooms, social club activities, laundry room on each floor, Wi-Fi in common areas, bike storage room.

SUPPORTS: Spiritual Care and Social Work services available. Meal delivery service (additional charge)

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
2933 26 Ave SE
Calgary, Alberta T2B 0N5
403-272-8615

Independent: Non-Profit

SE Calgary

Wilkinson House

ELIGIBILITY: Age 55+, maximum income limits apply. Non smoking.

RENT/LEASE: \$745.00 - \$920.00 per month

EXTRA COSTS: Parking, laundry, cable, phone, internet

UNITS: 109 studio and one bedroom units

BUSES: 5 bus routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Bistro, elevator, garden/patio, fitness room, library, social room, social club activities, laundry room, Wi-Fi in common areas.

SUPPORTS: Spiritual Care and Social Work services available. Meal delivery service (additional charge)

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
2939 26 Ave SE
Calgary, AB T2B 1Y9
403-272-8615

Independent: Non Profit (Below Market)

SW Calgary

Westview Residence West

ELIGIBILITY: Age 55+, Income must be below AB Income Threshold

RENT: \$995 (21% Below Market), Plus Security Deposit.

EXTRA COSTS: Pet fee, scooter parking, cable, utilities, internet, phone

UNITS: 8 x 1 br barrier-free and 17 x 1 br

PET FRIENDLY: Yes (cats only)

BUSES: Bus stop within 3 blocks

FEATURES: In-suite laundry, air conditioning, 5 storeys with 2 elevators, outdoor sitting area, 2 social rooms, storage, access to amenities at Westview Town Suites for a fee.

SUPPORTS: 24/7 maintenance on call, access to home care, wheelchair accessible

Silvera for Seniors – Westview Residence West
silvera.ca
5000 50 Ave SW, Calgary, AB T3E 8H1
westviewliving@silvera.ca
or 403-240-4920

Independent: Non-Profit (Market)

SW Calgary

Westview Residence West

ELIGIBILITY: Age 55+

RENT: plus security deposit, please call for pricing.

EXTRA COSTS: Pet Fee, parking, scooter parking, cable, utilities, internet, phone

UNITS: 36 x 1 br, 5 x 1 br plus den, 15 x 2 br suites, 1 x 1 br barrier-free

BUSES: Bus stop within 3 blocks

PET FRIENDLY: Yes (cats only)

FEATURES: In-Suite laundry, air conditioning, 5 storeys with 2 elevators, outdoor sitting area, 2 social rooms, storage, access to amenities at Westview Town Suites for a fee

SUPPORTS: 24/7 maintenance on call, access to home care, wheelchair accessible

Silvera for Seniors - Westview Residence West
silvera.ca
5000 50 Ave SW, Calgary, AB T3E 8H1
westviewliving@silvera.ca
or 403-240-4920

INDEPENDENT LIVING: SUBSIDIZED

Features of subsidized independent living include:

- Apartments are for independently living seniors who have limited incomes.
- There are limited numbers of two-bedroom apartments which are reserved for couples.
- The Point System is used for all subsidized housing. (Please see definition on page 88 for more information)

These buildings have waiting lists. It is important to apply as early as possible, remain in contact with the apartment managers, and to update your application if your circumstances change. It is best to start applying several months in advance.

***For more information, please call: 403-310-0000 then 780-420-0122
or visit website: alberta.ca/affordable-housing-under-Seniors-Self-Contained-Program***

Bow Valley Townhomes

1060 Bow Valley Drive NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Chestnut Grove Apartments

828 4 Street NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Columbus Manor

40 11A Street NE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Crossroads Court

1720 14 Avenue NE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Gilchrist Apartments East (Manor)

3003 56 Street NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Gilchrist Apartments North (Gardens)

511 Pinestream Place NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

McCann Court Townhomes

207, 209, 211 21 Avenue NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Mountview Apartments

710 16 Avenue NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Rose Manor

120 18 Avenue NE Calgary
403-277-0961
bethanyseniors.com
info@bethanyseniors.com

Sharon Manor

255 17 Avenue NE Calgary
403-277-0961
bethanyseniors.com
info@bethanyseniors.com

St. Paul's Villa

3211 Edmonton Trail NE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Vista Apartments

2622 39 Avenue NE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Alder Court Townhomes

1633 20 Avenue NW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Cambrian Manor

4811 Niven Road NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Carroll Place

1540 Northmount Drive NW Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Cathedral Manor Estates

11 Varsity Estates View NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Crowchild Manor

2403 2 Avenue NW Calgary
403-284-4242
tpfa.ca
applications@tpfa.ca

Dream Haven Apartments

1518 8 Avenue NW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Elmwood Court Townhomes

3630-3613 63 Street NW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Foothills Manor

3118 34 Avenue NW Calgary
403-277-0961
bethanyseniors.com
info@bethanyseniors.com

General deLalanne Manor

113 18A Street NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Heritage Terrace

7735 Bowness Road NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

J.E. Harris House

400 40 Avenue NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Kendale House

520 34 Street NW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Parkdale Manor

2420 2 Avenue NW Calgary
403-284-4242
tpfa.ca
applications@tpfa.ca

Parkview Village

1234 21 Avenue NW Calgary
403-284-4242
tpfa.ca
applications@tpfa.ca

Shouldice Apartments

2003 46 Street NW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Alex Walker Tower

124 15 Avenue SE Calgary
403-262-1788
tpfa.ca
applications@tpfa.ca

Beaverdam Townhomes

2012 66 Avenue SE Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Carter Place

602 1 Street SE Calgary
403-215-6652
tpfa.ca
applications@tpfa.ca

Edith Pink Residence

1401 11 Avenue SE Calgary
587-439-5496
tpfa.ca
applications@tpfa.ca

Edwards Place

344 9 Avenue SE Calgary
403-264-1350
tpfa.ca
applications@tpfa.ca

Francis Klein Centre

240 92 Avenue SE Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Hamilton Manor

906 17 Avenue SE Calgary
403-452-4092
tpfa.ca
applications@tpfa.ca

Jenkins Court

923 19 Avenue SE Calgary
403-269-5589
tpfa.ca
applications@tpfa.ca

King Tower

807 6 Street SE Calgary
403-264-3522
tpfa.ca
applications@tpfa.ca

Luther Place

8847 Fairmount Drive SE Calgary
403-277-0961
bethanyseniors.com
info@bethanyseniors.com

Murdoch Manor

808 5 Street SE Calgary
403-234-9312
tpfa.ca
applications@tpfa.ca

Rhubarb Patch

1320 8 Avenue SE Calgary
587-439-5496
tpfa.ca
applications@tpfa.ca

Anthonian Court

5320 4 Street SW Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Austin Nixon Apartments

10660 Elbow Drive SW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Bankview House

1826 16A Street SW Calgary
403-244-6050
gracebankviewhouse.com
grace-bankviewhouse@shaw.ca

**Bertha Gold Jewish Seniors
Residence**

1603 90 Avenue SW Calgary
403-255-8033
berthagoldseniors.com
jcapartments@shaw.ca

Bethany Village

240 Lincoln Way SW Calgary
403-242-4355
bethanyseniors.com
info@bethanyseniors.com

Boxwood Townhomes

1818 28 Avenue SW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

First Assembly Manor

614 57 Avenue SW Calgary
403-252-4744
bethanyseniors.com

Friendship Apartments

1923 33 Street SW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Glenmore Manor

1111 68 Avenue SW Calgary
403-252-4744
bethanyseniors.com

Grace Gardens

1028 15 Avenue SW Calgary
403-245-3770
tpfa.ca
applications@tpfa.ca

Grace Lutheran Manor

3600 Sarccee Road SW Calgary
403-242-3055
gracebankviewhouse.com
grace-bankviewhouse@shaw.ca

Grace Manor

1509 9 Street SW Calgary
403-244-1634
tpfa.ca
applications@tpfa.ca

Menno Court

2808 25 Street SW Calgary
403-252-4744
bethanyseniors.com

Menno Gardens

2637 25 Street SW Calgary
403-252-4744
bethanyseniors.com

Mount Royal Manor

1720 9A Street SW Calgary
403-266-1711
tpfa.ca
applications@tpfa.ca

Odd Fellow Rebekah Tower

1220 2 Street SW Calgary
403-266-1711
tpfa.ca
applications@tpfa.ca

Queens Court Townhomes

4500 47 Street SW Calgary
403-567-5301 or 403-276-5541
silvera.ca
communityliving@silvera.ca

Richmond Park Manor

3250 28 Street SW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Robertson House

3712 37 Street SW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

Spruce Cliff Downs

3400 Spruce Drive SW Calgary
403-286-7402
calgaryheritagehousing.ca
info@chhousing.ca

St. James Court

2040 54 Avenue SW Calgary
403-282-6565
onwardhomes.ca
livewithus@onwardhomes.ca

Wai Kwan Manor

200 1 Street SW Calgary
403-263-1686
oikwan.ca
cao@oikwan.ca

Shalem Manor

3010 51 Street SW Calgary
403-240-2800
shalem.ca
living@shalem.ca

JC Long Memorial Court

321 3 Street S Three Hills
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Lynn Haven Manor

202 Centre Ave E Linden
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Meadow Park Manor

109 Allison Street Acme
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Parkside Manor

321 45 Ave West Box 1041
Claresholm
403-625-4133/403-489-4133
claresholmhousing@gmail.com

Robertson Manor

806 1 Street N Three Hills
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Sheep River House

21 Elma Street E Okotoks
403-938-6404
westwindscommunities.ca

Soderberg House

901 Macleod Trail SW High River
403-652-2475
westwindscommunities.ca

Spitzee House

530 4 Avenue SW High River
403-652-2475
westwindscommunities.ca

Torre Ville Manor

100 2 Avenue Torrington
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Trochu Valley Manor

403 Royal Way Trochu
403-443-5216
kneehillhousing.com
housing@kneehillhousing.com

Valley Villa

405 Windsor Avenue Turner Valley
403-933-4028
westwindscommunities.ca

Independent: Subsidized**NE Calgary****Bow Valley Townhomes**

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 16 x 1-br suites

BUSES: Bus stop within 3 blocks, C-Train (Bridgeland Memorial station)

PET-FRIENDLY: No

FEATURES: In-suite laundry, Community Patio, Private entrance with stairs, Pharmacy/store delivery available, Located in Bridgeland with access to many shops and amenities

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Bow Valley Townhomes

silvera.ca
communityliving@silvera.ca or (403) 567-5301
1060 Bow Valley Drive NE
Calgary, AB T2E 8L3
403-276-5541

Independent: Subsidized**NE Calgary****Chestnut Grove Apartments**

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Utilities, Cable, Internet, Phone, Parking

UNITS: 8 (4 lower units and 4 upper units)

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry, Storage, Secure entrance, Stairs to all units

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Chestnut Grove Apartments

silvera.ca
communityliving@silvera.ca or (403) 567-5301
828 4 Street NE
Calgary, AB T2E 3T1
403-276-5541

Independent: Subsidized

NE Calgary

Columbus Manor

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 99 – 1 bedroom units

BUSES: 90

PET-FRIENDLY: No

FEATURES: Common area, elevators, hairdresser

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes

onwardhomes.ca

livewithus@onwardhomes.ca

40 – 11A Street NE

Calgary, AB T2E 7T2

403-282-6565

Independent: Subsidized

NE Calgary

Crossroads Court

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 50 -1 bedroom units

BUSES: 19, 745

PET-FRIENDLY: No

FEATURES: Common area, elevators

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes

onwardhomes.ca

livewithus@onwardhomes.ca

1720 – 14 Avenue NE

Calgary, AB T2E 8R6

403-282-6565

Independent: Subsidized

NE Calgary

Gilchrist Apartments East (Manor)

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit, \$50 off studio suite

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 14 x 1 br, 32 x studio, 2 x 1 br barrier-free suites, 1 x 2 br apartments

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry, Gardens/patio, Elevator

SUPPORTS: 24/7 maintenance on call, Access to Home Care, Wheelchair accessible, Barrier-free suites

Silvera for Seniors – Gilchrist Apartments East

silvera.ca

communityliving@silvera.ca or (403) 567-5301

3003 56 Street NE

Calgary, AB T1Y 4P5

403-276-5541

Independent: Subsidized

NE Calgary

Gilchrist Apartments North (Gardens)

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Internet, Utilities, Cable, Phone

UNITS: 34 x 1 br, 7 x 1 br barrier-free suites

BUSES: Bus stop within 3 blocks

FEATURES: Shared laundry, dishwashers

SUPPORTS: 24/7 maintenance on call, Access to Home Care, wheelchair accessible, Barrier-free suites

Silvera for Seniors – Gilchrist Apartments North

silvera.ca

communityliving@silvera.ca or (403) 567-5301

511 Pinestream Place NE

Calgary, AB T1Y 0B5

403-276-5541

Independent: Subsidized

NE Calgary

Livingston Terrace Apartments

(Opening Spring 2024)

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a permanent resident and have lived in Calgary for at least 1 year. OR in Canada 10+ years

RENT: (Includes heat and water) Plus security deposit, rent geared to income 30%

EXTRA COSTS: Pet fee, parking, scooter parking, cable, electricity, internet, phone

UNITS: 18 x 1 br, 7 x 1 br barrier free suites

BUSES: 8 blocks, transit on demand service

PET FRIENDLY: Yes, dog run on property

FEATURES: In-suite laundry, dishwashers, 4 storeys with 2 elevators, outdoor sitting area, walk in showers with shower seat, storage, scooter/bike parking, social rooms.

SUPPORTS: 24/7 maintenance on call, access to home care, wheelchair accessible

Silvera for Seniors – Livingston Terrace Apartments

silvera.ca
communityliving@silvera.ca or (403) 567-5301
149 Livingston Hills NE
Calgary, AB T4B 3P6

Independent: Subsidized

NE Calgary

McCann Court Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 12 x 1 br townhomes

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: In-suite laundry, Patios and gardens, Storage, Stairs

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – McCann Court Townhomes

silvera.ca
communityliving@silvera.ca or (403) 567-5301
207, 209, 211 21 Ave NE
Calgary, AB T2E 1S5
403-276-5541

Independent: Subsidized

NE Calgary

Mountview Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 66 x 1br, 31 studio, 4 x 1 br barrier-free, 1 x 2 br suites

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry, Patio, Recreation room, 7 floors with intercom system, Elevators, Lounge

SUPPORTS: 24/7 maintenance on call, Access to home care, wheelchair accessible, with some barrier-free suites

Silvera for Seniors – Mountview Apartments

silvera.ca
communityliving@silvera.ca or (403) 567-5301
710 16 Ave NE
Calgary, AB T2E 6V9
403-276-5541

Independent: Subsidized

NE Calgary

Rose Manor

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, laundry, cable, phone, internet

UNITS: 30 one bedroom units

BUSES: 8 bus routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, patio, social room, laundry room

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society

bethanyseniors.com
info@bethanyseniors.com
120 18 Ave NE
Calgary, AB T2E 1M9
403-277-0961

Independent: Subsidized

NE Calgary

Sharon Manor

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, laundry, cable, phone, internet

UNITS: 43 one bedroom units

BUSES: 4 bus routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, patio, social room, library, laundry room

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
255 17 Ave NE
Calgary, AB T2E 1L9
403-277-0961

Independent: Subsidized

NE Calgary

St. Paul's Villa

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 50 – 1 bedroom units

BUSES: 4, 5, 69

PET-FRIENDLY: No

FEATURES: Common area, elevators

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes
onwardhomes.ca
livewithus@onwardhomes.ca
3211 Edmonton Trail NE
Calgary, AB T2E 8P3
403-282-6565

Independent: Subsidized

NE Calgary

Vista Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Utilities, Cable, Internet, Phone, Parking

UNITS: 92 x 1 br, 4 x 1 br barrier-free, 24 x 2 br (12 w/ fireplaces)

BUSES: Within walking distance

PET-FRIENDLY: No

FEATURES: Shared laundry, Elevator, Air conditioning, Garden, Sport court, Courtyard, and sitting areas

SUPPORTS: 24/7 maintenance on call, Access to Home Care, wheelchair accessible, with some barrier-free suites

Silvera for Seniors – Vista Apartments
silvera.ca
communityliving@silvera.ca or (403) 567-5301
2622 39 Ave NE
Calgary, AB T1Y 7J9
403-276-5541

Independent: Subsidized

NW Calgary

Alder Court Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 6 x 1 br townhomes

BUSES: Bus stop within 3 blocks and C-train

PET-FRIENDLY: No

FEATURES: Shared laundry (upper units), in-suite laundry in lower units with small patios

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Alder Court Townhomes
silvera.ca
communityliving@silvera.ca or (403) 567-5301
1633 20 Ave NW
Calgary, AB T2M 1G9
403-276-5541

Independent: Subsidized

NW Calgary

Cambrian Manor

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 50 Units: 49 1-bedroom, 1 2-bedroom

BUSES: (within 3 blocks) 4, 5, 414

PET-FRIENDLY: No

FEATURES: Secure entrance, elevator, spacious lounge/common area, shared on-site laundry facilities, surface parking

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

4811 Niven Road NW

Calgary, AB T2K 6B7

403-286-7402

Independent: Subsidized

NW Calgary

Carroll Place

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 32-1 bedroom units, 68 studio units

BUSES: 8, 82, 105

PET-FRIENDLY: No

FEATURES: Elevators, hairdresser, common area

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes

onwardhomes.ca

livewithus@onwardhomes.ca

1540 Northmount Drive NW

Calgary, AB T2L 0G6

403-282-6565

Independent: Subsidized

NW Calgary

Cathedral Manor Estates

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 114 1-bedroom (two wheelchair units)

BUSES: (within 3 blocks) 22, 212 (bus stop at front door)

PET-FRIENDLY: No

FEATURES: Secure entrance, 2 elevators, large sunroom/common area, shared on-site laundry facilities, surface parking, wheelchair accessible

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

11 Varsity Estates View NW

Calgary, AB T3B 5G5

403-286-7402

Independent: Subsidized

NW Calgary

Crowchild Manor

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 27 Units: 1 Bedroom

BUSES: 404

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site laundry, Patio, Social Room

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

2403 2 Ave NW

Calgary, AB T2N 0H5

403-284-4242

Independent: Subsidized

NW Calgary

Dream Haven Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Parking, Utilities

UNITS: 26 x 1 br, 2 x 1 br barrier-free

BUSES: Bus stop within 3 blocks and C-Train

PET-FRIENDLY: No

FEATURES: Shared laundry, Garden, 3 floors with elevator, Recreation room, storage

SUPPORTS: 24/7 maintenance on call, Access to Home Care, Wheelchair accessible, with some barrier-free suites

Silvera for Seniors – Dream Haven Apartments

silvera.ca

communityliving@silvera.ca or (403) 567-5301

1518 8 Ave NW

Calgary, AB T2N 1C1

403-276-5541

Independent: Subsidized

NW Calgary

Elmwood Court Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Cable, Internet, Phone, Utilities

UNITS: 6 x 1 br

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: In-suite laundry, Garden/patio, One level building

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Elmwood Court Townhomes

silvera.ca

communityliving@silvera.ca or (403) 567-5301

3630-3613 63 Street NW

Calgary, Alberta T3B 5A7

403-276-5541

Independent: Subsidized

NW Calgary

Foothills Manor

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, laundry, cable, phone, internet

UNITS: 30 one bedroom units

BUSES: 6 buses and Brentwood LRT within 3 Blocks

PET-FRIENDLY: No

FEATURES: Elevator, patio, library, lounge, laundry room

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society

bethanyseniors.com

info@bethanyseniors.com

3118 34 Ave NW

Calgary, AB T2L 2A3

403-277-0961

Independent: Subsidized

NW Calgary

General deLalanne Manor

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 40 Units: 27 Bachelor, 13 1-bedroom (two wheelchair units)

BUSES: (within 3 blocks) 104, 201

PET-FRIENDLY: No

FEATURES: Secure entrance, elevator, social room, shared on-site laundry facilities

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

113 18A Street NW

Calgary, AB T2N 2H1

403-286-7402

Independent: Subsidized

NW Calgary

Heritage Terrace

ELIGIBILITY: Age 65 +, Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 32 Units: One Bedroom

BUSES: (within 3 blocks) 1, 407

PET-FRIENDLY: No

FEATURES: Secure entry, elevator, surface parking, on-site (user-pay) laundry.

SUPPORTS: CHH Life Enrichment Coordinator, Tenant Support Worker, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

7735 Bowness Road NW

Calgary, AB T3B 0G8

403-286-7402

Independent: Subsidized

NW Calgary

J.E. Harris House

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 100 1-bedroom (two wheelchair units)

BUSES: (within 3 blocks) 2

PET-FRIENDLY: No

FEATURES: Secure entrance, 2 elevators, spacious lounge/common area, shared on-site laundry facilities, surface parking

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

400 40 Ave NW

Calgary, AB T2K 6B6

403-286-7402

Independent: Subsidized

NW Calgary

Kendale House

ELIGIBILITY: Age 65 +, Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 33 Units: One Bedroom

BUSES: (within 3 blocks) 1, 40

PET-FRIENDLY: No

FEATURES: Secure entry, elevator, surface parking, on-site (user-pay) laundry, near river pathway.

SUPPORTS: CHH Life Enrichment Coordinator, Tenant Support Worker, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

520 34 Street NW

Calgary, AB T2N 2X7

403-286-7402

Independent: Subsidized

NW Calgary

Parkdale Manor

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 50 Units: 1 Bedroom

BUSES: 404

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site laundry, Patio, Hobby Room

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

2420 2 Ave NW

Calgary, AB T2N 0H4

403-284-4242

Independent: Subsidized

NW Calgary

Parkview Village

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 107 – Studio and 1 Bedroom suites

BUSES: 404

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, Patio, Courtyards, Confederation Park

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

1234 21 Ave NW

Calgary, AB T2M 4R7

403-284-4242

Independent: Subsidized

NW Calgary

Shouldice Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Cable, Internet, Phone, Utilities

UNITS: 21 x 1 br, 17 studio

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry, Two level building, Storage, Recreation room

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Shouldice Apartments

silvera.ca

communityliving@silvera.ca or (403) 567-5301

2003 46 Street NW

Calgary, AB T3B 1B3

403-276-5541

Independent: Subsidized

SE Calgary

Alex Walker Tower

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking, laundry

UNITS: 133 Units: 1 Bedroom

BUSES: 6, 7, 10, 24 + Victoria Park

PET-FRIENDLY: No

FEATURES: Elevators, Library, Games Room, BBQ Patio, Laundry, Social Rooms, Outside Parking

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

124 15 Ave SE

Calgary, AB T2G 5A8

403-262-1788

Independent: Subsidized

SE Calgary

Beaverdam Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Internet, Phone, Cable, Utilities

UNITS: 39 x 1 br, 1 x 1 br barrier-free townhomes

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: In-suite laundry, Community garden/patio

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Beaverdam Townhomes

silvera.ca

communityliving@silvera.ca or (403) 567-5301

2012 66 Ave SE

Calgary, AB T2C 1X7

403-276-5541

Independent: Subsidized

SE Calgary

Carter Place

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking, laundry

UNITS: 178, Studios and 1 bedroom

BUSES: LRT to Bridlewood/Tuscany, Saddletown/69 Street West

PET-FRIENDLY: Yes – 1 cat only

FEATURES: Elevators, Library, Garden Room, Patio, Laundry, Social Rooms, Heated Underground Parking

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

602 1 Street SE

Calgary, AB T2G 4W4

403-215-6652

Independent: Subsidized

SE Calgary

Edith Pink Residence

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 6 single storey townhouses

BUSES: 1, 411

PET-FRIENDLY: No

FEATURES: Private entrance, In-suite laundry

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

1401 11 Ave SE

Calgary, AB T2G 4Y3

587-439-5496

Independent: Subsidized

SE Calgary

Edwards Place

ELIGIBILITY: 60+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 149 – Studio and 1 Bedroom suites

BUSES: 1, 31, 41, 302, 305, and LRT

PET-FRIENDLY: No

FEATURES: Private entrance, Elevator, On-site Laundry, Courtyard, Library

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

344 9 Ave SE

Calgary, AB T2G 4W8

403-264-1350

Independent: Subsidized

SE Calgary

Francis Klein Centre

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 104 suites

BUSES: 10, 99

FEATURES: Common area, elevators, hairdresser

SUPPORTS: Part time Tenant Service Coordinator

Onward Homes

onwardhomes.ca

livewithus@onwardhomes.ca

240 92 Avenue SE

Calgary, AB T2J 3A6

403-282-6565

Independent: Subsidized

SE Calgary

Hamilton Manor

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 23 – 1 Bedroom

BUSES: 24

PET-FRIENDLY: No

FEATURES: Secure entrance, On-site Laundry, Social Room

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

906 17 Ave SE

Calgary, AB T2G 4Y3

403-452-4092

Independent: Subsidized

SE Calgary

Jenkins Court

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 6 Units: 1 Bedroom

BUSES: 24

PET-FRIENDLY: No

FEATURES: Private entrance, On-site Laundry

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

923 19 Ave SE

Calgary, AB T2G 1L9

403-269-5589

Independent: Subsidized

SE Calgary

King Tower

ELIGIBILITY: 60+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 143 – Studio suites

BUSES: 1, 31, 41, 302, and LRT

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site Laundry, Courtyards, Library

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca

applications@tpfa.ca

807 6 Street SE

Calgary, AB T2G 1L9

403-264-3522

Independent: Subsidized

SE Calgary

Luther Place

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, laundry, cable, phone, internet

UNITS: 30 one bedroom units

BUSES: 5 buses within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, patio, social room, library, laundry room

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society

bethanyseniors.com

info@bethanyseniors.com

8847 Fairmount Dr SE

Calgary, AB T2H 0Z4

403-277-0961

Independent: Subsidized

SE Calgary

Murdoch Manor

ELIGIBILITY: 60+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 361 – Studio and 1 Bedroom suites

BUSES: 1, 31, 41, 302, 305, and LRT

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site Laundry, Courtyard, Library

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca
applications@tpfa.ca
808 5 Street SE
Calgary, AB T2G 4T5
403-234-9312

Independent: Subsidized

SE Calgary

Rhubarb Patch

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 24 – Studio and 1 Bedroom suites

BUSES: 1, 32, 305

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site Laundry, Social Room

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca
applications@tpfa.ca
1320 8 Ave SE
Calgary, AB T2G 0M9
587-439-5496

Independent: Subsidized

SW Calgary

Anthonian Court

ELIGIBILITY: 65+

RENT/LEASE: 30% of Income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 37 units, 16 townhouses

BUSES: 87

PET-FRIENDLY: No

FEATURES: common area, elevators, hairdresser

SUPPORTS: Part time Tenant Service Coordinator

Onward Homes

onwardhomes.ca
livewithus@onwardhomes.ca
5320 – 4 Street SW
Calgary, AB T2V 0Z5
403-282-6565

Independent: Subsidized

SW Calgary

Austin Nixon Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Internet, Phone, Utilities, Cable

UNITS: 45 x 1 br, 1 x 2 br

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: shared laundry, 3 storey building with elevator, Garden/courtyard, Common area

SUPPORTS: 24/7 maintenance on call, Access to Home Care, wheelchair accessible

Silvera for Seniors – Austin Nixon Apartments

silvera.ca
communityliving@silvera.ca or (403) 567-5301
10660 Elbow Drive SW
Calgary, AB T2W 1G4
403-276-5541

Independent: Subsidized

SW Calgary

Bankview House

ELIGIBILITY: Seniors 65 plus, under special circumstance 60 plus.

RENT/LEASE: Yearly lease

EXTRA COSTS: Electricity at \$50.00 monthly, cable, phone, internet and parking at \$22.00 monthly.

UNITS: 55 one bedroom

BUSES: Bus stop within one block.

PET-FRIENDLY: No

FEATURES: Laundry at no cost, courtyard, common room, games room and library.

Grace Bankview House Senior Citizens Residence Society

gracebankviewhouse.com
grace-bankviewhouse@shaw.ca
1826 16A Street SW
Calgary, AB T2T 4J7
403-244-6050

Independent: Subsidized

SW Calgary

Bertha Gold Jewish Seniors Residence

ELIGIBILITY: 65+, low-income seniors

RENT/LEASE: monthly rent reviewed annually

EXTRA COSTS: Phone, cable, parking, Monthly laundry fee, set cost for utilities

UNITS: 61

BUSES: Close by

PET-FRIENDLY: No

FEATURES: Near walking paths around Glenmore Reservoir, shopping, Rockyview Hospital and recreation facility. Outdoor gardens, common areas for gathering.

Bertha Gold Jewish Seniors Residence

berthagoldseniors.com
jcapartments@shaw.ca
1603 90 Avenue SW
Calgary, AB T2V 4V7
403-255-8033

Independent: Subsidized

SW Calgary

Bethany Village

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, cable, phone, internet

UNITS: 103 one bedroom units

BUSES: 4 buses within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, patio, lounge, craft room, library, laundry room, Wi-Fi in common area

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
240 Lincoln Way SW
Calgary, AB T3E 6X7
403-242-4355

Independent: Subsidized

SW Calgary

Boxwood Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Phone, Internet, Utilities, Cable

UNITS: 6 x 1 br townhomes (1-4 lower, 5-6 upper)

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry (Upper), In-suite laundry and small patios (Lower), 2 storey building with exterior stairs

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Boxwood Townhomes
silvera.ca
communityliving@silvera.ca or (403) 567-5301
1818 28 Ave SW
Calgary, AB T2T 1J8
403-276-5541

Independent: Subsidized

SW Calgary

First Assembly Manor

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. Non smoking and no pets

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, cable, phone, internet

UNITS: 57 studio and one bedroom units

BUSES: 3 routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, garden/patio, social room, social club activities, laundry room, Wi-Fi in common areas

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
614 57 Ave SW
Calgary, AB T2V 0H4
403-252-4744

Independent: Subsidized

SW Calgary

Friendship Apartments

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Internet, Utilities, Cable, Phone

UNITS: 54 x 1 br, 2 x 1 br barrier-free, 1 x 2 br

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: Shared laundry, 3 storey building with elevator, Recreation room, Lounge, Garden/patio

SUPPORTS: 24/7 maintenance on call, Access to Home Care, wheelchair accessible with some barrier-free suites

Silvera for Seniors – Friendship Apartments
silvera.ca
communityliving@silvera.ca or (403) 567-5301
1923 33 Street SW
Calgary, AB T3E 7B3
403-276-5541

Independent: Subsidized

SW Calgary

Glenmore Manor

ELIGIBILITY: Age 65+, Canadian citizen/permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. No smoking and no pets.

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, cable, phone, internet

UNITS: 52 one bedroom units

BUSES: 4 routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, garden/patio, social room, social club activities, laundry room, Wi-Fi in common areas.

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
1111 68 Ave SW
Calgary, AB T2V 4X1
403-252-4744

Independent: Subsidized

SW Calgary

Grace Gardens

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 105 – 1 Bedroom suites

BUSES: 2, 6, 7, 13, 417

PET-FRIENDLY: No

FEATURES: Secure entrance, Elevator, On-site Laundry, Social Room

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta
tpfa.ca
applications@tpfa.ca
1028 15 Ave SW
Calgary, AB T2R 1M9
403-245-3770

Independent: Subsidized

SW Calgary

Grace Lutheran Manor

ELIGIBILITY: Seniors 65 plus, under special circumstance 60 plus.

RENT/LEASE: Yearly lease

EXTRA COSTS: Electricity at \$50.00 monthly, cable, phone, internet and parking at \$22.00 monthly.

UNITS: 65 one bedroom

BUSES: Bus stop out in front of building.

PET-FRIENDLY: No

FEATURES: Laundry at no cost, front patio, common room, games room and library.

Grace Bankview House Senior Citizens Residence Society

gracebankviewhouse.com
grace-bankviewhouse@shaw.ca
3600 Sarcee Road SW
Calgary, AB T3E 6X5
403-242-3055

Independent: Subsidized

SW Calgary

Grace Manor

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/ internet, parking

UNITS: 71 – 1 Bedroom suites

BUSES: 2, 6, 7, 13, 417

PET-FRIENDLY: No

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca
applications@tpfa.ca
1506 9 Street SW
Calgary, AB T2R 0W4
403-244-1634

Independent: Subsidized

SW Calgary

Menno Court

ELIGIBILITY: Age 65+, Canadian citizen/ permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. Non smoking and no pets

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, cable, phone, internet

UNITS: 31 one bedroom units

BUSES: 4 routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, garden/patio, social room, social club activities, laundry room, Wi-Fi in common areas

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
2808 25 St SW
Calgary, AB T3E 1X9
403-252-4744

Independent: Subsidized

SW Calgary

Menno Gardens

ELIGIBILITY: Age 65+, Canadian citizen/ permanent resident, must be a resident of Canada for a minimum of 10 years and capable of living independently. Maximum income limits apply. Non smoking and no pets

RENT/LEASE: 30% of gross monthly income

EXTRA COSTS: Parking, electricity, cable, phone, internet

UNITS: 28 one bedroom units

BUSES: 5 routes within 3 block radius

PET-FRIENDLY: No

FEATURES: Elevator, garden/patio, social room, social club activities, laundry room, Wi-Fi in common areas

SUPPORTS: Spiritual Care and Social Work services available

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
2637 25 St SW
Calgary, AB T3E 1X7
403-252-4744

Independent: Subsidized

SW Calgary

Mount Royal Manor

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 50 – 1 Bedroom suites

BUSES: 13, 306

PET-FRIENDLY: No

FEATURES: Secure Entrance, Elevator, On-site Laundry, Patio

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca
applications@tpfa.ca
1720 9A Street SW
Calgary, AB T2T 3E6
403-266-1711

Independent: Subsidized

SW Calgary

Odd Fellow Rebekah Tower

ELIGIBILITY: 65+ years, Canadian Citizen

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: electricity, cable/phone/internet, parking

UNITS: 106 – Studio and 1 Bedroom suites

BUSES: 13, 306

PET-FRIENDLY: No

FEATURES: Secure Entrance, Elevator, On-site Laundry, Patio, Library

SUPPORTS: Tenant Resource Coordinators, Community Partnerships with Homecare, Bayshore, etc.

Trinity Place Foundation of Alberta

tpfa.ca
applications@tpfa.ca
1220 2 Street SW
Calgary, AB T2R 0W4
403-266-1711

Independent: Subsidized

SW Calgary

Queens Court Townhomes

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years

RENT/LEASE: RGI 30%, plus security deposit

EXTRA COSTS: Parking, Internet, Utilities, Cable, Phone

UNITS: 24 x 1 br townhomes

BUSES: Bus stop within 3 blocks

PET-FRIENDLY: No

FEATURES: In-suite laundry, 2 storey (upper suites with balconies, lower suites with patios)

SUPPORTS: 24/7 maintenance on call, Access to Home Care

Silvera for Seniors – Queen's Court Townhomes

silvera.ca
communityliving@silvera.ca or (403) 567-5301
4500 47 Street SW
Calgary, AB T3E 6W5
403-276-5541

Independent: Subsidized

SW Calgary

Richmond Park Manor

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 25 1-bedroom (two wheelchair units)

BUSES: (within 3 blocks) 112, 732

PET-FRIENDLY: No

FEATURES: Secure entrance, elevator, wheelchair accessible, spacious grounds, common area, shared on-site laundry facilities, surface parking

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca
info@chhousing.ca
3250 28 Street SW
Calgary, AB T3E 2J6
403-286-7402

Independent: Subsidized

SW Calgary

Robertson House

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 30 1-bedroom

BUSES: (within 3 blocks) 13

PET-FRIENDLY: No

FEATURES: Secure entrance, elevator, spacious grounds, large common area, shared on-site laundry facilities, surface parking

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

3712 37 Street SW

Calgary, AB T3E 3C3

403-286-7402

Independent: Subsidized

SW Calgary

Shalem Manor

ELIGIBILITY: 60+, Income guideline in place

RENT/LEASE: Month-to-month rent, 30% of gross income, \$1,000 damage deposit required

EXTRA COSTS: Electricity, cable, phone, internet

UNITS: 50 One-bedroom suites (3-story building)

BUSES: (within 3 blocks) 6

PET-FRIENDLY: Yes – Cats only

FEATURES: Full kitchen, on-site laundry, balcony, available underground parking, café & gardens

SUPPORTS: 24-hr staff, emergency call system, flexible meal program and wellness services

Shalem Manor

shalem.ca

living@shalem.ca

3010 51 Street SW

Calgary, AB T3E 6V8

403-240-2800

Independent: Subsidized

SW Calgary

Spruce Cliff Downs

ELIGIBILITY: Age 65+, must be Canadian Citizen(s) or Landed Immigrant(s)

RENT/LEASE: Rent is 30% of gross monthly income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking stall, Laundry

UNITS: 55 1-bedroom, Townhouses (28 main floor units, 27 upper floor units with stairs, 1 wheelchair unit)

BUSES: (within 3 blocks) 93

PET-FRIENDLY: No

FEATURES: in-site laundry facilities, upper units have balconies & stairs, surface parking

SUPPORTS: CHH Life Enrichment Coordinator, Home care accepted

Calgary Heritage Housing

calgaryheritagehousing.ca

info@chhousing.ca

3400 Spruce Drive SW

Calgary, AB T3C 3T1

403-286-7402

Independent: Subsidized

SW Calgary

St. James Court

ELIGIBILITY: 65+

RENT/LEASE: 30% of income

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

UNITS: 23 units

BUSES: 7

PET-FRIENDLY: No

FEATURES: common area, elevators

SUPPORTS: Part time Tenant Service Coordinator

Onward Homes

onwardhomes.ca

livewithus@onwardhomes.ca

2040 – 54 Avenue SW

Calgary, AB T3E 1L6

403-282-6565

Independent: Subsidized

SW Calgary

Wai Kwan Manor

ELIGIBILITY: Seniors Low Income

RENT/LEASE: Rent

EXTRA COSTS: Utilities, Cable TV, Phone, Internet

UNITS: 125

BUSES: 2, 3, 17, 300, 301, 10, 449

PET-FRIENDLY: No

FEATURES: One Bedroom, Kitchen

Wai Kwan Manor

oikwan.ca

cao@oikwan.ca

200 1 Street SW

Calgary, Alberta T2P 1M3

403-263-1686

Independent: Subsidized

Out of Town

JC Long Memorial Court

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone, Parking

UNITS: 8 units: All 1-bedroom, 1 Barrier-free

PET-FRIENDLY: No

FEATURES: Single storey, Duplex/four-plex style, units have front and back doors and a porch, Full kitchen

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

321 3 Street S

Three Hills, AB T0M 2A0

403-443-5216

Independent: Subsidized

Out of Town

Lynn Haven Manor

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone, Parking

UNITS: 12 units (one bedroom)

PET-FRIENDLY: No

FEATURES: Each unit includes fridge, stove, and storage closet, Common room area, On-site laundry

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

202 Centre Ave E

Linden, AB T0M 1J0

403-443-5216

Independent: Subsidized

Out of Town

Meadow Park Manor

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone, Parking

UNITS: 12 units (one bedroom)

PET-FRIENDLY: No

FEATURES: Each unit includes fridge, stove, and storage closet, Common room, On-site laundry

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

109 Allison Street

Acme, AB T0M 0A0

403-443-5216

Independent: Subsidized

Out of Town

Parkside Manor

ELIGIBILITY: Seniors 60+ Independent Living

RENT/LEASE: Rent is 30% of gross monthly income, \$100 Security Deposit, Fixed Term Lease

EXTRA COSTS: Parking, Cable, Internet, Utilities \$65/month

UNITS: 33 - 1 Bedroom Apartments

BUSES: Taxi Service Only

PET-FRIENDLY: No

FEATURES: Elevator, In-Suite Storage, Activities, Outings, Small Town Atmosphere, Close to Hospital, Building Overlooks a Park, Shared Laundry Room, Full in-Suite kitchen, NO Smoking, No Pet

SUPPORTS: Meals On Wheels, Home Care

Claresholm Housing Authority

claresholmhousing@gmail.com

321 45 Ave West

Box 1041

Claresholm, AB T0L 0T0

403-625-4133 / 403-489-4133

Independent: Subsidized

Out of Town

Robertson Manor

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone, Parking

UNITS: 40 units: Studio and 1-bedroom suites

PET-FRIENDLY: No

FEATURES: Full kitchen, two common rooms, two laundry rooms in the building

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

806 1 Street N

Three Hills, Alberta T0M 2A0

403-443-5216

Independent: Subsidized

Out of Town

Sheep River House

ELIGIBILITY: Age 65+ years, Regional residency requirement

RENT/LEASE: 30% Geared to Income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking

UNITS: 24 Units (1 bedroom)

BUSES: On-line booking, select desired pick-up and drop-off location

PET-FRIENDLY: No

FEATURES: Laundry, Patio area, Large Common Area, Sunroom for socialization, Designated smoking area, Units do not permit pets

Westwinds Communities

westwindscommunities.ca

barb.bell@westwindscommunities.ca

21 Elma Street

Okotoks, AB T1S 1Y4

403-938-6404

Independent: Subsidized

Out of Town

Soderberg House

ELIGIBILITY: Age 65+ years, Regional residency requirement

RENT/LEASE: 30% Geared to Income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking

UNITS: 20 Units (1 bedroom)

BUSES: Weekdays only, book online

PET-FRIENDLY: No

FEATURES: Laundry, Recreation Room, Parking, Entertainment Room, walking Paths, Patio, Designated smoking area, Units do not permit pets

Westwinds Communities

westwindscommunities.ca

kelly.dinning@westwindscommunities.ca

901B Macleod Trail SW

High River, AB T1V 1C2

403-652-2475

Independent: Subsidized

Out of Town

Spitzee House

ELIGIBILITY: Age 65+ years, Regional residency requirement

RENT/LEASE: 30% Geared to Income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking

UNITS: 30 Units (15- Studios, 15 - 1 bedrooms)

BUSES: Weekdays only, book online

PET-FRIENDLY: No

FEATURES: Elevator, Recreation Room, Coin operated Laundry, Sitting Rooms, Adjacent to George Lane Park, Designated smoking area, Units do not permit pets

Westwinds Communities

westwindscommunities.ca

kelly.dinning@westwindscommunities.ca

901B Macleod Trail SW

High River, AB T1V 1C2

403-652-2475

Independent: Subsidized

Out of Town

Torre Ville Manor

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone

UNITS: 6 units: 1 bedroom

PET-FRIENDLY: No

FEATURES: Full kitchen, On-site Laundry

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

100 2 Avenue

Torrington, Alberta T0M 2B0

403-443-5216

Independent: Subsidized

Out of Town

Trochu Valley Manor

ELIGIBILITY: For Independent seniors, age 60+

RENT/LEASE: Rent is 30% of gross monthly income, Damage Deposit required

EXTRA COSTS: Electricity, Cable/Internet, Phone, Parking

UNITS: 28 units: All 1 bedroom units, 1 Barrier-free, 8 cottages

PET-FRIENDLY: No

FEATURES: Full kitchen, Window coverings included, In-Suite Laundry in eight of the units

Kneehill Housing Corporation

kneehillhousing.com

housing@kneehillhousing.com

403 Royal Way

Trochu, Alberta T0M 2C0

403-443-5216

Independent: Subsidized

Out of Town

Valley Villa

ELIGIBILITY: Age 65+ years, Regional residency requirement

RENT/LEASE: 30% Geared to Income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking

UNITS: 4 Units

BUSES: Yes

PET-FRIENDLY: No

FEATURES: Separate entrances, Patio, In-suite Laundry, Parking, Designated smoking area, Units do not permit pets

Westwinds Communities

westwindscommunities.ca

donna.sefton@westwindscommunities.ca

401 Windsor Ave

Turner Valley, AB T0L 2A0

403-933-4028

INDEPENDENT LIVING: CONDOS/LIFE LEASE

- **A CONDO** is a form of property ownership where the purchaser buys a suite, which includes a share in the common property of the condominium. Owners are responsible for the upkeep of their own suite plus monthly condo fees for the upkeep of the common property.
- **A LIFE LEASE** is a contract between a resident and an organization which grants the resident the right to occupy a unit for the balance of his/her life. On entering a life lease, an individual pays part or all of the market value of the unit and agrees to pay a monthly fee.
- **A BUYBACK POLICY** exists for all **LIFE LEASES**. This means the organization will buy a unit back from an owner minus a fee for refurbishing and resale. For more information on condominium legislation please visit:

Alberta Government Services—Consumer Information Division

Website: gov.ab.ca/gs - Phone: Toll Free 1-877-427-4088

Manor Village at Huntington Hills

6700 Hunterview Drive NW
Calgary
403-275-5667
themanorvillage.com
LMP@HH.themanorvillage.com

Manor Village at Rocky Ridge

450 Rocky Vista Gardens NW
Calgary
403-239-6400
themanorvillage.com
LMP@RR.themanorvillage.com

Manor Village at Varsity

40 Varsity Estates Circle NW
Calgary
587-393-9999
themanorvillage.com
mnelson@themanorvillage.com

Sundance on the Green

3 Sunmills Green SE
Calgary 403-254-9800
bethanyseniors.com
info@bethanyseniors.com

United Active Living at Fish Creek West

51 Providence Blvd SE
Calgary 587-481-7907
info@unitedactiveliving.com

The Court at Shalem

3000 51 Street SW Calgary
403-240-2800
shalem.ca living@shalem.ca

The Davenport House at Currie Green

Presentation Center 150 Dieppe
Drive SW
403-369-6000
curriegreen.ca
curriegreen@statesmangroup.com

The Edward

3023 16 Street SW Calgary
403-265-3023
Optimaliving.ca
edward@optimaliving.ca

Manor Village at Garrison Woods

2400 Sorrel Mews SW
Calgary 403-240-3636
themanorvillage.com
LMP@GW.themanorvillage.com

Manor Village at Signature Park

1858 Sirocco Drive SW Calgary
403-249-7113
themanorvillage.com
LMP@SP.themanorvillage.com

Staywell Manor Village

174 Ypres Green SW Calgary
403-242-4688
themanorvillage.com
mnelson@themanorvillage.com

Need help filling out a housing application?



Make an appointment with our **Seniors Supports Team**.

**UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246**

*We can provide guidance and support with Housing, Benefits & Pensions,
Legal Help, Tax Support and Wills*

Sundance on the Green**ELIGIBILITY:** 55+ life lease and rental units**Life Lease:** entrance fee \$155,000-250,000 + monthly occupancy fee and property tax (includes 1 underground parking stall)**Rental unit:** \$1400.00-1700.00 per month**EXTRA COSTS:** Electricity, cable, phone, internet, parking**UNITS:** 99 1 and 2 bedroom suites (800-1200 sq. ft.) **BUSES:** 3 bus routes within 3 block radius**FEATURES:** Elevator, garden/patio, fitness room, library, social activity rooms, extensive social club activities, in-suite laundry, dishwasher, air conditioning (select suites), ensuite bathrooms(select suites) storage locker, Wi-Fi in common areas**SUPPORTS:** Spiritual Care and Social Work services available.**Bethany Care Society**bethanyseniors.com
info@bethanyseniors.com
3, Sunmills Green SE
Calgary, AB T2X 3N9
403-254-9800**Shalem Court****ELIGIBILITY:** 60+**RENT/LEASE:** Life Lease**EXTRA COSTS:** Electricity, cable, phone, internet**UNITS:** 50 – 1 & 2 Bedroom suites (3-story building)**BUSES:** (within 3 blocks) 6**FEATURES:** Full kitchen, in-suite laundry, balcony or sunroom, optional underground parking, fitness room, guest suite use, café & gardens, dining avail**SUPPORTS:** 24-hr staff, emergency call system, flexible meal program and wellness services**The Court at Shalem**shalem.ca
living@shalem.ca
3000 51 Street SW
Calgary, AB T3E 6X6
403-240-2800

Coffee & Conversation



Drop-in and join us for a coffee and conversation about Seniors Housing!

Every 2nd Tuesday of each month
10am - 11am at the Kerby Café
FREE Drop-in

UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246

We can provide guidance and support with Housing, Benefits & Pensions, Legal Help, Tax Support and Wills

SUPPORTIVE LIVING: SUBSIDIZED LODGES

Lodges are for those who are no longer able to manage by themselves within their own home; who need assistance with daily tasks, and are unable to maintain daily regimented duties.

Eligibility Requirements

- Seniors 65 years and above.
- Couples, one partner must be 65 years of age or older and the other 60 years of age or older.
- Applicants must be able to manage their own self-care. Some Home Care support is acceptable.

Rent

- Rents are calculated at a percentage of an individual's gross annual income (line 150 from your Notice of Assessment provided by Canada Revenue Agency). For couples, both incomes are taken into account.

Aspen Commons

1171 Bow Valley Lane NE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Bow Valley Commons

1020 Bow Valley Drive NE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Beaverdam Commons

(Early Stage Memory Care)

2012 66 Avenue SE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Shawnessy Commons

(Mobility Care)

30 Shannon Place SW Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Gilchrist Commons

503 Pinestream Place NE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Spruce Commons

1055 Bow Valley Drive NE Calgary
403-567-5301
silvera.ca
communityliving@silvera.ca

Shouldice Commons

4730 19 Avenue NW Calgary
403-567-5301
communityliving@silvera.ca

Glen Mead Park I, II, III

701, 703, 709 Government Road
SW Black Diamond
westwindscommunities.ca
donna.sefton@westwindscommunities.ca

High Country Lodge

707 Government Road SW
Black Diamond
403-933-4028
westwindscommunities.ca
donna.sefton@westwindscommunities.ca

Medicine Tree Manor

901A Macleod Trail SW
High River
403-652-7040
westwindscommunities.ca
tanya.feldberg@westwindscommunities.ca

Rocky View Lodge

1220 Hammond Avenue
403-946-5615
rockyviewfoundation.org
mgr@rockyviewfoundation.org

Sandstone Lodge

101 Centre Court Okotoks
403-938-6404
westwindscommunities.ca
barb.bell@westwindscommunities.ca

Wheatland Lodge

76 2 Street Strathmore
403-934-3474
wheatlandhousing.ca
admin@whmb.ca

UnisonAlberta.com

Need Help Applying for Benefits & Pensions?



The Seniors Supports Team can help you apply for:

CPP, CPP Disability, Guaranteed Income Supplement (GIS), Old Age Security (OAS), Alberta Seniors Benefits (ASB), AISH, FairEntry Applications

UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246

We can provide guidance and support with Housing, Benefits & Pensions, Legal Help, Tax Support and Wills

Supportive: Subsidized

NE Calgary

Aspen Commons

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Cable, Internet, Phone, Parking

UNITS: 143 x interior suites, 40 x exterior suites, 34 x single barrier-free suites, 23 x couples suites, 2 x couples barrier-free suites

BUSES: within 1 block and C-Train station

PET-FRIENDLY: No

FEATURES: Lounge area, Recreation room, storage, shared laundry, Life Learning & Leisure Program

SUPPORTS: Wheelchair accessible, 24/7 on-site non-medical staff, Access to homecare, housekeeping, dining

Silvera for Seniors – Aspen Commons

silvera.ca

communityliving@silvera.ca or (403) 567-5301

1171 Bow Valley Lane NE

Calgary, AB T2E 8B1

403-265-2090

Supportive: Subsidized

NE Calgary

Bow Valley Commons

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,075

EXTRA COSTS: Cable, Internet, Phone, Parking

UNITS: 54 x single suites, 6 x double suites

BUSES: within 1 block and C-Train station

PET-FRIENDLY: No

FEATURES: Lounge area, shared laundry, Life Learning & Leisure Program

SUPPORTS: Dining, housekeeping, activities, 24/7 on-site non-medical staff, Access to homecare

Silvera for Seniors – Aspen Commons

silvera.ca

communityliving@silvera.ca or (403) 567-5301

1020 Bow Valley Drive NE

Calgary, AB T3B 4B2

403-264-6455

Supportive: Subsidized

SE Calgary

Beaverdam Commons (Early Stage Memory Care)

ELIGIBILITY: Age 65+, Canadian Citizen or Permanent Resident and have lived in Calgary at least 1 year OR in Canada for 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Phone, Internet, Cable, Parking

UNITS: 53 single suites, 6 x double suites

BUSES: within 3 blocks

PET FRIENDLY: No

FEATURES: Lounge area, Shared Laundry, Life Learning & Leisure Program, Hair salon

SUPPORTS: Dining, housekeeping, 24/7 on-site non-medical staff, Access to homecare, Offering early to mid-stage memory care supports, including dementia-based programming and music therapy.

Silvera for Seniors – Beaverdam Commons

silvera.ca

403-567-5301 or communityliving@silvera.ca

2012 66 Ave SE Calgary, AB T2C 1X7

403-279-4623

Supportive: Subsidized

SW Calgary

Shawnessy Commons (Mobility Care)

ELIGIBILITY: Age 65+, Canadian Citizen or Permanent Resident and have lived in Calgary at least 1 year OR in Canada for 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Phone, Internet, Cable, Parking

UNITS: 50 single suites, 15 x mobility suites, 8 x couple suites (adjoined)

BUSES: within 3 blocks

FEATURES: Shared laundry, Life Learning & Leisure Program, Hair salon, Lounge, Recreation area

SUPPORTS: Wheelchair accessible, Dining, Housekeeping, 24/7 on-site non-medical staff, Access to homecare, Mobility support wing for seniors with limited mobility and unable to maintain daily regimented care.

Silvera for Seniors – Shawnessy Commons

silvera.ca

403-567-5301

communityliving@silvera.ca

30 Shannon Place SW Calgary, AB T2Y 2B3

403-256-4036

Supportive: Subsidized

NE Calgary

Gilchrist Commons

ELIGIBILITY: Age 65+, must be a Canadian Citizen or a Permanent Resident and have lived in Calgary for at least 1 year OR in Canada 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Cable, Internet, Phone, Parking, Scooter parking

UNITS: 108 studio suites, 7 x barrier-free studio suites

BUSES: within walking distance

PET-FRIENDLY: No

FEATURES: Lounge area, shared laundry, Life Learning & Leisure Program, Hair salon, Patios, Dining

SUPPORTS: wheelchair accessible, housekeeping, 24/7 on-site non-medical staff, Access to homecare

Silvera for Seniors – Gilchrist Commons

silvera.ca

(403) 567-5301

communityliving@silvera.ca

503 Pinestream Place NE Calgary, AB T1Y 0C5

403-452-2500

Supportive: Subsidized

NE Calgary

Spruce Commons

ELIGIBILITY: Age 65+, Canadian Citizen or Permanent Resident and have lived in Calgary at least 1 year OR in Canada for 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Phone, Internet, Cable, Parking

UNITS: 58 exterior suites, 41 x interior suites, 4 x barrier-free single suites, 15 x couple suites (adjoined)

BUSES: Within 1 block and C-Train station

PET FRIENDLY: No

FEATURES: Lounge area, Shared Laundry, Life Learning & Leisure Program, Hair Salon, Tuck Shop

SUPPORTS: Wheelchair accessible, Dining, Housekeeping, Activities, 24/7 on-site non-medical staff, Access to homecare

Silvera for Seniors – Spruce Commons

silvera.ca

communityliving@silvera.ca

403-567-5301

1055 Bow Valley Drive NE Calgary, AB T2E 8A9

403-266-2630

Supportive: Subsidized

NW Calgary

Shouldice Commons

ELIGIBILITY: Age 65+, Canadian Citizen or Permanent Resident and have lived in Calgary at least 1 year OR in Canada for 10+ years (<65 may be considered in special circumstances)

RENT/LEASE: RGI 30% plus Service Package \$1,155

EXTRA COSTS: Phone, Internet, Cable, Parking

UNITS: 54 single suites, 6 x double suites

BUSES: within 1 block

PET FRIENDLY: Yes (1 small dog or cat), \$150 non-refundable Pet fee, \$6.50/month pet fee.

FEATURES: Lounge area, Shared Laundry, Life Learning & Leisure Program, Hair salon, Pet friendly suites available, Tuck shop

SUPPORTS: Dining, housekeeping, activities, 24/7 on-site non-medical staff

Silvera for Seniors – Shouldice Commons

silvera.ca

communityliving@silvera.ca

403-567-5301

4730 19 Ave NW Calgary, AB T3B 4V2

403-288-7977

Supportive: Subsidized

Out of Town

Glen Mead Park I, II & III

ELIGIBILITY: Age 65+ years, Regional residency requirement

RENT/LEASE: 30% Geared to Income

EXTRA COSTS: Electricity, Cable, Phone, Internet, Parking

UNITS: 40 Units (1 bedroom) - 10 and 20 Unit Secure buildings, 10 Cottage Units with individual suites

BUSES: Yes

PET-FRIENDLY: No

FEATURES: Laundry, Recreation Room, Parking, Designated smoking area, Units do not permit pets

Westwinds Communities

westwindscommunities.ca

donna.sefton@westwindscommunities.ca

701, 703, 709 Government Road

Black Diamond, AB T0L 0H0

403-933-4028

Supportive: Subsidized

Out of Town

High Country Lodge

ELIGIBILITY: Age 65+ years

RENT/LEASE: Geared to Income, Min. rent \$1,335/mth

EXTRA COSTS: Cable, Phone, Internet, Pendant, Parking

UNITS: 41 Units (Studio, 1 bedroom)

BUSES: Call to schedule

PET FRIENDLY: Yes

FEATURES: Hair Salon, Recreation Room, Chapel, Onsite Laundry, Outdoor Patio, therapeutic spa room, smoking shelter, limited number of pet friendly suites

SUPPORTS: Home cooked meals & snacks, weekly housekeeping service, linen services, recreation activities, community referral, 24 hour non-medical monitoring and Home Care

Westwinds Communities

westwindscommunities.ca

donna.sefton@westwindscommunities.ca

707 Government Road

Diamond Valley, AB T0L 0H0

403-933-4028

Supportive: Subsidized

Out of Town

Medicine Tree Manor

ELIGIBILITY: Age 65+ years

RENT/LEASE: Geared to Income, Min. rent \$1,400/mth

EXTRA COSTS: Cable, Phone, Internet, Pendant, Parking

UNITS: 100 Units (Studio, 1 bedroom, 2 Bedrooms)

BUSES: Book online

PET FRIENDLY: Yes

FEATURES: Hair Salon, Recreation Room, Onsite Laundry, Outdoor Patio, therapeutic spa room, smoking shelter, limited number of pet friendly suites

SUPPORTS: Home cooked meals & snacks, weekly housekeeping service, linen services, recreation activities, community referral, 24 hour non-medical monitoring and Home Care

Westwinds Communities

westwindscommunities.ca

tanya.feldberg@westwindscommunities.ca

901A Macleod Trail SW

High River, AB T1V 1C3

403-652-7040

Supportive: Subsidized and Market

Out of Town

Rocky View Lodge

ELIGIBILITY: 65+ years

RENT/LEASE: current market rate: \$1965. subsidized rate: 30% of income plus Service Fee (\$925 currently).

EXTRA COSTS: cable, parking, laundry as needed.

UNITS: 65 total

BUSES: Rocky View Handi Bus on demand

PET-FRIENDLY: No

FEATURES: Individual Suites, service includes light housekeeping, all meals and activities.

Rocky View Foundation

rockyviewfoundation.org/rocky-view-lodge

mgr@rockyviewfoundation.org

1220 Hammond Avenue

Crossfield, AB T0M 0S0, PO Box 159

403-946-5615

Supportive: Subsidized

Out of Town

Sandstone Lodge

ELIGIBILITY: Age 65+ years

RENT/LEASE: Geared to Income, Min. rent \$1,400/mth

EXTRA COSTS: Cable, Phone, Internet, Pendant, Parking

UNITS: 46 Units (Studio, 1 bedroom)

BUSES: On-line booking

PET-FRIENDLY: Yes

FEATURES: Hair Salon, Rec Room, Chapel, Onsite Laundry, Outdoor Patio, therapeutic spa room, smoking shelter, limited number of pet friendly suites

SUPPORTS: Home cooked meals & snacks, weekly housekeeping, linen services, recreation activities, community referral, 24 hour non-medical monitoring and Home Care

Westwinds Communities

westwindscommunities.ca

barb.bell@westwindscommunities.ca

101 Centre Court

Okotoks, AB T1S 1Y4

403-938-6404

Supportive: Subsidized

Out of Town

Wheatland Lodge

ELIGIBILITY: 65+ years of age seeking some support services

RENT/LEASE: Month to month lease

OPTIONAL SERVICES: Laundry, Fridge electricity, Oxygen electricity, Parking, Cable TV, Pendant, Scooter/Electric Wheelchair electricity

UNITS: 95 units

BUSES: Activity Bus for Social Outings only

FEATURES: Private Studio / Super single suites, Private bathroom, On-site Laundry, All meals/ Snacks/Housekeeping/Activities, utilities included

SUPPORTS: 24 hours staffing, emergency call bells system + pendants, On-Site Home Care if required

Wheatland Housing Management

wheatlandhousing.ca
residentmanager@whmb.ca

76 2 Street
Strathmore, AB T1P 0V8
403-934-3474

Westview Town Suites

A 65+ Supportive Living Community in Glamorgan

A Supportive Living community with an abundance of lifestyle and leisure programs, excursions, space for your family, and more.

Discover your new freedom while getting the support you need.



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Town Suites
westviewtownsuites.silvera.ca



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403-390-2934 | westviewliving@silvera.ca
5050 50 Ave SW Calgary, AB.

CHH Calgary Heritage Housing

**Government-owned,
professionally
managed seniors
subsidized housing.**

Hundreds of rental suites at
nine locations across Calgary for
independent seniors living on a
low to moderate income.

Find out more at
calgaryheritagehousing.ca
or call **403-286-7402**.



Leading the way home.



SUPPORTIVE LIVING: PERSONAL CARE HOMES

- Privately owned and operated homes that provide a distinctly personal alternative to long term care within a comfortable and home-like setting.
- A private personal care home can accommodate your routine rather than expecting you to conform to their timetable. This flexibility may include: sleeping habits, as well as meals featuring your favorite foods and familiar dishes within dietary needs.
- Services may include special diets, recreational programs, diabetic care, personal care assistance

Please call toll-free within Alberta, dial 310-0000 and then 780-644-8428.

Mina Care Homes

4 Brookmere Gardens SW
Calgary
403-477-5342 | 403-560-0584
minacarehomes@gmail.com

Saspa Home Care

359 Madeira Close NE Calgary
403-861-5855
tessaspa@yahoo.com

SUPPORTIVE LIVING: NON-PROFIT

- A facility that offers unique and supportive housing for seniors (55+ years) who have exhausted all other housing options and have not been able to access typical seniors housing in Calgary.
- Residents are expected to manage their own self care.
- Services include meals, housekeeping, and 24-hour non-medical personnel.

Inclusio

1129 23 Avenue NW Calgary
403-735-2440
accessiblehousing.ca/inclusio
inclusio@accessiblehousing.ca

Peter Coyle Place

5700 3 Street Calgary
403-252-6412
tpfa.ca
ioant@tpfa.ca | kylem@tpfa.ca

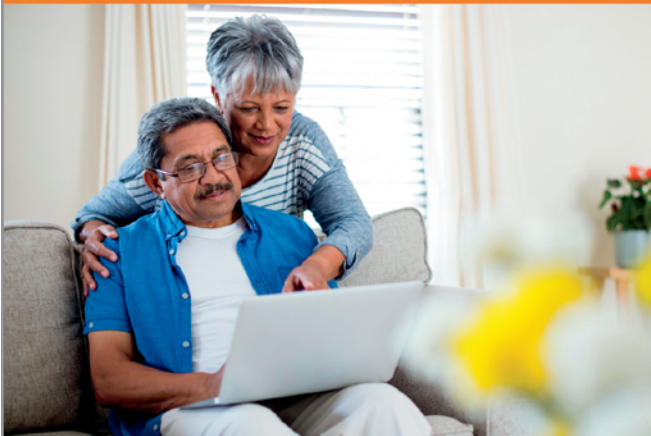
The Haven at Shalem

3008 51 Street SW Calgary
403-240-2800
shalem.ca
living@shalem.ca

Active Aging Online!



Our goal is to provide options to stay fit, engaged, entertained and connected from your home.



**UnisonAlberta.com/Online-Home
Program@UnisonAlberta.com | 403-462-5080**

Supportive Living: Non-profit

SW Calgary

Shalem Haven

ELIGIBILITY: 60+

RENT/LEASE: Month-to-month, rates set by Alberta Health Services, \$1,000 damage deposit required

EXTRA COSTS: Cable, phone, internet UNITS: 43 Studio suites (3-story building) BUSES: (within 3 blocks) 6

PET-FRIENDLY: Yes – Cats only

FEATURES: Chef-prepared meals, 24hr staff, emergency call system, weekly housekeeping & laundry service, café, gardens, recreation programs

SUPPORTS: Pastoral care & chapel, wellness services

The Haven at Shalem

shalem.ca
living@shalem.ca
3008 51 Street SW
Calgary, AB T3E 7V9
403-240-2800

COMBINED LIVING - PRIVATE SUPPORTIVE/ASSISTED LIVING

- Privately funded and operated facilities (government subsidy is not available).
- Most suites have a modified kitchen (i.e. cupboards, sink, bar fridge).
- On-site Home Care and/or other care options are possible in many of the locations, but additional costs may apply.

AgeCare Skypointe

179 Skyview Circle NE Calgary
587-619-1900
agecare.ca/SkyPointe
skypointe@agecare.ca

Chartwell Harbours

20 Country Village Cove NE
Calgary
587-287-3941
chartwell.com
lohanley@chartwell.com

Monterey Seniors Village

4288 Catalina Blvd NE Calgary
403-207-2929
retirementconcepts.com
info@retirementconcepts.com

Prince of Peace Manor & Harbour

300 Prince of Peace Way
403-285-5080
theprinceofpeace retirement.com
info@theprinceofpeace retirement.com

St. Teresa Place

10 Redstone Place NE Calgary
587-619-7116
covenantcare.ca
STP.admin@covenantcare.ca

Whitehorn Village

5200 44 Avenue NE Calgary
403-271-2277
whitehornvillage.com
marketing@whitehornvillage.com

Wing Kei Greenview

307 35 Avenue NE Calgary
403-520-0400
Wingkeicarecentre.org
admin@wingkei.org

Arbour Lake Retirement

900 Arbour Lake Road NW Calgary
403-374-0955
Arbourlakeretirement.ca
community972-ex@
atriaretirement.ca

Boardwalk Retirement Community

3520 31 Street NW Calgary
403-508-0684
bwalk.com
brcc@bwalk.com

Chartwell Colonel Belcher

1945 Veterans Way NW Calgary
587-287-3937
chartwell.com

Venvi The Edgemont

80 Edenwold Drive NW Calgary
587-327-9436
venviliving.com
Jason.baker@cogirseniorliving.ca

Evanston Grand Village

40 Evanston Way NW Calgary
403-274-6416
EvanstonGrand.ca
EvanstonGrand@glm.ca

Evanston Summit

150 Evanspark Manor NW Calgary
587-602-2706
evanstonsummit.ca
info@EvanstonSummit.ca

Hillside Manor

916 18A Street NW Calgary
403-284-6010
bethanyseniors.com
info@bethanyseniors.com

Holy Cross Manor

70 Evanspark Manor NW Calgary
587-230-7070
covenantcare.ca
hcm.admin@covenantcare.ca

The Lodge at Valley Ridge

11479 Valley Ridge Drive NW Calgary
403-286-4414
verveseniorliving.com
mkg.mgr.vr@verveseniorliving.com

Manor Village at Huntington Hills

6700 Hunterview Drive NW
Calgary
403-275-5667
themanorvillage.com
LMP@HH.themanorvillage.com

Manor Village at Rocky Ridge

450 Rocky Vista Gardens NW
Calgary
403-239-6400
themanorvillage.com
LMP@RR.themanorvillage.com

Rocky Ridge Retirement Community

10715 Rocky Ridge Blvd NW
Calgary
403-930-4848
rockyridgeretirement.com
info@rockyridgeretirement.com

Sage Hill

6 Sage Hill Gardens NW Calgary
403-455-2273
Optimaliving.ca
sagehill@optimaliving.ca

Scenic Acres Retirement Residence

150 Scotia Landing NW Calgary
587-317-9527
cogirseniorliving.ca
monica.jones@cogirseniorliving.ca

St Marguerite Manor

110 Evanspark Manor NW Calgary
587-955-9788
covenantcare.ca
smm.admin@covenantcare.ca

AgeCare Midnapore Estate

500 Midpark Way SE Calgary
403-873-2828
agecare.ca/Midnapore
midnapore@agecare.ca

AgeCare Seton

4963 Front Street SE Calgary
587-349-8444
agecare.ca/Seton
seton@agecare.ca

AgeCare Walden Heights

250 Walden Drive SE Calgary
403-873-4700
agecare.ca/Walden
walden@agecare.ca

Auburn Heights Retirement Residence

21 Auburn Bay Street SE Calgary
403-234-9695
allseniorscare.com

Canyon Meadows Retirement Residence

12 Deerview Terrace SE Calgary
403-278-4004
canyonmeadowsretirement.ca
community974-ex@atriaretirement.ca

Aanu Manor

7018 24 Street SE Calgary
403-250-1662
admin@sherhospitality.ca

Grand Seton Village

4485 Front Street SE Calgary
587-319-2417
GrandSetonVillage.ca
GrandSeton@glm.ca

Journey Club

1955 Mahogany Blvd SE Calgary
403-723-8411
westmanvillage.com/homes/
journeyclub
wvdiscovery@jayman.com

Lake Bonavista Village**Retirement Community**

11800 Lake Fraser Drive SE
Calgary
403-258-1849
verveseniorliving.com
mkg.mgr.lbv@verveseniorliving.com

McKenzie Towne

20 Promenade Park SE Calgary
587-317-6109
cogirseniorliving.ca

Providence Care Centre

149 Providence Blvd SE Calgary
587-393-1350
fatherlacombe.ca
info@fatherlacombe.ca

United Active Living at**Fish Creek North**

51 Providence Blvd SE Calgary
587-481-7907
unitedactiveliving.com
info@unitedactiveliving.com

Verve Aspen Woods

10 Aspenshire Drive SW Calgary
403-240-4404
Vervedeniorliving.com

Chartwell Fountains of Mission

222 25 Avenue SW Calgary
587-287-3946
chartwell.com
kwenzek@chartwell.com

**Chartwell Eau Claire Care
Residence**

301 7 Street SW Calgary
587-287-3943
chartwell.com
lopaul@chartwell.com

Chateau Renoir

9229 16 Street SW Calgary
825-258-5584
venviliving.com
kevin.calpas@cogirseniorliving.ca

Clover Living

120 2 Avenue SW Calgary
403-290-1088
cloverliving.ca
info@cloverliving.ca

Manor Village at Garrison Woods

2400 Sorrel Mews SW Calgary
403-240-3636
themanorvillage.com
LMP@GW.themanorvillage.com

Manor Village at Fish Creek Park

22 Shawnee Hill SW Calgary
403-918-2127
themanorvillage.com
LMP@FC.themanorvillage.com

Manor Village at Signature Park

1858 Sirocco Drive SW Calgary
403-249-7113
themanorvillage.com
LMP@SP.themanorvillage.com

Chartwell Royal Park

4315 Richardson Road SW
Calgary
587-287-3939
chartwell.com
ysideris@chartwell.com

Staywell Manor Village

174 Ypres Green SW Calgary
403-242-4688
themanorvillage.com
customercare@themanorvillage.com

Swan Evergreen Village by Origin

2635 Eversyde Avenue SW Calgary
587-481-6638
originswanevergreen.ca

Venvi Evergreen

2220 162 Avenue SW Calgary
587-816-2819
venviliving.com

Trinity Lodge

1111 Glenmore Trail SW Calgary
403-253-7576
verveseniorliving.com
info.tl@verveseniorliving.com

**Prominence Way Retirement
Community**

905 Prominence Way SW Calgary
403-727-9400
prominencewayretirement.com
info@prominencewayretirement.com

United Active Living at Garrison Green

3028 Don Ethell Blvd SW Calgary
403-685-7200
unitedactiveliving.com
info@unitedactiveliving.com

BSF – Wentworth Manor

5717 14 Avenue SW Calgary
403-242-5005
theBSF.ca
wentworth@theBSF.com

Westview Town Suites

5050 50 Ave SW Calgary
403-240-4920
silvera.ca
westviewliving@silvera.ca

AgeCare Sagewood

140 Cambridge Glen Drive
Strathmore, AB T1P 0E2
403-361-8000
agecare.ca/Sagewood
sagewood@agecare.ca

Grande Avenue Village

50 Grande Avenue
Cochrane, AB T4C 2P6
403-851-8857
GrandeAvenueVillage.ca

Cedarwood Station

304 1 Avenue NW Airdrie
403-945-2222
cedarwood@optimaliving.ca
Optimaliving.ca

Venvi The Heartland

47 Riverside Gate Okotoks
587-801-2216
venviliving.com
Paula.Glubish@cogirseniorliving.ca

Luxstone Senior Living

2014 Luxstone Blvd
Airdrie, AB T4B 0L6
403-945-4700
luxstoneseniorliving.com
info@luxstoneseniorliving.com

Cottonwood Village

4224 8 Street West Claresholm
403-625-5520
cottonwoodvillage@optimaliving.ca
Optimaliving.ca

Deer Park Village

6 Daykin Street Red Deer
Optimaliving.ca
deerpark@optimaliving.ca

Aspen Ridge

3100 22 Street Red Deer
403-341-5522
aspenridge@optimaliving.ca
Optimaliving.ca

The Hamlets at Red Deer

338 Liberty Avenue Red Deer County
403-986-1250
reddeer@optimaliving.ca
Optimaliving.ca

Inglewood

10 Inglewood Drive Red Deer
403-346-1134
inglewood@optimaliving.ca
Optimaliving.ca

Quigley Manor at Bethany**Cochrane**

1000 32 Quigley Drive Cochrane
403-932-6422 ext 247
bethanyseniors.com
info@bethanyseniors.com

Seasons High River Retirement Community

660 7 Street NW
High River, AB T1V 1S1
403-652-1581
seasonsretirement.com

BSF – Tudor Manor

200 Sandstone Drive
Okotoks, AB T1S 1R1
403-995-9540
theBSF.ca
tudor@theBSF.ca

Trico LivingWell

7670 4A Street SW Calgary
403-281-2802
tricolivingwell.com
hello@tricolivingwell.com

BSF – Cambridge Manor

253 Smith Street NW Calgary
587-391-3500
theBSF.ca
cambridge@theBSF.ca

BSF – Clifton House

907 47 Street SE Calgary
825-540-5601
theBSF.ca
clifton@theBSF.ca

The Scenic Grande

8720 Scurfield Dr NW Calgary
587-317-6776
cogirseniorliving.ca



UnisonAlberta.com
(403) 265-0661

Combined Living**NE Calgary / Rocky View County****Prince of Peace Manor & Harbour****ELIGIBILITY:** 55+**RENT/LEASE:** Varies based on square footage**UNITS:** 95 Studios, 59 One Bedroom + Den, 5 One Bedrooms + Sun Suite + Den**BUSES:** Rocky View Handibus**FEATURES:** Tuck Shop/Pharmacy, Recreational Transportation, Beauty Salon, Daily Activities, Kitchenettes, Respite/Guest Suite, 24-Hour Staff, Emergency Call System, On-Site Laundry, Housekeeping, Library, Fireside Bistro**SUPPORTS:** 24-hour health professionals on-site, 3 meals a day plus snacks, Registered Nurses on site 5-days/week

Prince of Peace Manor & Harbour
theprinceofpeace retirement.com
info@theprinceofpeace retirement.com
300 Prince of Peace Way
Rocky View County, AB T1X 1M9
403-285-5080

Combined Living**NE Calgary****Whitehorn Village by Origin****ELIGIBILITY:** Age in Place: Independent, Assisted and Supportive Living including Memory Care**RENT/LEASE:** Rents starting at 2250.00**EXTRA COSTS:** 2nd Occupant, Parking and Salon**UNITS:** Studio, 1 & 2 bedroom suites.**FEATURES:** Red Seal Chef prepared meals, 24 hr Emergency Response, RNs and On-site Care, Weekly Housekeeping, Life Enrichment Programs, Salon, Transportation, Pet Friendly, Fitness Studio, Theatre, Bistro on all floors, Garden patio, Lab Services, Occupational and Physical Therapy

Whitehorn Village by Origin
whitehornvillage.com
marketing@whitehornvillage.com
5200 44 Ave NE
Calgary, AB T1Y 7L4
403-271-2277

BSF Cambridge Manor

ELIGIBILITY: Private Choice Care assessments by our clinical team. Funded care based on AHS assessment 403-943-1920.

RENT/LEASE: Varies based on service level.

EXTRA COSTS: Call for details.

UNITS: 236 (Private Studio, 1 BR and Larger Suites).

BUSES: 31, 8, 90, and 303.

FEATURES: Bistro, Salon, Fitness Centre, Secure Courtyards, Private Bus, On-site Laundry, Heated Underground Parking, U of C Brenda Strafford Centre on Aging.

SUPPORTS: Private Independent (Home Care), Assisted Living and Long Term Care. Funded Long Term Care and Secure Dementia Care.

The Brenda Strafford Foundation

theBSF.ca
cambridge@theBSF.ca
253 Smith Street NW
Calgary, AB T3B 6K1
587-391-3500

Venvi The Edgemont

ELIGIBILITY: All Seniors

RENT/LEASE: All-inclusive monthly rents based on suite type

EXTRA COSTS: Personal laundry service, indoor parking (if available)

UNITS: 135 suites: studios, one bedroom, two bedroom Living (DSL) SL4

BUSES: Transit Bus stops in front of building

FEATURES: Kitchenettes in suite, library, salon, wellness centre, on-site laundry, wheelchair accessible, pet friendly

SUPPORTS: 3 meals a day plus snacks, 24/7 professional nursing on site, visiting doctors, AHS care managers, recreation therapist, SL4 care

Venvi Living

venviliving.com
Jason.baker@cogirseniorliving.ca
80 Edenwold Drive NW
Calgary, AB T3A 5R9
587-327-9436

Evanston Grand Village

ELIGIBILITY: Age 55+ years

RENT/LEASE: Varies based on service level

UNITS: 49 Units: 6 Bachelor/Studio, 31 1-bedroom, 12 2-bedroom, 102 Private SL4

BUSES: (within 3 blocks) 420

PET-FRIENDLY- YES

FEATURES: Housekeeping, Hairdresser Private Bus, Fitness, Room, Library, Courtyards, Cafe/bistro, Kitchens in each Suite, Laundry Services, Elevator, Wheelchair Accessible, Outside Parking

SUPPORTS: Nurses, Home Care, Pharmacy, Recreational Therapist, SL4, SL4-D Secure Dementia Neighborhood.

Golden Life

EvanstonGrand.ca
EvanstonGrand@glm.ca
40 Evanston Way NW
Calgary, AB T3P 0N6
403-274-6416

Hillside Manor

ELIGIBILITY: Seniors typically aged 60+, who may require extra support services through AHS Homecare and may require government subsidy.

RENT/LEASE: Varies based on room size EXTRA COSTS: Phone, Cable, Parking UNITS: 19 units: 1 bedroom

BUSES: (within 3 blocks) 65, 104, 404, 414

FEATURES: Indoor Atrium, Hair Salon, Spiritual Care and Social Activities

SUPPORTS: Meals, 24-hour Lifeline Emergency Support System, AHS Homecare support available as needed

Bethany Care Society

bethanyseniors.com
info@bethanyseniors.com
916 18A Street NW
Calgary, AB T2N 1C6
403-284-6010

The Lodge at Valley Ridge Retirement Residence

ELIGIBILITY: 55+

RENT/LEASE: Varies based on square footage

EXTRA COSTS: Cable, Phone, Internet

UNITS: 133 Suites: Studio, 1-bedroom,

2-bedroom

BUSES: (within 3 blocks) 70

FEATURES: Housekeeping, Hair Salon, 3 Meals/day, Medical Transport Shuttle, Fitness Programs, Daily Activities with Transportation, Pet Friendly, Assigned Parking, Bistro & Bar, Worship Centre, Guest & Respite Suites (based on availability)

SUPPORTS: 24hr Health Professionals, 24hr Emergency Call System, 24hr Snack Access

The Lodge at Valley Ridge

verveseniorliving.com

info@lodgeatvalleyridgeretirement.com

11479 Valley Ridge Drive NW

Calgary, AB T3B 5V5

403-286-4414

Rocky Ridge Retirement Community

ELIGIBILITY: All Seniors

RENT/LEASE: All inclusive monthly rents starting from \$4,200

EXTRA COSTS: Phone and Cable

UNITS: 105 suites: studios, 1 and 2 bedroom suites, 1 and 2 bedroom + den suites plus 29 AHS secure memory care beds

BUSES: bus stop in front with access to Tuscany LRT

FEATURES: 3 chef-prepared meals, Salt water Pool, Library, Salon, Fitness, Theatre, AC, Wi-Fi, Courtyard, In-Suite Laundry options, walking paths and pet-friendly

SUPPORTS: 24/7 Health professionals on site, visiting doctors, mobile labs, on-site AHS care managers, Respite and Trial Stays available

Signature Retirement Living

rockyridgeretirement.com

info@rockyridgeretirement.com

10715 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

403-930-4848

Living in joy

— BODY, MIND, AND SOUL

- ◆ Month-to-month rental and Life Lease options
- ◆ Three daily meals with à la carte options
- ◆ In-suite laundry and storage, and walk-in showers
- ◆ Weekly light housekeeping and complimentary WIFI
- ◆ Enhanced service model with access to Wellness Coordinator and Resident Attendant
- ◆ Bistro café for coffee, fresh fruit and snacks
- ◆ 24-hour concierge
- ◆ Chapel, library, theatre and on-site hair salon
- ◆ Recreational, wellness, spiritual, and social programs
- ◆ Gated courtyard and games room
- ◆ Available heated underground parking and storage



Covenant Living
Evanston Summit
RETIREMENT RESIDENCE



CALL US TODAY

587-538-7511

COVENANTLIVING.CA

150 EVANSPARK MANOR NW, CALGARY AB

Scenic Acres Retirement Residence

ELIGIBILITY: All Seniors

RENT/LEASE: All-inclusive monthly rents based on suite type

EXTRA COSTS: Personal laundry service

UNITS: 134 suites: studios, one bedroom, two bedroom 26 Designated Supportive Living (DSL) SL4 & SL4D

BUSES: Bus stop within 2 blocks, CTrain station 10 walk

FEATURES: Kitchenettes in suite, library, salon, on-site laundry, wheelchair accessible, pet friendly

SUPPORTS: 3 meals a day plus snacks, 24/7 professional nursing on site, visiting doctors, AHS care managers, recreation therapist, SL4, SL4D care

Cogir Senior Living
cogirseniorliving.ca
monica.jones@cogirseniorliving.ca
150 Scotia Landing NW
Calgary, AB T3L 2K1
587-317-9527

The Scenic Grande

ELIGIBILITY: 55+ Independent Living, Assisted Living, Memory Care

RENT/LEASE: Rent month to month

EXTRA COSTS: Livewell Care Plan (if required for Independent Living)

UNITS: 134 Independent Living Apartments, 34 Private Supportive Living Suites, 34 Private Memory Care Suites

BUSES: In front of building

FEATURES: Salon and Spa, Underground heated Parking, Golf Simulator, Storage Rooms, Theatre Room, Pub, Bus Outings, Fitness Room, Games and Lounge Room, Outside Parking, Heated Salt Water Pool

SUPPORTS: 24-Hour Nursing Staff & Response System, Doctor in once a week, Housekeeping, Maintenance, Recreation

Cogir Senior Living
cogirseniorliving.ca
8720 Scurfield Drive NW
Calgary, AB T3L 0G3
587-317-6776

BSF Clifton House

ELIGIBILITY: Funded care assessments by Alberta Health Services 403-943-1920.

RENT/LEASE: Varies based on service level.

EXTRA COSTS: Phone, Cable, Wi-Fi, Personal Laundry.

UNITS: 175 (Private and Semi-Private Studio Suites).

BUSES: (within 3 blocks) 42, 92, 72, 73

FEATURES: Hair Salon, Bistro, Power Mobility Devices allowed, Outdoor Courtyards.

SUPPORTS: Supportive Living, Long Term Care, Secure Dementia Care, KINDD program (for adults aging with developmental disabilities), Adult Day Program.

The Brenda Strafford Foundation
theBSF.ca
clifton@theBSF.ca
907 47 Street SE
Calgary, AB T2A 1R2
825-540-5601

Grand Seton Village

ELIGIBILITY: Age 55+

RENT/LEASE: Rents based on suite size

EXTRA COSTS: Phone

UNITS: 139 units: Studio, 1- and 2- bedroom

BUSES: (within 3 blocks) 302 City Centre, 14, 406, 468

PET-FRIENDLY: Yes

FEATURES: Housekeeping, Hairdresser, Private Bus, Fitness Room, Library, Courtyards, Cafe/bistro, Kitchens in each Suite, Air-Conditioned Suites, Storage Rooms in each Suite, Laundry Services, Elevator, Wheelchair Accessible, Outside Parking,

SUPPORTS: Flexible Meal Program, 24-hour Emergency Monitoring, Fun Activities, Personal Care

Golden Life
GrandSetonVillage.ca
GrandSeton@glm.ca
4485 Front Street SE
Calgary, AB T3M 3A5
587-319-2417

Lake Bonavista Village Retirement Community

ELIGIBILITY: 55+

RENT/LEASE: Varies based on square footage

UNITS: 40 Studios, 116 One-Bedrooms, 26 Two-Bedrooms, 13 Cottages/Villas

BUSES: Directly in front of property

FEATURES: Swimming Pool, Hairdresser, Esthetician, Transportation, Daily Activities, Kitchenettes, Respite Suite, 24 Hour Staff, Emergency Call System, On Site Laundry, Housekeeping

SUPPORTS: 24-hour health professionals on site, 3 meals a day, 24 hour snack access

Lake Bonavista Village

verveseniorliving.com
info@lakebonavistavillageretirement.com
11800 Lake Fraser Drive SE
Calgary, AB T2J 7G8
403-258-1849

McKenzie Towne

ELIGIBILITY: Seniors typically aged 55+ who may require support. Private Pay. Government subsidies available for higher care levels i.e. SL4(D)

RENT/LEASE: Varies based on service level

EXTRA COSTS: Phone, Cable/Internet, Garage Parking, Private Laundry

UNITS: 141 suites: 18 studios, 74 one bedrooms, 6 two bedrooms, 43 DSL

BUSES: (within 3 blocks) 92, 153, 302, 406

FEATURES: Foot Care, Transportation (Private Bus), Fitness Room, On-Site Laundry, 24-Hour Emergency Call System

SUPPORTS: Lab Services, Home Care, Pastoral Care, 24-hour Health Professionals On-Site

Cogir Senior Living

cogirseniorliving.ca
20 Promenade Park SE
Calgary, AB T2Z 4G4
587-317-6109

Chateau Renoir

ELIGIBILITY: Seniors aged 55+ who require little support or have AHS Home Care and do not require government subsidy

RENT/LEASE: Rates vary based on suite location and view. Rental only – no life leases

EXTRA COSTS: Phone, Cable & Internet

UNITS: 129 units

BUSES: (within 3 blocks) 79, 80

FEATURES: Transportation, Fitness Room, Guest Suites for visiting family or friends, Full Recreation & Wellness Program, On-Site Laundry, Outside Parking

SUPPORTS: 24-hour Emergency Response System, Home Care accepted, 3Meals/Day, Weekly Housekeeping

Venvi Living

venviliving.com
kevin.calpas@cogirseniorliving.ca
9229 16 Street SW
Calgary, AB T2V 5H3
825-258-5584

Prominence Way Retirement Community

ELIGIBILITY: 50+ years

RENT/LEASE: All-inclusive monthly rents

EXTRA COSTS: Underground parking, satellite cable, phone, internet, extra storage locker

UNITS: 125 private -1 Bedroom, 1 Bedroom + Den, 2 Bedroom / 55 (DAL) Studio Units SL4/SL4D

BUSES: (within 3 blocks) 111/93

PET-FRIENDLY: Yes

FEATURES: 3 meals and snacks daily, fitness centre, saltwater pool, theatre, heated underground parking, salon, library, in-suite laundry options, balconies, courtyard, and walking paths

SUPPORTS: 24/7 health professionals on site, AHS case managers, visiting doctors, AHS support services, emergency response system.

Prominence Way Retirement Community

ProminenceWayRetirement.com
info@prominencewayretirement.com
905 Prominence Way SW
Calgary, AB T3H 6A8
403-727-9400

Venvi Evergreen

ELIGIBILITY: Seniors 60+ seeking some support services and do not require government subsidy

RENT/LEASE: Monthly Lease

EXTRA COSTS: Telephone, Personal Wi-Fi.
Optional: Hair Salon, Foot Care

UNITS: 153 Suites. Studio, 1 and 2 bedrooms

FEATURES: Large suites. Red Seal Chef, 3 meals per day. 24HR Bistro with snacks and drinks - no extra charge. Utilities and Basic Cable included. Weekly housekeeping for Independent, Daily housekeeping for Assisted Living and Memory Care. Daily activities, Bus Outings. Parking and Garden Terrace.

SUPPORTS: 24 HR on-site Nursing team, weekly visiting doctor, Emergency Call System & Pendant Age in Place - Independent, Assisted Living and Memory Care. Home Care or nursing assistance.

Venvi Evergreen

2220 162 Ave SW
Calgary, AB T2Y 5E3
587-816-2819

Swan Evergreen Village by Origin

ELIGIBILITY: Age in Place: Independent, Assisted and Supportive Living including Memory Care

RENT/LEASE: Rents vary by suite size

EXTRA COSTS: 2nd Occupant, Parking and Salon

UNITS: Studio, 1 & 2 bedroom suites.

FEATURES: Red Seal Chef prepared meals, 24 hr Emergency Response, RNs and On-site Care, Weekly Housekeeping, Life Enrichment Programs, Salon/ Spa, Transportation, Pet Friendly, Fitness Studio, Theatre, Bistro on all floors, Garden Patio, Lab Services, Occupational and Physical Therapy

Swan Evergreen Village by Origin

originswanevergreen.ca
jbec@originswanevergreen.ca
2635 Eversyde Ave, SW
Calgary, AB T2Y 5G9
587-481-6638

Trico LivingWell

ELIGIBILITY: 55+ seeking Independent Living, Assisted Living, or Dementia Care who do not require government subsidy

RENT/LEASE: Independent Living starting from \$3,435/month. Assisted Living starting from \$4,610/month, includes 3 meals daily, weekly housekeeping, cable, internet, and utilities.

EXTRA COSTS: All dependent upon the level of care and options selected. Additional: heated underground parking, storage, and personal laundry.

UNITS: Studio, 1 BR, 1 BR + den, and 2 BR options.

BUSES: 81, 10-minute walk to Heritage Station

PET-FRIENDLY: Yes, pets welcome under 30 lbs.

FEATURES: Full In-suite Kitchens or Kitchenettes, In-Suite Laundry, Private Dining Room, Outdoor Patios

SUPPORTS: Flexible Dining Options, 24/7 On-Site Nursing Staff, Emergency Call System & Pendant, Visiting Physician & Pharmacist, Homecare

Trico LivingWell

tricolivingwell.com
hello@tricolivingwell.com
7670 4A Street SW
Calgary, AB T2V 4S3
403-281-2802

Trinity Lodge Retirement Residence

ELIGIBILITY: 55+

RENT/LEASE: Varies based on square footage

UNITS: 170 studios, 44 one-bedrooms

BUSES: In front of property

FEATURES: Transportation, Courtyards, Housekeeping, Daily Activities, Hairdresser, Kitchenettes, Respite & Guest Suite, 24 Hour Staff, Emergency Call System, On Site Laundry, Breakfast Lounges

SUPPORTS: 24-hour health professionals on site, 3 meals a day, 24-hour snack access

Trinity Lodge Retirement Residence

trinitylodge.ca
info@trinitylodgeretirement.com
1111 Glenmore Trail SW
Calgary, AB T2V 4C9
403-253-7576

Combined Living

SW Calgary

BSF Wentworth Manor

ELIGIBILITY: Private Choice Care assessments by our clinical team. Funded care based on AHS assessment 403-943-1920.

RENT/LEASE: Varies based on service level.

EXTRA COSTS: Phone, Cable, Wi-Fi, Personal Laundry, Underground Parking.

UNITS: 214 (Private Studio and 1 BR Suites).

BUSES: (within 3 blocks) 13, C-Train.

FEATURES: Newly Renovated, Private Bus, Balconies, Hair Salon, Heated Underground Parking, On-site Laundry.

SUPPORTS: Funded Supportive Living and Long Term Care, Private Assisted Living and Long Term Care, Secure Dementia Care, Adult Day Program.

The Brenda Strafford Foundation

theBSF.ca
wentworth@theBSF.ca
5717 14 Ave SW
Calgary, AB T3H 3M2
403-242-5005

Combined Living

Out of Town

Grande Avenue Village

ELIGIBILITY: Age 55+

RENT/LEASE: Rents based on suite size

EXTRA COSTS: Phone

UNITS: 87 units: Studio, 1- and 2- bedroom

BUSES: (within 3 blocks) On demand service to front door

PET-FRIENDLY: Yes

FEATURES: Housekeeping, Hairdresser, Private bus, Fitness Room, Library, Courtyards, Cafe/bistro, Kitchens in each Suite, Air-conditioned Suites, Storage rooms in each Suite, Laundry Services, Elevator, Wheelchair accessible, Outside Parking

SUPPORTS: Flexible Meal Program, 24-hour Emergency Monitoring, Fun Activities, Personal Care

Golden Life

GrandeAvenueVillage.ca
GrandeAvenue@glm.ca
50 Grande Avenue
Cochrane, AB T4C 2P6
403-851-8857

Combined Living

Out of Town

Venvi The Heartland

ELIGIBILITY: Independent and Supportive Living

RENT/LEASE: Varies based on service level

EXTRA COSTS: Phone, Cable & Internet

UNITS: 130 studio, 1 and 2 bedroom

FEATURES: On-Site Laundry, Stairs, Heated Underground Parking, Full suites with stoves, Theatre, Activity center, Fitness room, Bistro

SUPPORTS: 24-hour Nursing Staff, full dining service, 7-day recreation programming, 24/7 bistro

Venvi Living

venviliving.com
Paula.Glubish@cogirseniorliving.ca
47 Riverside Gate
Okotoks, AB T1S 0J2
587-801-2216

Combined Living

SW Calgary

Westview Town Suites

ELIGIBILITY: Age 60+

RENT/LEASE: Market, call for pricing

EXTRA COSTS: Phone, Internet, Cable, Parking

UNITS: 48 studio suites. 39 x 1 bedroom, 4 x 2 bedroom

BUSES: Within 3 blocks

PET FRIENDLY: Yes

FEATURES: Shared Laundry, Life Learning & Leisure Program, Hair salon, Lounge, Recreation area, Gym equipment, Pet-friendly, Guests suites

Silvers for Seniors -Westview Town Suites

silvera.ca
westviewliving@silvera.ca 403-240-4920
5050 50 Ave SW
Calgary, AB T3E 8B1
403-240-4920 for general information or to book a tour

Quigley Manor at Bethany Cochrane

ELIGIBILITY: Seniors typically aged 65+ years, who require extra support services. Some subsidies available dependent on income.

RENT/LEASE: Varies based on service level

EXTRA COSTS: Phone, Cable, Parking. Enhanced services if required

SUPPORTS: Three meals/day, Hairdresser, Private Bus, Spiritual Care, Chapel, Tuck shop, Garden area with gazebo, Library, Home Care and Lifeline

Bethany Care Society
bethanyseniors.com
info@bethanyseniors.com
1000 32 Quigley Drive
Cochrane, AB T4C 1X9
403-932-6422 ext. 247

BSF Tudor Manor

ELIGIBILITY: Funded care assessments by Alberta Health Services 403-943-1920.

RENT/LEASE: Varies based on service level.

EXTRA COSTS: Phone, Cable, Wi-Fi, Personal Laundry, Underground Parking.

UNITS: 152 (Private and Semi-Private Studio Suites).

BUSES: High River Handi Bus, Okotoks Transit.

FEATURES: Private Bus, Private and Secure Courtyards, Hair Salon, Child Care Centre.

SUPPORTS: Supportive Living, Secure Dementia Care (SL4D), Long Term Care.

The Brenda Strafford Foundation
theBSF.ca
tudor@theBSF.ca
200 Sandstone Drive
Okotoks, AB T1S 1R1
403-995-9540



My Aide In Life Assistance for Seniors

- Downsizing and Moving
- Healthcare Liaison
- Residential Homecare and Companionship

☎ (403) 708-3657
✉ myaideinlife@gmail.com
🌐 www.myaideinlife.ca



**Life is better,
together!**

Connect to your senior community with a Unison membership, offering exclusive access to programs tailored for active seniors.



UnisonAlberta.com/Membership
403-265-0661 ext. 256

Aspen Ridge

ELIGIBILITY: 60+. Medical assessment required.

RENT/LEASE: Studio – Starting at \$2,400, 1 Bed - starting at \$3,150, 2 Bed - starting at \$4,400. Smoking is permitted outside only in designated area.

EXTRA COSTS: No deposit needed; a security deposit is required upon move in

UNITS: Studio, 1 Bed, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: (Yes)

FEATURES: 3 meals daily, snacks, light weekly housekeeping and building maintenance, basic cable, public wi-fi & utilities including air conditioning, outdoor parking with plug-ins. Extensive entertainment, private spaces available, recreational and activity programs. 24 hr. Nurse support (with emergency pendant and call button)

SUPPORTS: HCA and LPN's 24/7

Aspen Ridge – An Optima Living Community
aspenridgeseniors.ca
aspenridge@optimaliving.ca
3100 - 22nd Street
Red Deer, AB T4R 3N7
403-341-5522

Combined Living

Out Of Town

Inglewood

ELIGIBILITY: 55+-. Medical assessment required.
Designated smoking area

RENT/LEASE: Studio - Starting at \$3,050, Junior 1 Bed - starting at \$3,025, 1 Bed - starting at \$3,450, 2 Bed - starting at \$4,520.

EXTRA COSTS: No deposit needed.

UNITS: Studio, Junior 1 Bed, 1 Bed, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: (Yes)

FEATURES: 3 Meals daily, snacks, light weekly housekeeping, Emergency response system & pendant, recreational and social programs. 24 hr. nurse support, building maintenance, basic cable, public wi-fi & utilities.

SUPPORTS: HCA and LPN's 24/7. Independent Living, Private Assisted Living and Private Memory Care.

Inglewood – An Optima Living Community

inglewoodseniors.ca
inglewood@optimaliving.ca
10 Inglewood Drive
Red Deer, AB T4R 0L2
403-346-1134

Combined Living

Out Of Town

Cedarwood Station

ELIGIBILITY: Age 55+-. Smoking permitted outside only

RENT/LEASE: Studio - starting at \$2,600, 1 Bed - starting at \$3,300, 1 Bed + Den - starting at \$4,250, 2 Bed - starting at \$4,400.

EXTRA COSTS: \$500 refundable deposit

UNITS: Studio, 1 Bed, 1 Bed + Den, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: Yes Small Pets

FEATURES: 3 Meal/day, light weekly housekeeping & linen service, Emergency response system & pendant, recreational and social programs. 24 hr. HCA support, building maintenance, basic cable & utilities.

SUPPORTS: HCA 24/7, LPN. IL, SL3

Cedarwood Station – An Optima Living Community

cedarwoodstation.ca
cedarwood@optimaliving.ca
304 1st Avenue NW
Airdrie, AB T4B 0C4
403-945-2222

Combined Living

Out Of Town

Cottonwood Village

ELIGIBILITY: Age 55+-. Smoking permitted outside only.

RENT/LEASE: Studio - starting at \$2,000, 1 Bed + Den - starting at \$2,500, 2 Bed - starting at \$3,500

EXTRA COSTS: 50% of one monthly rent refundable deposit

UNITS: Studio, 1 Bed + Den, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: (Yes)

FEATURES: 3 Homestyle cooked Meals/day, seated dining, weekly housekeeping, and towel service, wi-fi, 24/7 non-medical staff onsite, Nurse call system, lawn/snow service, parking, laundry rooms, great location, close to hospital and walking distance to major amenities and 18-hole golf course.

SUPPORTS: AHS Homecare (need to be assessed). IL only

Cottonwood Village – An Optima Living Community

cottonwoodvillage.ca
cottonwoodvillage@optimaliving.ca
4224-8th St W, P.O. Box 2259
Claresholm, AB T0L 0T0
403-625-5520



唐人街

頤景樓



INDEPENDENT + SUPPORTIVE LIVING FOR 55+ SENIORS

- STEPS AWAY FROM BOW RIVER
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- ALL REFURBISHED SUITES
- HOME COOKED ASIAN CUISINE



info@cloverliving.ca
cloverliving.ca_
facebook.com/Cloverliving/

The Hamlets At Red Deer

ELIGIBILITY: 55+ Medical assessment required. Smoking permitted outside only.

RENT/LEASE: Studio - starting at \$2,250, Studio + Den - starting at \$2,500, 1 Bed - starting at \$2,800, 2 Bed - starting at \$3,500.

EXTRA COSTS: Suite deposit \$300. Security deposit 50% of one-month's rent

UNITS: Studio, Studio + Den, 1 Bed, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: (Yes)

FEATURES: 3 Meals daily, snacks, fridge and microwave, housekeeping, building maintenance, cable and utilities included, daily recreation programs. Emergency pendant system

SUPPORTS: LPN and HCA's on site 24/7. IL, SL4, SL4D (Only IL is private pay)

The Hamlets at Red Deer – An Optima Living Community

thehamletsatreddeer.ca
reddeer@optimaliving.ca

338 Liberty Ave, Red Deer County, AB T4E 1B9
403-986-1250

Sage Hill

ELIGIBILITY: Age 55+. Pre-assessment required if care is provided.

RENT/LEASE: 1 Bed - starting at \$4,615, 1 Bed + Den - starting at \$4,958, 2 Bed - starting at \$6,092.

EXTRA COSTS: \$2,000 Deposit

UNITS: 1 Bed, 1 Bed + Den, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: (Yes)

FEATURES: 3 Meals daily, snacks, light housekeeping, laundry rooms, weekly towels and linens laundering, building maintenance, outdoor parking with plug-ins, cable, utilities, air conditioning included. Emergency response system & pendant, entertainment, cultural and social spaces, fitness facilities and recreational programs. Transportation services for outings, medical and dental appointments. 24/7 On-site nursing.

SUPPORTS: HCA, LPN, AHS RN, Director or Care and Nurse Educator are RN, IL, AL, SL4, SL4D

Sage Hill – An Optima Living Community

sagehillseniors.ca
sagehill@optimaliving.ca
6 Sage Hill Gardens NW
Calgary, AB T3R 1S3
403-455-2273

The Edward

ELIGIBILITY: Age 55+. Designated smoking area.

RENT/LEASE: Studio - starting at \$4,175, 1 Bed - starting at \$4,400, 2 Bed - starting at \$7,175

EXTRA COSTS: \$1,000 Deposit

UNITS: Studio, 1 Bed, 2 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: Yes

FEATURES: Meals, cable, internet, phone and utilities included. Flexible dining times, fitness centre, rooftop patio, underground parking, in-suite laundry, in-suite kitchens, salon & spa. 5-star amenities including a theatre, library, creative arts studio. Luxury transportation service.

SUPPORTS: Availability to HCA's and LPN, IL

The Edward – An Optima Living Community

edwardliving.com
edward@optimaliving.ca
3023 16 Street SW
Calgary, AB T2T 6Y4
403-265-3023

Deer Park Village

ELIGIBILITY: Age 55+. Move-in medical assessment required.

RENT/LEASE: Studio - \$2,200, 1 Bed - \$2,550

EXTRA COSTS: Suite deposit \$300. Security deposit 50% of one-month's rent.

UNITS: Studio, 1 Bed

BUSES: (within 3 blocks)

PET-FRIENDLY: Yes

FEATURES: Meals, snacks, cable, utilities, parking, transportation, recreation, 24 HCA support, housekeeping w linen change, building maintenance. Small, cozy, quiet neighborhood.

SUPPORTS: HCA 24/7, LPN is GM too. IL, SL2

Deer Park Village – An Optima Living Community

deerparkseniors.ca
deerpark@optimaliving.ca
6 Daykin Street
Red Deer AB T4R 3P9
403-309-6333

ASSISTED LIVING: LONG TERM CARE

Long Term Care Centres, also known as nursing homes, provide housing and health care for those whose care exceeds the amount of support available in their own home in the community or in other types of housing due to chronic illness or other medical conditions.

- Services offered include 24-hour nursing and personal care.
- Rates include a semi-private or private room with a private or shared bath depending on health concerns, all meals and personal care, social activities.
- Costs are for the period October 1 2023 to June 30 2024.
 - Standard Room \$61.65 / day,
 - Semi-private \$64.85 / day,
 - Private room \$74.95 / day
- An assessment is needed to qualify for this program. Residency requirements apply.
- An immigrant senior who is sponsored to live in Canada is not eligible for Long Term Care Centres until they have lived in Canada for 10 years.
- For more information please call Alberta Health Services-Community Care Access 403-943-1920

AgeCare Walden Heights

250 Walden Drive SE Calgary
403-873-4700
agecare.ca/Walden
walden@agecare.ca

Bethany Harvest Hills

19 Harvest Gold Manor NE
Calgary
403-226-8200
bethanyseniors.com
info@bethanyseniors.com

Carewest Dr Vernon Fanning Centre

722 16 Avenue NE Calgary
403-230-6900
carewest.ca
debbie.chaisson@ahs.ca

Carewest George Boyack

1203 Centre Avenue NE Calgary
403-267-2750
carewest.ca
debbie.chaisson@ahs.ca

Carewest Nickle House

950 Robert Road NE Calgary
403-520-6735
carewest.ca
debbie.chaisson@ahs.ca

Newport Harbour Care Centre

10 Country Village Cove NE Calgary
403-567-5100
Newportharbourcarecentre.com
nhccadmin@
parkplaceseniorsliving.com

Wing Kei Crescent Heights

1212 Centre Street NE Calgary
403-277-7433
wingkeicarecentre.org
admin@wingkei.org

Bethany Calgary

916 18A Street NW Calgary
403-284-6000
bethanyseniors.com
info@bethanyseniors.com

AgeCare Bow Crest

5927 Bowness Road NW Calgary
403-288-2373
agecare.ca
bowcrest@agecare.ca

BSF – Bow View Manor

4628 Montgomery Blvd NW
Calgary
403-288-4446
theBSF.ca
bowview@theBSF.ca

Carewest Colonel Belcher Care Centre

1939 Veterans Way NW Calgary
403-944-7800
carewest.ca
debbie.chaisson@ahs.ca

Extendicare Hillcrest

1512 8 Avenue NW Calgary
403-289-0236
Extendicarehillcrest.com
CNH_Hillcrest@extendicare.com

Intercare Brentwood Care Centre

2727 16 Avenue NW Calgary
403-289-2576
intercarealberta.com

AgeCare Glenmore

1729 90 Avenue SW Calgary
403-253-8806
agecare.ca/Glenmore
glenmore@agecare.ca

AgeCare Midnapore

500 Midpark Way SE Calgary
403-873-2600
agecare.ca/Midnapore
midnapore@agecare.ca

AgeCare Walden Heights

250 Walden Drive SE Calgary
403-873-4700
agecare.ca/Walden
walden@agecare.ca

AgeCare Skypointe

179 Skyview Circle NE Calgary
587-619-1900
agecare.ca/SkyPointe
skypointe@agecare.ca

Bethany Riverview

200, 2915 26 Avenue SE Calgary
587-392-3999
bethanyseniors.com
info@bethanyseniors.com

Father Lacombe Care Centre

270 Providence Blvd SE Calgary
403-256-4641
fatherlacombe.ca
info@fatherlacombe.ca

Intercare Southwood Care Centre

211 Heritage Drive SE Calgary
403-252-1194
Intericarealberta.com
drosentreter@intercarecorpgroup.com

AgeCare McKenzie Towne

80 Promenade Way SE Calgary
403-508-9808
agecare.ca
mckenzie-towne@agecare.ca

Providence Care Centre

149 Providence Blvd SE Calgary
587-393-1350
fatherlacombe.ca
info@fatherlacombe.ca

Carewest Garrison Green

3108 Don Ethell Blvd SW Calgary
403-944-0100
carewest.ca
debbie.chaisson@ahs.ca

Carewest Glemnore Park**Rehabilitation & Recovery Centre**

6909 14 Street SW Calgary
403-258-7650
carewest.ca
debbie.chaisson@ahs.ca

Carewest Rouleau Manor

2206 2 Street SW Calgary
403-943-9850
carewest.ca
debbie.chaisson@ahs.ca

Carewest Royal Park

4222 Sarcee Road SW Calgary
403-240-7475
carewest.ca
debbie.chaisson@ahs.ca

Carewest Sarcee

3504 Sarcee Road SW Calgary
403-686-8100
carewest.ca
debbie.chaisson@ahs.ca

Carewest Signal Pointe

6363 Simcoe Road SW Calgary
403-240-7950
carewest.ca
debbie.chaisson@ahs.ca

Extendicare Cedars Villa

3330 8 Avenue SW Calgary
403-249-8915
extendicarecedarsvilla.com
cnh_cedarsvilla@extendicare.com

Glamorgan Care Centre

105 Galbraith Drive SW
403-242-5911
glamorgancare.com
dmmansfield@shaw.ca

Intercare Chinook Care Centre

1261 Glenmore Trail SW Calgary
403-252-0141
Intercarealberta.com

Mayfair Care Centre

8240 Collicut Street SW Calgary
403-252-4445
mayfaircarecentre.com

AgeCare Mount Royal

1813 9 Street SW Calgary
403-244-8994
agecare.ca
mountroyal@agecare.ca

AgeCare Sagewood

140 Cambridge Glen Drive
Strathmore
403-361-8000
agecare.ca/Sagewood
sagewood@agecare.ca

Aspira Britannia Retirement Living

750 49 Avenue SW Calgary
403-476-8992
Aspiralife.ca
lindsay.bumanis@siennaliving.ca

Assisted: Long Term Care**NE Calgary****Bethany Harvest Hills**

ELIGIBILITY: Based on an assessment from AHS
403-943-1920

RENT/LEASE: Contact the site for more information

EXTRA COSTS: Contact the site for more information

UNITS: 6 bungalows housing 10 residents each, private and semi-private

FEATURES: Built to provide a home-like atmosphere for residents in the middle to late stages of Alzheimer's disease and related dementia

SUPPORTS: 24-hour Professional Nursing Care, On-Site Podiatrist, Denturist, Hairdresser, Visiting Physician, Dietitian, Pharmacist, Occupational Therapist, Recreational Therapist, Social Worker

Bethany Care Society

bethanyseniors.com
info@bethanyseniors.com
19 Harvest Gold Manor NE
Calgary, AB T3K 4Y1
403-226-8200

Assisted: Long Term Care**NW Calgary****Bethany Calgary**

ELIGIBILITY: Based on an assessment from AHS
403-943-1920

RENT/LEASE: Publicly funded semi-private room \$64.00/day, private room \$73.95/day

EXTRA COSTS: Laundry, Phone, Cable

UNITS: Semi-private and private rooms

BUSES: (within 3 blocks) 9

FEATURES: Meals, Personal Laundry Services, Worship Services, Hairdresser, Atrium, Garden, Library, Internet Access, Access to HandiBus

SUPPORTS: 24-hour Professional Nursing Care, Visiting Physician, Dietitian, Pharmacist, Occupational Therapist, Recreational Therapist, Spiritual Care

Bethany Care Society

bethanyseniors.com
info@bethanyseniors.com
916 18A Street NW
Calgary, AB T2N 1C6
403-284-6000

AgeCare Bow Crest

ELIGIBILITY: Based on an assessment from AHS 403-943-1920

RENT/LEASE: Standard Room \$59.50/day, Semi-private \$62.60/day, Private room \$72.35/day

EXTRA COSTS: Phone, Cable

UNITS: 150 beds: 137 semi-private rooms, and 13 private rooms

BUSES: (within 3 blocks) 1, 40, 305, 407

FEATURES: Housekeeping and Laundry service, Optional Telephone and Cable service, Hairdresser, Lounges, Atrium

SUPPORTS: 24-hour Professional Nursing Care, Social Worker, Denturist, Visiting Physician, Dietitian, Pharmacist, Occupational & Recreational Therapist

AgeCare Corporate

agecare.ca
bowcrest@agecare.ca
5927 Bowness Road NW
Calgary, AB T3B 0C7
403-288-2373

BSF Bow View Manor

ELIGIBILITY: Funded Long Term Care based on AHS assessment 403-943-1920. Private Choice Care assessments by our clinical team.

RENT/LEASE: Varies based on service level.

EXTRA COSTS: Phone, Cable, Wi-Fi, Personal Laundry.

UNITS: 236 Private and Semi-Private Suites.

BUSES: (within 3 blocks) 40, 408.

FEATURES: Wanderguard Dementia Care, Private Bus, Hair Salon, Underground Parking, Riverfront Location.

SUPPORTS: Long Term Care, Private Long Term Care, Adult Day Program.

The Brenda Strafford Foundation

theBSF.ca
bowview@theBSF.ca
4628 Montgomery Blvd NW
Calgary, AB T3B 0K7
403-288-4446

Bethany Riverview

ELIGIBILITY: Funded care assessments by Alberta Health Services 403-943-1920

ACCOMMODATION FEE: Private room \$73.95/day

EXTRA COSTS: Phone, Cable, Wi-Fi, Personal Laundry

UNITS: 210 suites; private rooms **BUSES:** (within 3 blocks) 155, 43, 135 **FEATURES:** Built to provide a home-like atmosphere for complex dementia care and long-term care residents

SUPPORTS: 24-hour Professional Nursing Care, Hairdresser, Visiting Physician, Dietitian, Pharmacist, Occupational Therapist, Recreational Therapist, Social Worker, Spiritual Care, Physiotherapist, Volunteer Services

Bethany Care Society

bethanyseniors.com
info@bethanyseniors.com
200, 2915 26 Ave SE
Calgary, AB T2B 2W6
587-392-3999

AgeCare McKenzie Towne

ELIGIBILITY: Based on an assessment from AHS 403-943-1920

RENT/LEASE: Standard Room \$59.50/day, Semi-private \$62.60/day, Private room \$72.35/day

EXTRA COSTS: Phone, Cable

UNITS: 130 private rooms, and 10 semi-private rooms

BUSES: (within 3 blocks) 92, 153

FEATURES: Hairdresser, Foot care, Dental services, Housekeeping and Laundry services

SUPPORTS: 24-hour Professional Nursing Care, Denturist, Visiting Physician, Dietitian, Pharmacist, Occupational & Recreational Therapist

AgeCare Corporate

agecare.ca
mckenzie-towne@agecare.ca
80 Promenade Way SE
Calgary, AB T2Z 4G4
403-508-9808

Aspira Britannia Retirement Living

ELIGIBILITY: Assisted Living, Memory Care, Long-Term Care

RENT/LEASE: Monthly Rent

EXTRA COSTS: Care, Telephone, Parking, Salon/Spa

UNITS: 47 Assisted Living, 27 Memory Care

BUSES: Amica Bus available for community outings

FEATURES: On Site Physician, Red Seal Chef, 24/7 onsite nurse, Age in place, Pets welcomed, heated underground parking

Aspira Retirement Living

Aspiralife.ca
lindsay.bumanis@siennaliving.ca
750 49 Avenue SW
Calgary, AB T2S 1R2
403-476-8992

AgeCare Mount Royal

ELIGIBILITY: Based on an assessment from AHS 403-943-1920

RENT/LEASE: Standard Room \$59.50/day, Semi-private \$62.60/day, Private room \$72.35/day

EXTRA COSTS: Phone, Cable

UNITS: 93 private rooms and semi-private rooms

BUSES: (within 3 blocks) 2, 6, 7, 13

FEATURES: Hairdresser, Wheelchair accessible, Lounge, Courtyard

SUPPORTS: 24-hour Professional Nursing Care, On-Site Podiatrist, Denturist, Visiting Physician, Dietitian, Pharmacist, Occupational & Recreational Therapist

AgeCare Corporate

agecare.ca
mountroyal@agecare.ca
1813 9 Street SW
Calgary, AB T2T 3C2
403-244-8994

Coffee & Conversation



Drop-in and join us for a coffee and conversation about Seniors Housing!

Every 2nd Tuesday of each month
10am - 11am at the Kerby Café
FREE Drop-in

UnisonAlberta.com/Calgary-Seniors-Supports
SeniorSupports@UnisonAlberta.com | 403-705-3246

We can provide guidance and support with Housing, Benefits & Pensions, Legal Help, Tax Support and Wills

HOUSING INFORMATION

SENIORS SUPPORTS

Unison at Kerby Centre Housing
1133 7 Avenue SW T2P 1B2
P: 403-705-3230 or 403-705-3231
F: 403-705-3241
housing@unisonalberta.com
unisonalberta.com

- Assists clients to find housing that matches their income and housing needs. Information is available on non-profit housing, senior citizens' apartments (subsidized), condos and life lease, supportive living, combined living, hospice, and care centres.
- Services include consultation and information by phone, email, or appointments. Commissioner for Oaths and bulletin board for accommodations not listed in the directory also available. Visit <https://unisonalberta.com/wp-content/uploads/2023/01/Unison-Calgary-Housing-and-Services-Directory-2023.pdf> to read the directory online.
- Seniors' Housing Directory is published annually. Covers all the options for seniors' housing. Available free of charge for pickup from Unison at Kerby Centre or any Calgary Public Library, Calgary Co-op, Safeway, or Sobeys. There is a fee to have it mailed out.

ACCESSIBLE HOUSING SOCIETY

Deerfoot Junction III Building,
215, 1212 31 Avenue NE T2E 7S8
P: 403-282-1872
F: 403-284-0304
info@accessiblehousing.ca
accessiblehousing.ca

- Accessible Housing works with low-income adults with limited mobility by providing housing with support, accessibility renovations, an online housing registry and a digital knowledge centre.

ALBERTA SENIORS COMMUNITIES & HOUSING ASSOCIATION

9711 47 Avenue, Edmonton T6E 5M7
P: 1-780-439-6473
F: 1-780-433-3717
ascha@ascha.com
ascha.com

- Operates a housing registry for seniors with provincewide listings.

CALGARY HOUSING COMPANY

100 - 1701 Centre Street NW T2E 8A4
320 - 433 Marlborough Way NE T2A 5H5 #18,
6624 Centre Street SE T2H 0C6
P: 587-390-1200
chccustomerservice@calgary.ca
calgaryhousingcompany.org

CANADA MORTGAGE AND HOUSING CORPORATION (C.M.H.C.)

200, 1000 7 Avenue SW T2P 5L5
P: 1-800-668-2642
cmhc.ca

- Offers a range of housing-related information. Topics include seniors' housing, accessibility, home security, renovations, and healthy housing.

CONSUMER CONTACT CENTRE - SERVICE ALBERTA

P: 1-877-427-4088 (Toll free)
service.alberta@gov.ab.ca
servicealberta.ca

- Information on residential tenancies.

Bow Bridge Manor

📍 3139 Bowwood Dr. N.W. Calgary, AB
✉ Rental@Simcomgt.com
☎ 587-839-3055

Bow Bridge Manor is alongside the river, walking paths, close to Bowness Park. Safeway is a few blocks away.

- Must be 50+ to qualify for 1 bedroom only
- Concrete construction
- Two elevators
- Large atrium area
- Laundry Facilities on each floor
- Large kitchen and eating area for functions
- Games Room and Lounge
- On-site manager

LANDLORD & TENANT ACT - FILING A CONSUMER COMPLAINT

P: 1-877-427-4088

F: 403-297-4270

alberta.ca/information-for-landlords-and-tenants

- The Residential Tenancies Act identifies how a landlord or tenant may end a tenancy, how and when rent can be increased, remedies available to landlords and tenants and security deposit requirements.

SERVICE ALBERTA RESIDENTIAL TENANCIES INFORMATION

alberta.ca/residential-tenancies

open.alberta.ca/publications/information-for-tenants

- Information for tenants.

PROACTIVE SENIORS

P: (403) 809-197

info@proactiveseniors.ca

proactiveseniors.ca

- Eldercare Planning – Ensuring the right supports are in place to stay home
- Housing Support – Helping choose the best fit residence or care facility
- Dementia Coaching – Assisting caregivers with a care plan and strategies

RESIDENTIAL TENANCY DISPUTE RESOLUTION SERVICE (RTDRS)

Main Floor, Rocky Mountain Plaza 180, 615

MacLeod Trail SE T2G 4T8

P: 310-0000 then 780-644-3000 (Toll Free)

F: 780-644-2266

alberta.ca/residential-tenancy-dispute-resolution-service

- Offers landlords and tenants an alternative means of resolving serious disputes outside of court. The RTDRS is designed to be faster, more informal and less expensive than the courts.

EMERGENCY HOUSING

CALGARY DROP-IN & REHAB CENTRE SOCIETY

1 Dermot Baldin Way SE T2G 0P8

P: 403-266-3600

F: 403-234-0677

info@calgarydropin.ca

calgarydropin.ca

- Provides shelter, food, clothing and counselling for homeless men and women.

SALVATION ARMY

salvationarmycalgary.org

CENTRE OF HOPE

420 9 Avenue SE T2G 0R9

P: 403-410-1111

F: 403-410-1096

salvationarmycalgary.org/what-we-do/serving-men/

CSCalgary.Info@salvationarmy.ca

- Hostel accommodation for men 18-59.

DREAM CENTRE

4510 Macleod Trail SW T2G 0A4

P: 403-243-5598

UNISON ELDER ABUSE SHELTER

P: 403-705-3250

F: 403-705-3242

KarenW@unisonalberta.com

TTY Capable

unisonalberta.com

- Offers safe, secure shelter to senior men and women who are experiencing abuse in the family. Assessment required prior to admission.

THE SALVATION ARMY WOMEN'S INTEGRATED SUPPORTIVE HOUSING (W.I.S.H.)

15 Avenue SW T3C 3W7

P: 403-930-2711

F: 403-930-2720 3013

salvationarmycalgary.org

- For women over the age of 18.



UnisonAlberta.com
(403) 265-0661

INN FROM THE COLD EMERGENCY FAMILY SHELTER

Suite 106, 110 11 Avenue SE T2G 0X5

P: 403-263-8384

F: 403-263-9067

inn@innfromthecold.org

innfromthecold.org

- The community program primarily provides shelter for single senior women and men, as well as for families when the Emergency Family Shelter is full.

THE MUSTARD SEED

102 11 Avenue SE T2G 0X5

P: 403-269-1319

F: 403-237-5296

info@theseed.ca

theseed.ca

- The Mustard Seed works with the church and the community to provide basic services, employment assistance and housing.

SORCe

City Hall LRT Platform: #2 - 316 7 Ave SE

P: 587-779-5015

sorcecalgary.ca

- SORCe (Safe Communities Opportunity & Resource Centre) is a multi-agency collaborative that connects people experiencing or at risk of homelessness, to programs and services that can help to address the barriers to stable housing.

YWCA

1715 – 17 Avenue SE T2G 5J1

P: 403-263-1550

ywcalgary.ca

ywca@ywcalgary.ca

HOME IMPROVEMENT GRANTS

RESIDENTIAL ACCESS MODIFICATION PROGRAM (R.A.M.P.)

PO Box 808, Edmonton Main, Edmonton, Alberta T5J 2L4

P: 1-877-427-5760 (Toll free)

css.RAMP@gov.ab.ca

RAMP, Alberta Community and Social Services
humanservices.alberta.ca/ramp

- (RAMP) provides grants to help lower income Albertans with mobility challenges modify their homes so they can enter and move around more easily.

SENIORS HOME ADAPTATION AND REPAIR PROGRAM (SHARP)

PO Box 1050 STN Main Edmonton T5J 2M1

P: 1-877-644-9992 (Toll free)

- To qualify for a loan under this program you must meet the following criteria:
 - You must be age 65 years or older, be an Alberta resident for at least three months;
 - Have an annual household income of \$75,000 or less;
 - Have at least 25 per cent equity after the loan is applied.



Life is better, together!

Connect to your senior community with a Unison membership, offering exclusive access to **programs** tailored for active seniors.



UnisonAlberta.com/Membership
403-265-0661 ext. 256

SUBSIDIZED HOUSING OPTIONS BY AGE REQUIREMENT

AGE 60-64

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Shalem

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CALGARY AREA HOSPICES

Hospices are available to patients who require end-of-life care.

When being at home is no longer possible, or an acute care admission is no longer required, hospice provide 24-hour care and support for patients and families. The interdisciplinary team focuses on easing the physical, emotional and spiritual suffering that often accompany advanced, life-threatening illness. In the peaceful hospice environment, friends and families are encouraged to spend time with their loved one. Accommodations for family overnight stays are available if required.

Alberta Health Services (AHS)—Calgary Zone provides hospice care through six contracted service providers and one AHS Hospice throughout the greater Calgary area. All hospices meet high standards and provide similar care. The priority is to ensure all patients have timely access to hospice care.

An assessment by a member of the AHS Palliative Consult Team is required to determine eligibility for Hospice care

- **From an acute care facility:** The attending doctor or nursing staff can initiate a palliative care consult
- **From home:** The family doctor can fill out a referral to general Home Care who can then initiate a referral to palliative Home Care or to a member of the palliative consult team
- **From Long Term Care and Supported Living:** The attending doctor or nursing staff can request a palliative care consultation
- **Rural areas including hospitals and Home Care:** The family doctor, attending doctor or nursing staff can initiate a referral to the rural palliative care consult team

HOSPICE LOCATIONS:

Dulcina Hospice

110 Evanspark Manor NW
P: 587-230-5500
covenantcare.ca

Rosedale Hospice

920 7A Street NW
Ph: 403-284-5195
hospicecalgary.ca

Intercare Southwood Hospice

211 Heritage Drive SE
Ph: 403-252-0620
intercarealberta.com

Agape Hospice (Salvation Army)

1302 8 Avenue NW
403-282-6588
agapehospice.ca

Foothills Country Hospice

322001 32 St E
Okotoks, AB T1S 1A5
Ph: 403-995-4673
countryhospice.org

Intercare Chinook Hospice

1261 Glenmore Trail SW
Ph: 403-258-0040
intercarealberta.com



Volunteer with Us!

Make an impact in your community by volunteering your time with Unison!



403-234-6570
UnisonAlberta.com/Volunteer

LIST OF SHELTERS

Name	Address	Phone Number
Alpha House (Addiction)	203 15 Ave SE	403-234-7388
Drop-In Centre	1 Dermot Baldwin Way SE	403-263-5707
Inn From The Cold	#110, 706 7 Avenue SW	403-263-8384
Mustard Seed (Foothills Shelter)	7025 44 St SE	403-723-9422
Unison Elder Abuse Shelter (Only for seniors facing Elder Abuse) ...	1133 7th Ave SW	403-705-3250

Women's Shelter List (W.O. Women Only)

Drop-In Centre	1 Dermot Baldwin Way SE	403-263-5707
Inn From The Cold	#110, 706 7 Avenue SW.....	403-263-8384
Mustard Seed (Foothills Shelter)	7025 44 St SE	403-723-9422
Unison Elder Abuse Shelter (Only for seniors facing Elder Abuse) ...	1133 7th Ave SW	403-705-3250
WISH (Salvation Army) W.O.	3013 15 Ave SW	403-930-2711
FearIsNotLove (former Calgary Women's Emergency Shelter)	500 1509 Centre St SW	403-234-7233
YWCA - W.O.	1715 17 Ave SE	403-563-1550
True North (Strathmore)	Box 2162 Strathmore, AB T1P 1K2	403-934-6634
Rowan House (High River)	Box 5121 High River, AB T1V 1M3	403-652-3311
Awo Taan - W.O.	PO Box 6084 Station A T2H 2L3.....	403-531-1972

Men's Shelter List

Drop-In Centre	1 Dermot Baldwin Way SE	403-263-5707
Dream Centre	4510 Macleod Trail SW	403-243-5598
Salvation Army (C.O.H).....	420 9 Ave SE	403-410-1184
Simon House (Addiction).....	5819 Bowness Rd NW	403-247-2050

**Keep Mentally and
Physical Fit with
Unison's Active Aging!**

**(403) 705-3233
program@kerbycentre.com**



HELPFUL TOOLS—BUDGET WORKSHEET

INCOME		EXPENSES	
CPP		Housing—Rental/Mortgage	
OAS		Electricity	
GIS		Gas	
ASB		Cable	
AISH		Phone	
AB Works		Food/Groceries	
Employment		Home Insurance	
GST		Property Tax	
		Cell Phone	
SECOND INCOME		Life Insurance	
CPP		Clothing	
OAS		Personal Care/Haircuts	
GIS		Car Payments	
ASB		Car Insurance	
AISH		Car—Gas	
AB Works		Car Registration	
Employment		Car—Oil changes/repairs/fines	
GST		Other Transportation (taxi/bus)	
		Bank Charges (NSF + Bank Machine)	
INCOME—Other		Credit card payments	
Income Tax—Revenue Canada		Collections	
RRSP		Donations	
RIF			
GIC		CONTRIBUTIONS	
Investments		Income Tax—Revenue Canada	
Stock's		RRSP	
Bond's		RIF	
		GIC	
		Investments	
		Stock's	
		Bond's	
TOTAL		TOTAL	
	(a)		(b)
	Total Difference (month) per year	(a minus b)	

HELPFUL TOOLS—MOVING CHECKLIST

Confirm	Completed
New address and postal code	
Possession date and time	
Moving Company—book and confirmed	

Change address with:	
Service Canada Pensions (CPP, OAS, GIS) 1-800-277-9914	
Canada Revenue (Tax, GST) 1-800-959-8281	
Alberta Health 1-888-342-2471	
Alberta Blue Cross 1-800-661-6995	
Alberta Seniors Benefits (Calgary 403-705-3239, Edmonton 1-800-644-9992)	
Canada Post (any Canada Post Outlet)	
Doctors	
Dentist	
Eye Clinic	
Pharmacy	
Electricity Company	
Gas Company	
Cable Company	
Satellite Provider	
Phone Company	
Cell Phone Company	
Credit Cards	
Insurance Company:	
Life Insurance Company	
Home Insurance Company	
Auto Insurance Company	
Tenant Insurance Company	
Bank	
Home Care	
Meals on Wheels	
Newspaper & Mail	
Power of Attorney & Lawyer	
Other	

HOUSING ASSISTANCE AND RELATED INFORMATION RESOURCE LIST

Alberta Health Services

Community Care Access (Transition Services)	403-943-1920
Home Care—Alberta Health Services	403-943-1600

Home Modification Assistance

Accessible Housing Society	
Residential Assessment and Design Services (RAD)	403-735-2434
City of Calgary	
City Links—Senior Services	403-974-3112

Alberta Seniors and Community Supports

Residential Access Modification Program (RAMP)	1-877-427-5760
Special Needs Assistance for Seniors	1-877-644-9992
Canada Mortgage and Housing Corporation	
Home Adaptations for Seniors' Independence (HASI)	403-515-3000

Housing Legal Information

Accessible Housing Society-Housing Registry	403-282-1872 ahscalgary.ca
Alberta Health Services Health Link	403-943-5465 albertahealthservices.ca
Alberta Seniors Communities & Housing Association	780-439-6473 (Province-side housing information) ascha.com
CUPS Housing Registry	403-221-8780
Inform Alberta	informalberta.ca
Unison at Kerby Centre Housing Department	403-705-3230 and 403-705-3231 unisonalberta.com
SACHA	403-233-0969 (Southern Alberta Co-operative Housing Association) sacha-coop.ca
SAGE	1-780-423-5510 (Seniors Housing Guide Edmonton) mysage.ca

Legal Information

Landlord and Tenant Information	1-877-427-4088 (Government of Alberta)
Law Net Alberta (Landlord and Tenant)	awnetalberta.ca
Legal Aid Alberta	403-297-2260
Protection for Persons in Care	1-888-357-9339
Residential Tenancy Dispute Resolution Service	310-0000 (then 780-644-3000) servicealberta.gov.ab.ca
Mediation Calgary Society	403-269-2707 mediation.ab.ca
Calgary Seniors' Resource Society	403-266-6200 calgaryseniors.org
Accommodation Standards and Licensing Unit	310-0000 (then 780-644-8428)

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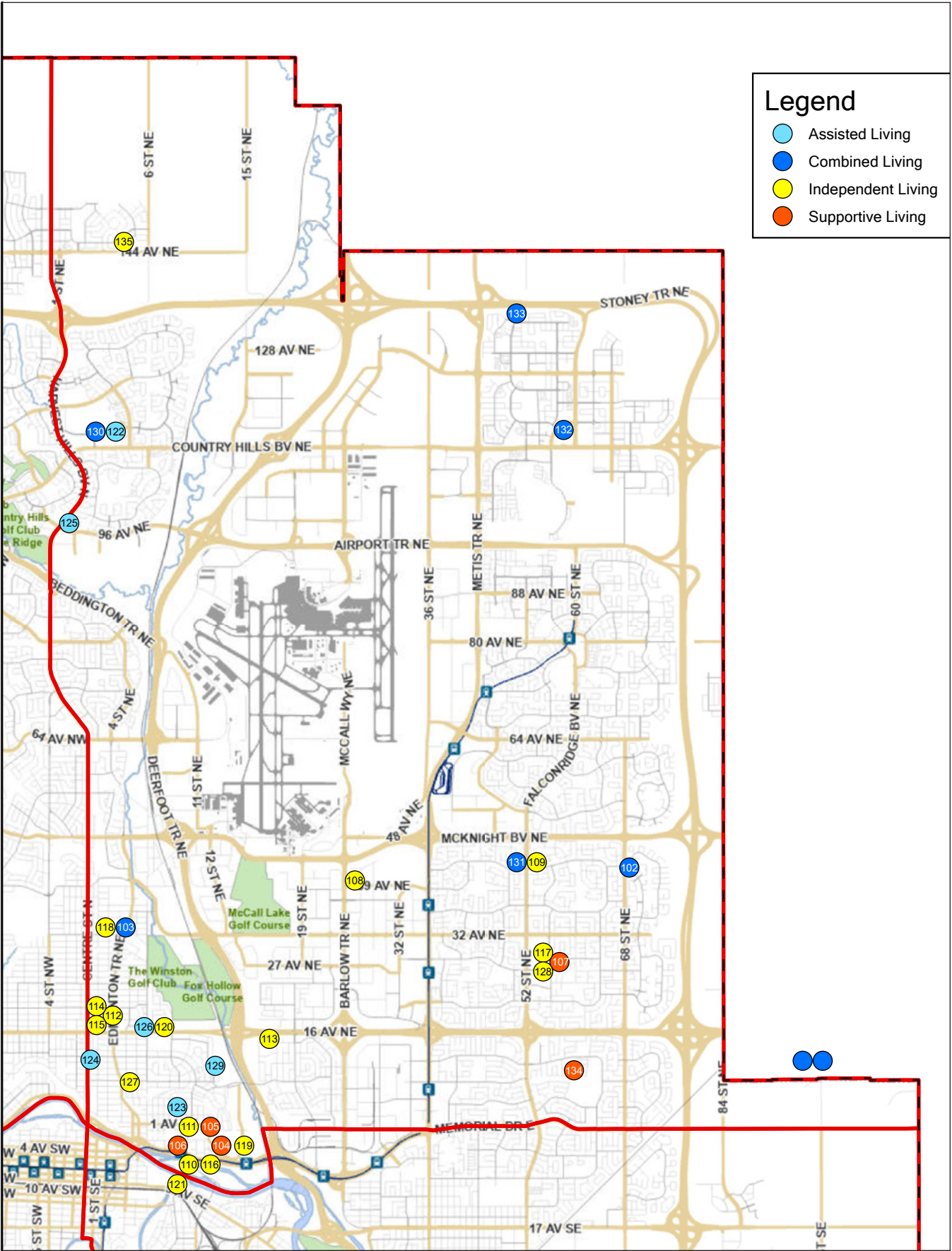
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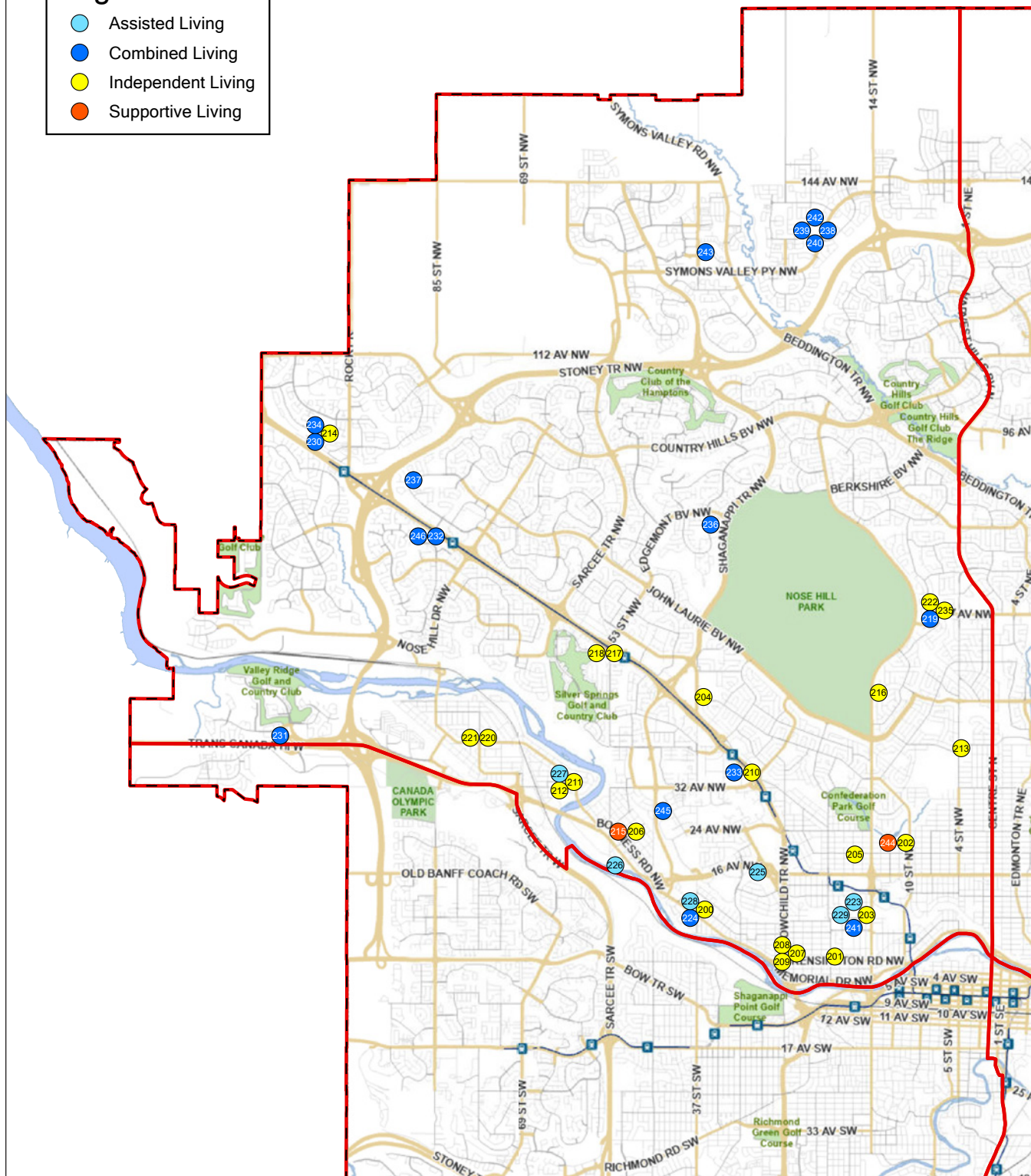
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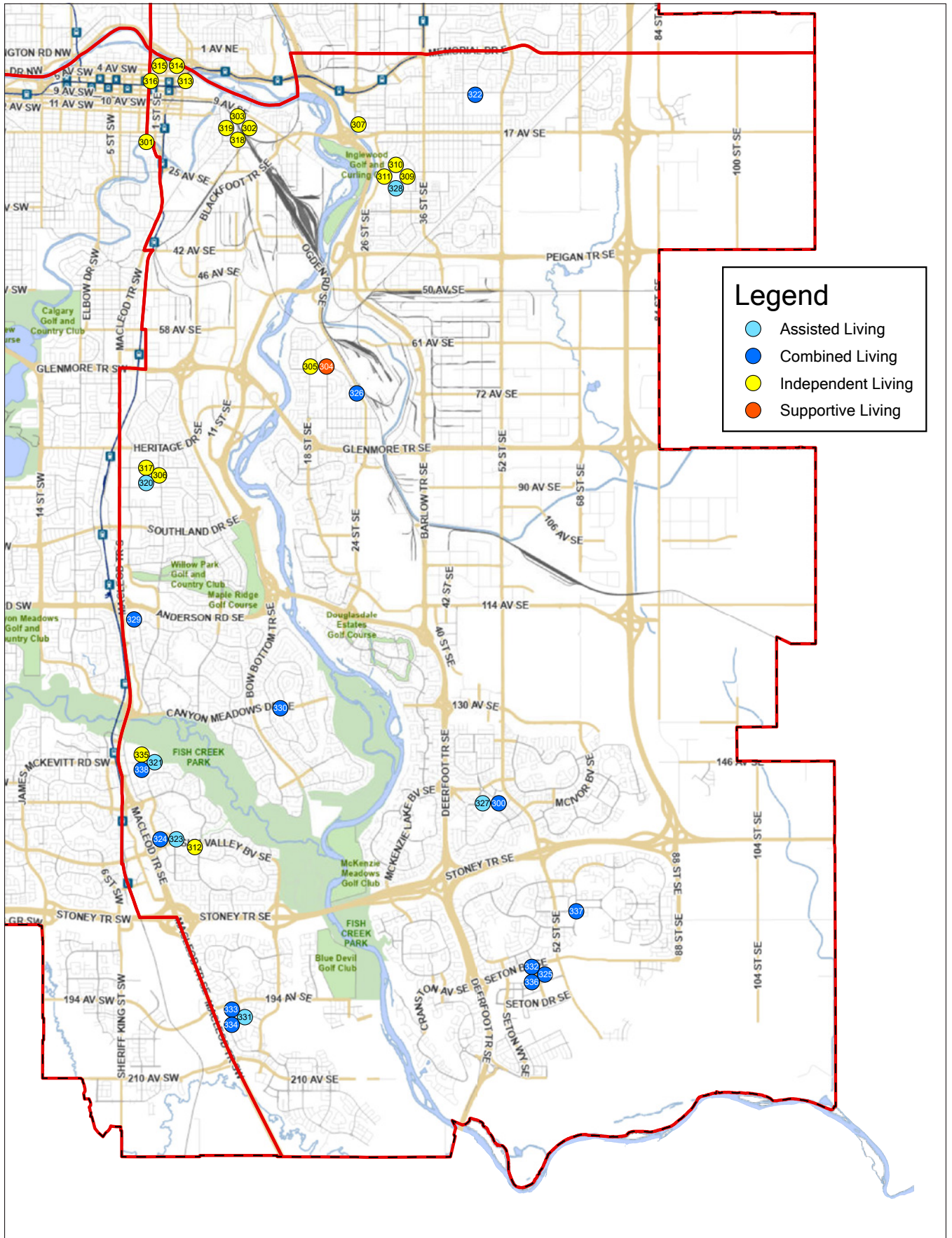


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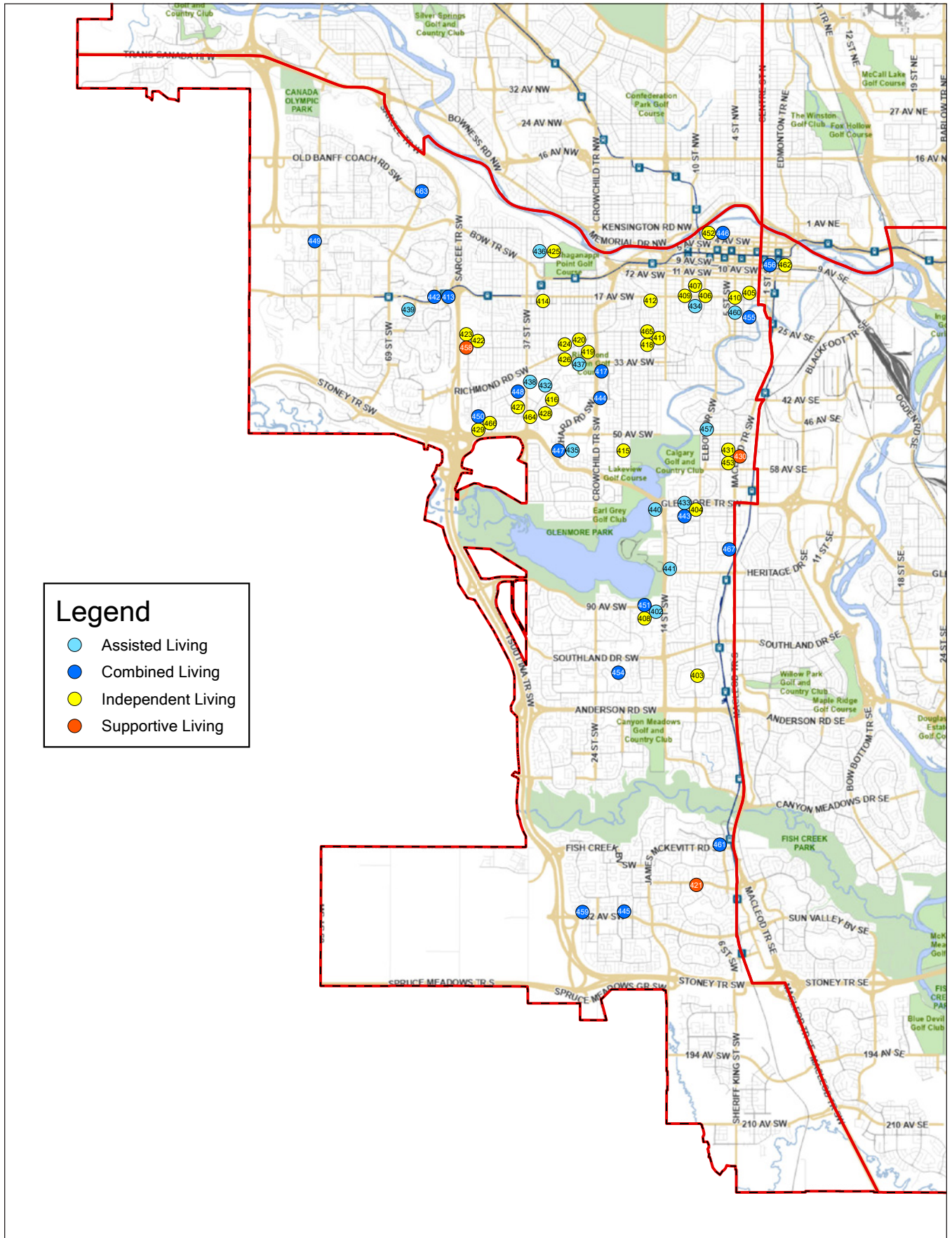
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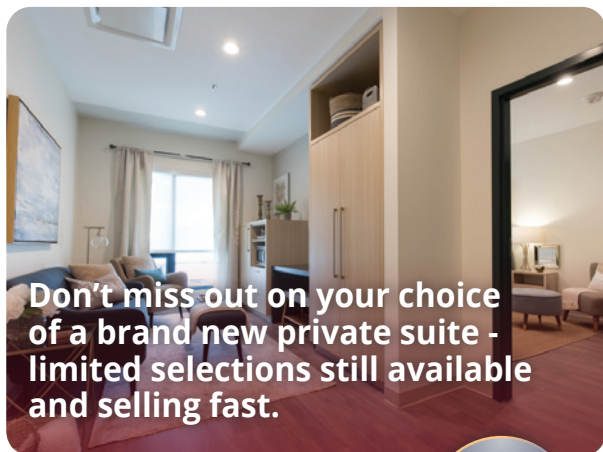


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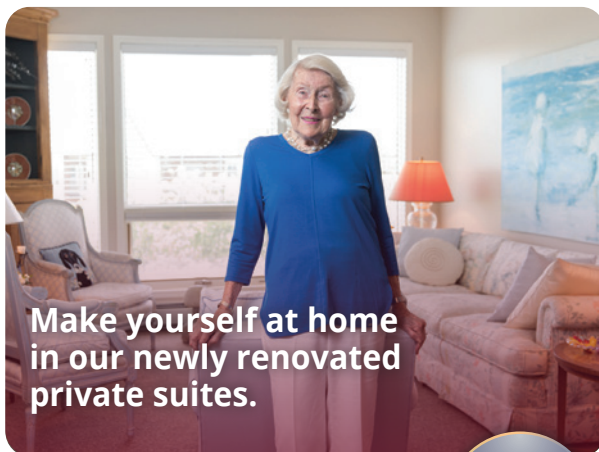
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