

City of Edmonton Profile

Seniors Section



Prepared by M.A.P.S. Alberta Capital Region
November 22, 2021

Seniors Section

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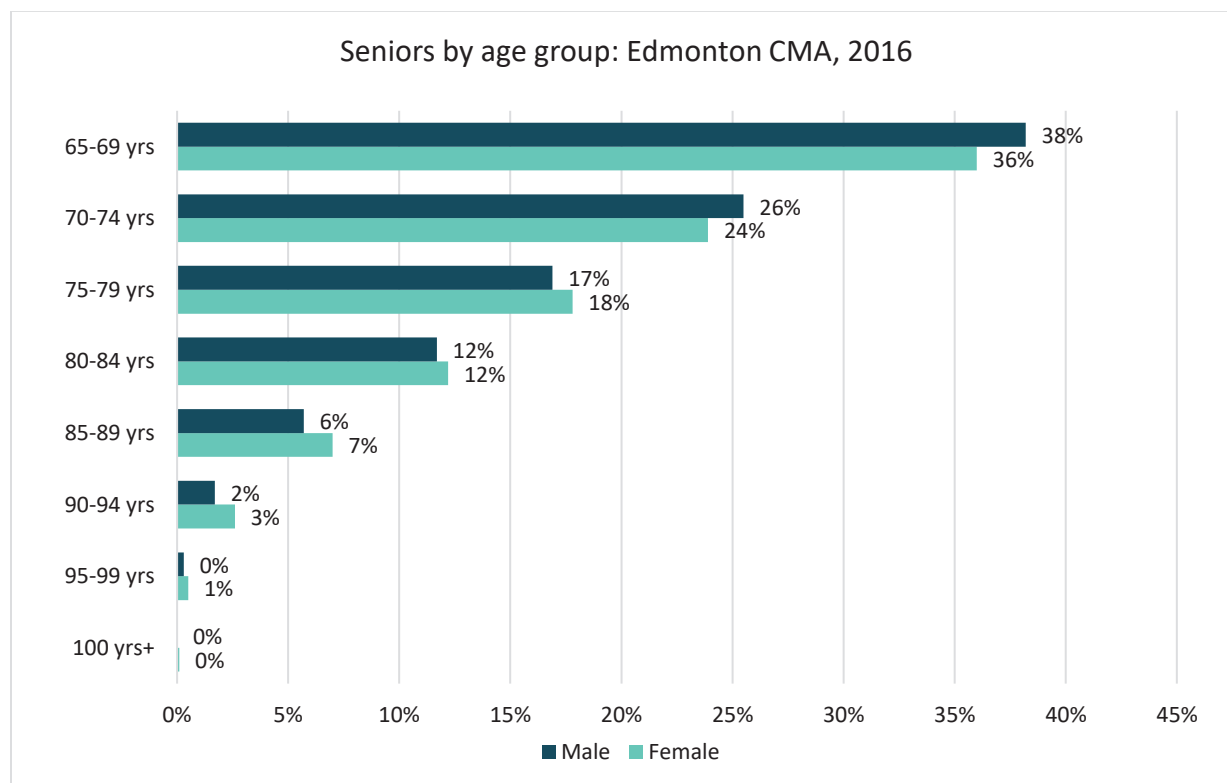
211 Senior Resources Link: <https://arcg.is/1mSiaT>

Edmonton Profile – Seniors Section

The Population

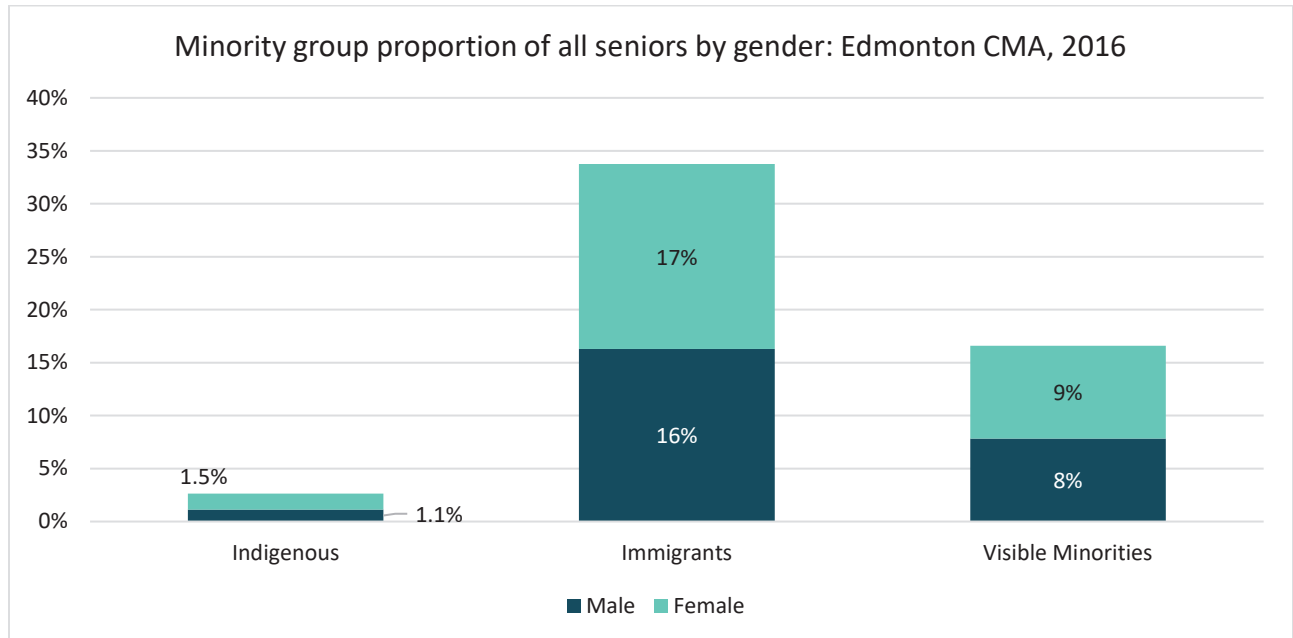
The 2016 census data shows that 11% of the population is aged 65 years or older. The senior population is growing in Alberta and accounted for 13% of seniors in 2019 and projections show that by the year 2046, one in five Albertans will be aged 65 or older (Division, 2020). These demographic changes are attributed to lower than replacement fertility rates and rising life expectancy.

A breakdown of seniors by gender shows that 12% of Seniors in the Edmonton CMA are female compared with 11% of males. There are no significant differences between Alberta and Edmonton.



Minority Groups

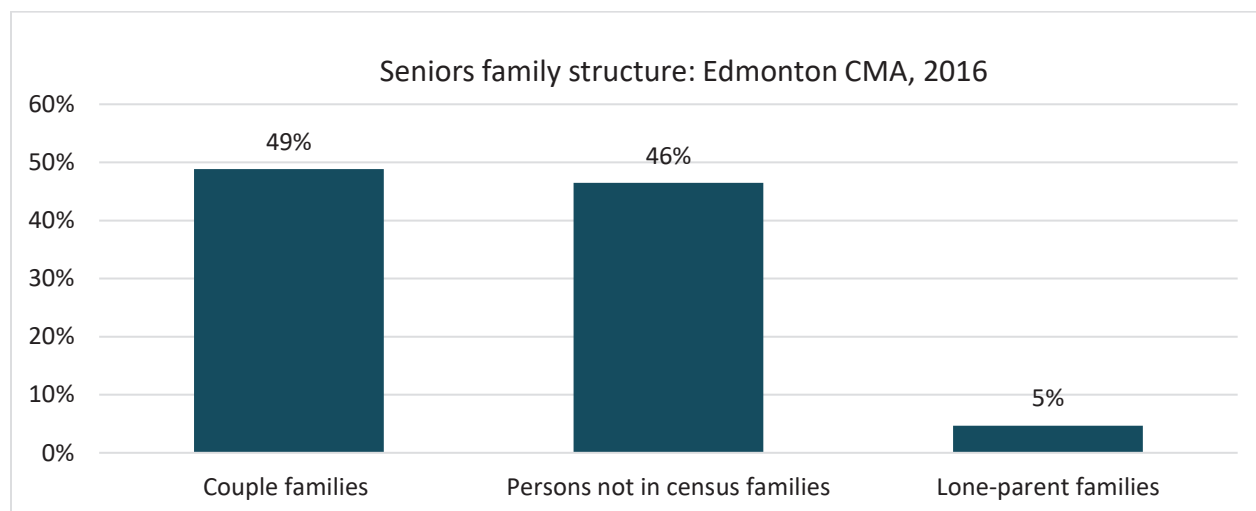
Indigenous seniors form the smallest proportion of the minority groups at a total of 2.6% of the senior population. Visible minority seniors account for 17% of the senior population. Immigrants account for 33% or one-third of Edmonton seniors. Gender differences are marginal across all minority groups.



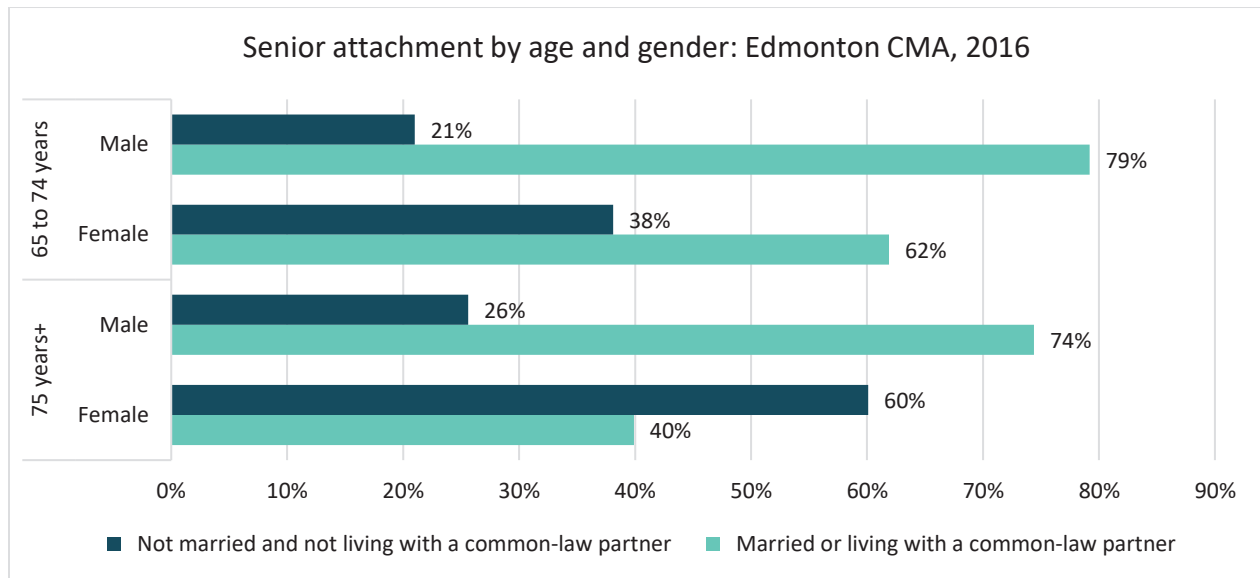
Family Structure

Data relating to family structure is taken from federal tax-filer data as are the following descriptions of family types.

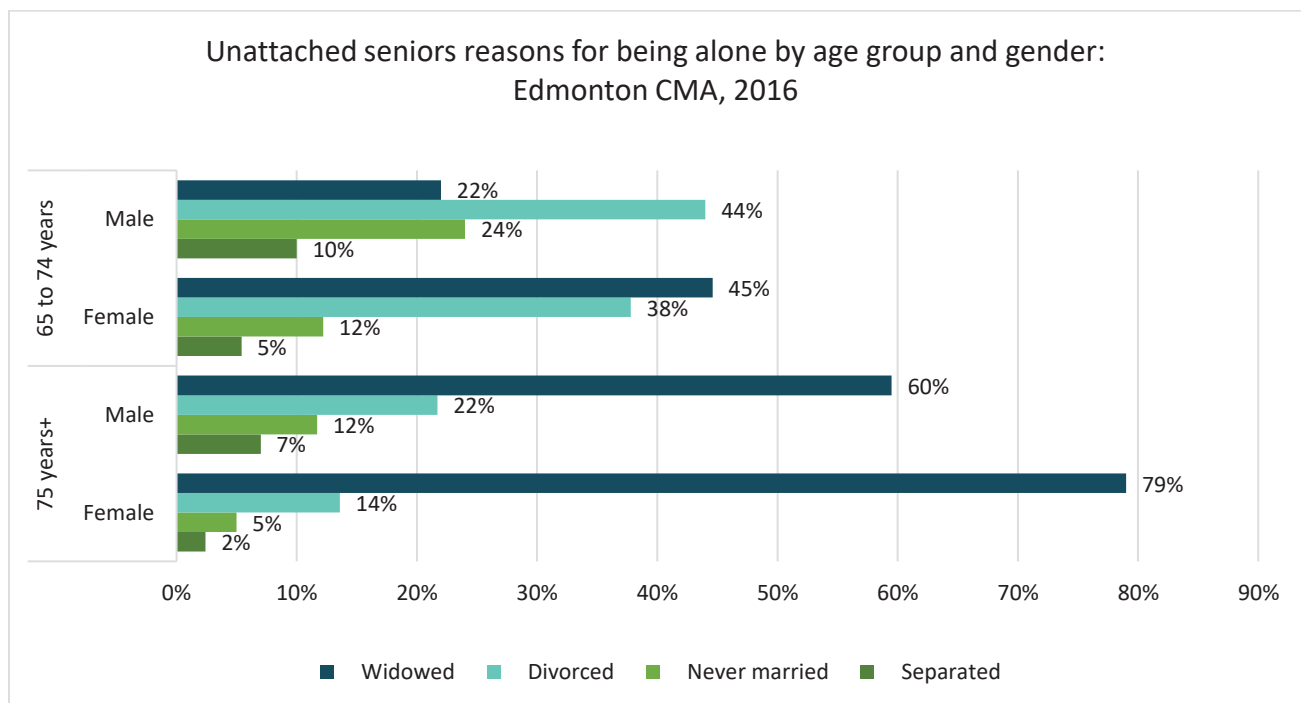
- A 'couple family' refers to a married or common-law couple living together, where one member of the family is at least 65 years of age.
- A 'lone-parent family' refers to a family with one parent and at least one child under the age of 16 years.
- A 'non-family person' refers to someone not in a family type as defined above. These individuals may live with their married or common-law children or with their children who have children of their own. They may be living with a family to whom they are related or unrelated. They may also be living alone or with other non-family persons.



A further examination of senior attachment shows that males are far more likely to be living in a marriage or common-law relationship, regardless of their age. A majority of females in the 75+ age range are neither married nor living with a common-law partner.

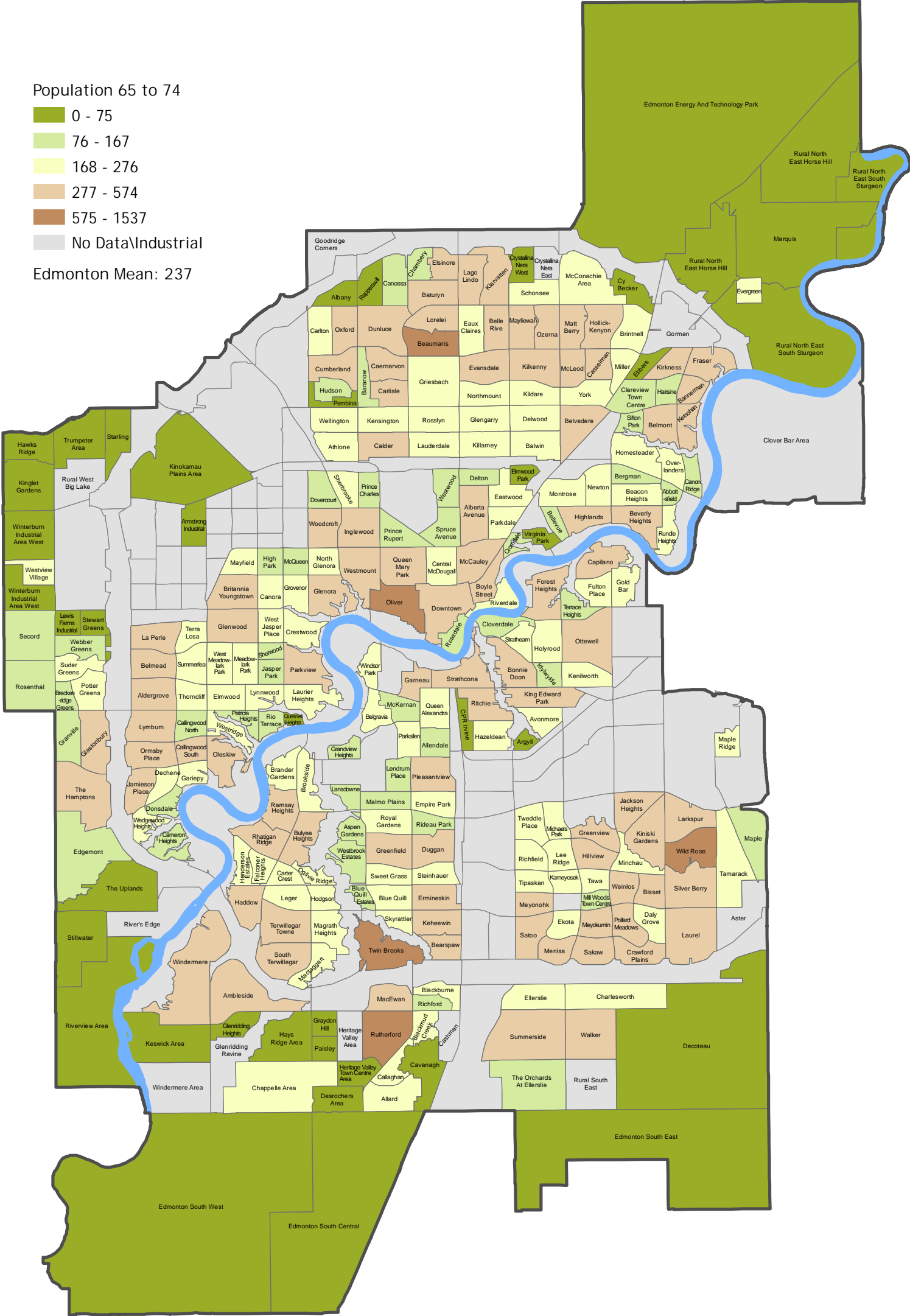


For those who are unattached (not married or living common-law), age and gender differences are evident. Within the 65 to 74 year age range males are most likely to be unattached due to divorce at 44% compared with females whose most prominent reason to be unattached is the death of their spouse at 45%. In the older age range of 75 years and above, the death of a spouse is the majority reason for being unattached at 79% for females and 60% for males.



Population Ages 65 to 74

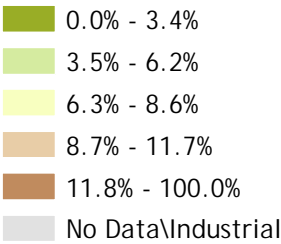
Municipal Census 2019 by Neighbourhood



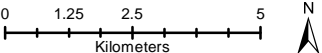
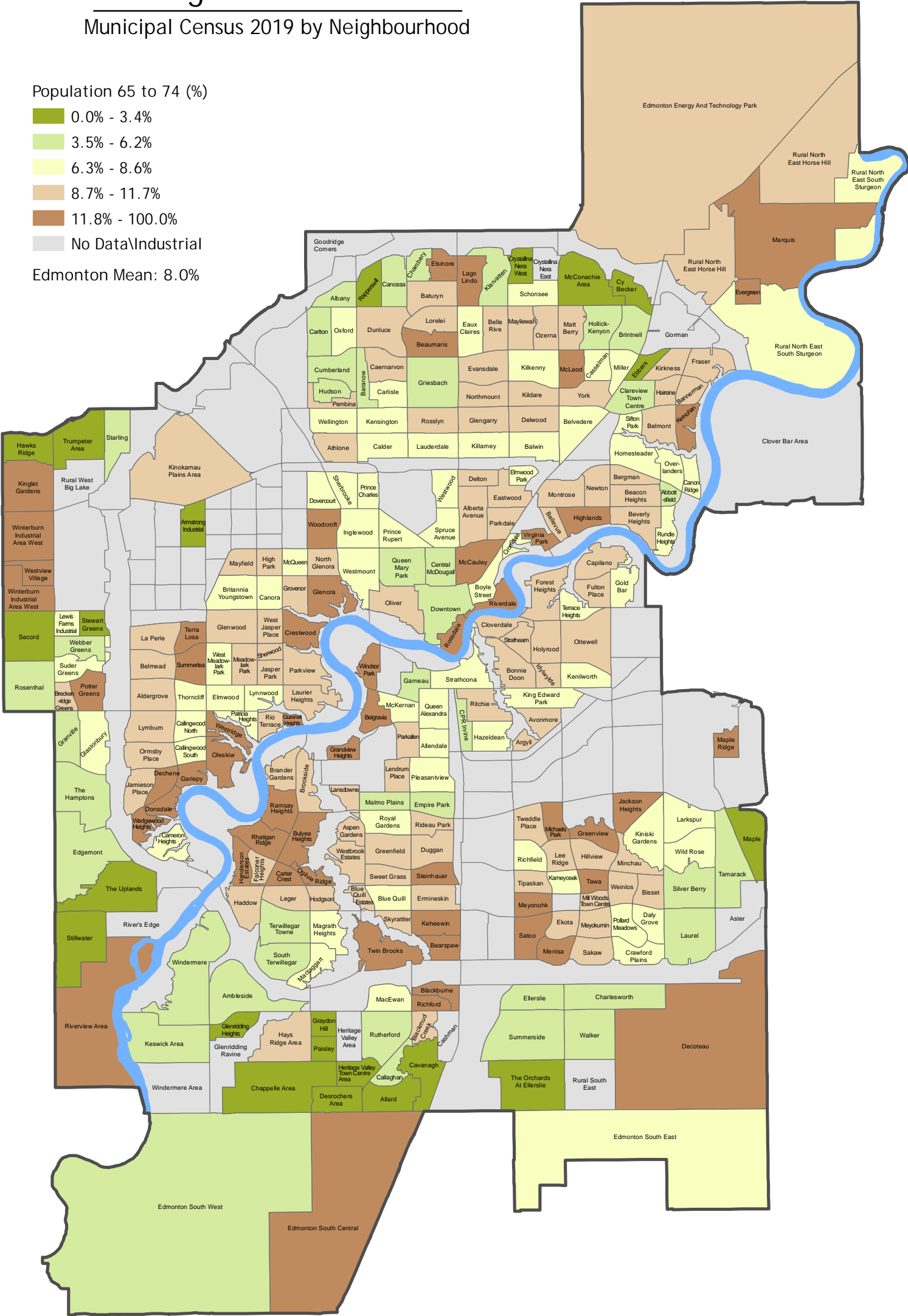
Percent of Population Ages 65 to 74

Municipal Census 2019 by Neighbourhood

Population 65 to 74 (%)



Edmonton Mean: 8.0%

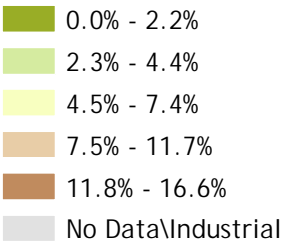




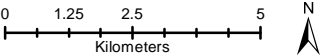
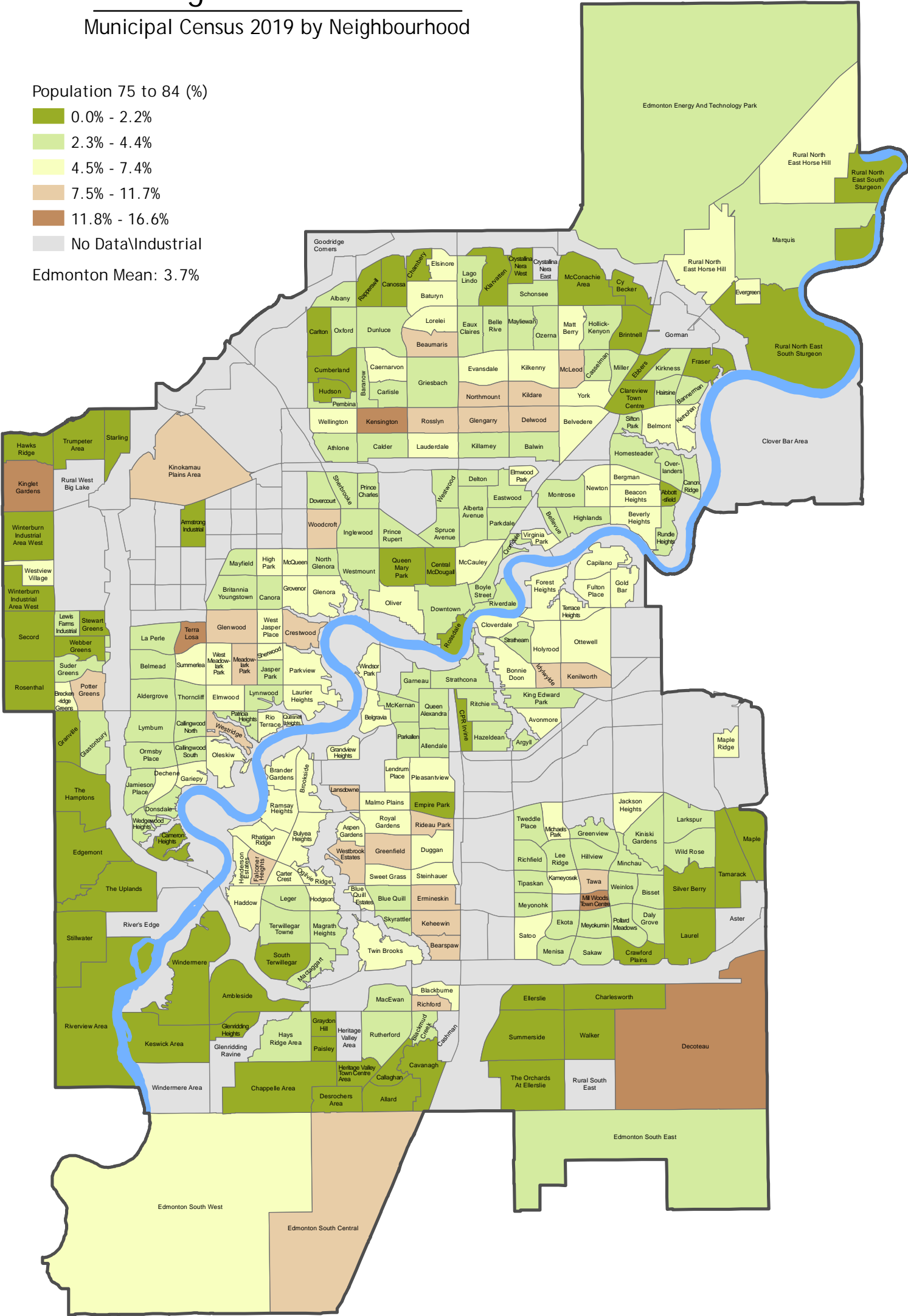
Percent of Population Ages 75 to 84

Municipal Census 2019 by Neighbourhood

Population 75 to 84 (%)

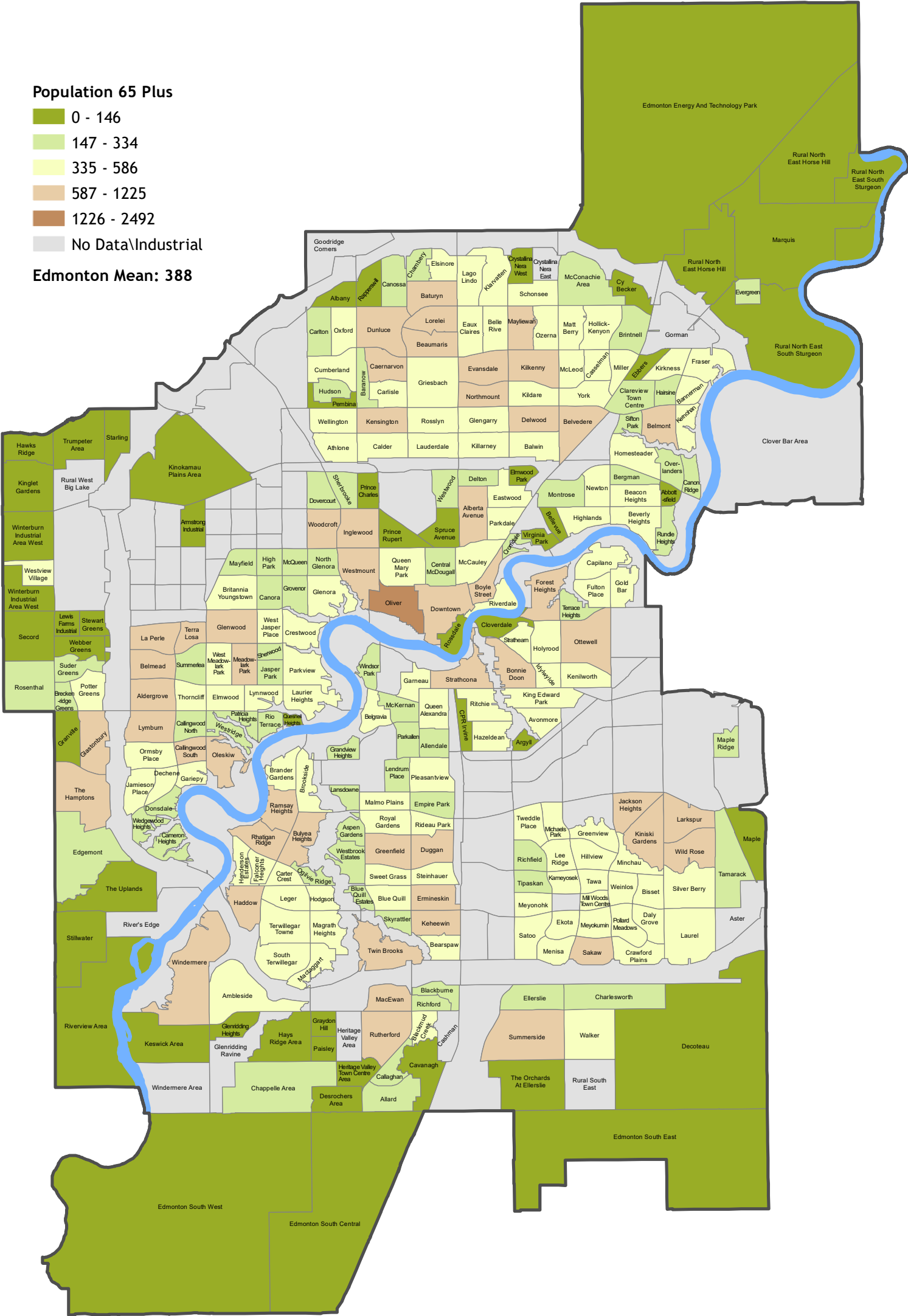


Edmonton Mean: 3.7%



Population Ages 65 Plus

Municipal Census 2019 by Neighbourhood



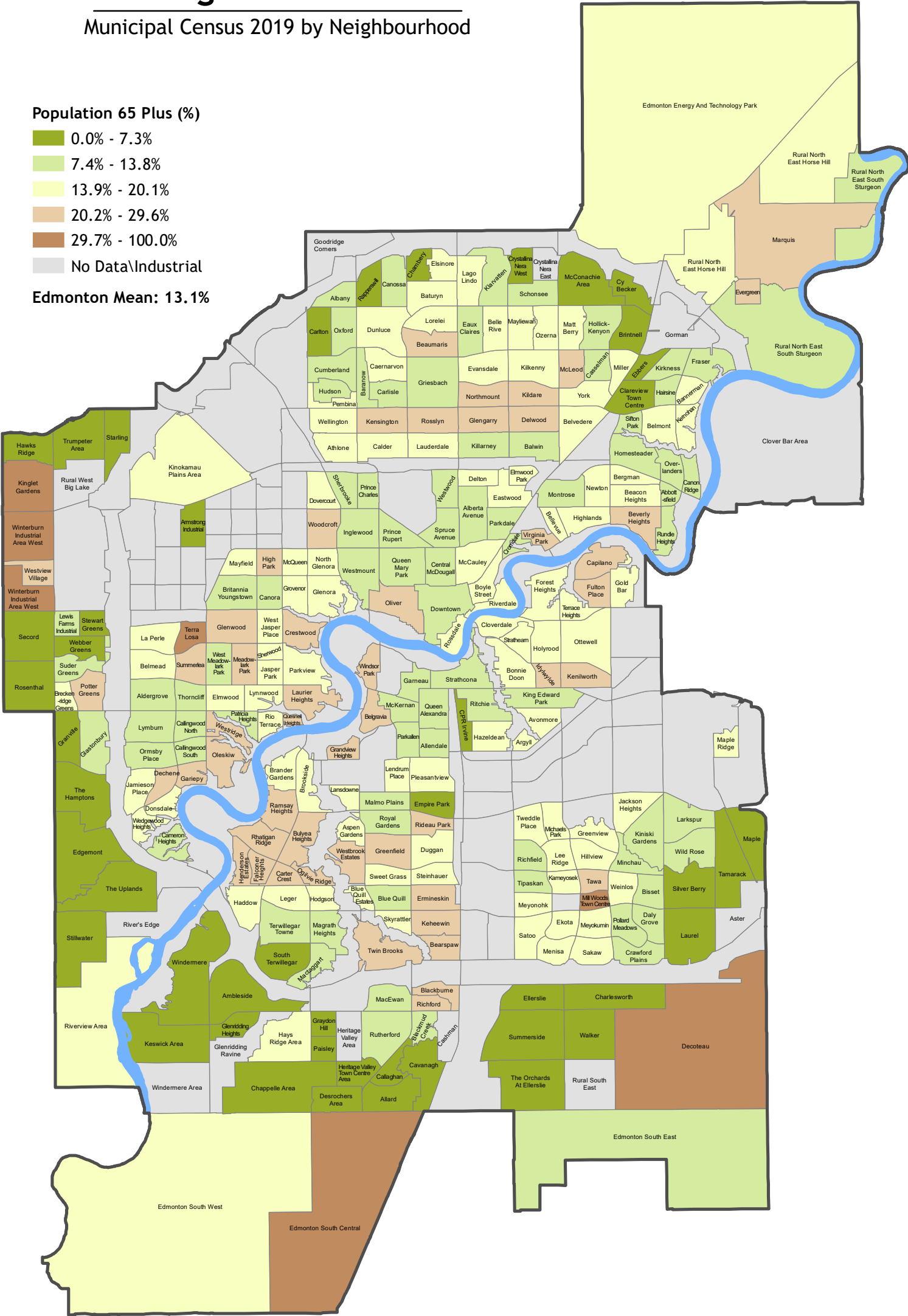
Percent of Population Ages 65 Plus

Municipal Census 2019 by Neighbourhood

Population 65 Plus (%)

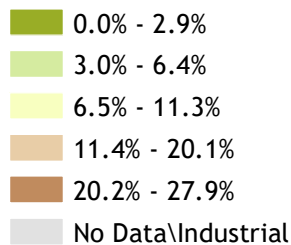
- 0.0% - 7.3%
- 7.4% - 13.8%
- 13.9% - 20.1%
- 20.2% - 29.6%
- 29.7% - 100.0%
- No Data\Industrial

Edmonton Mean: 13.1%

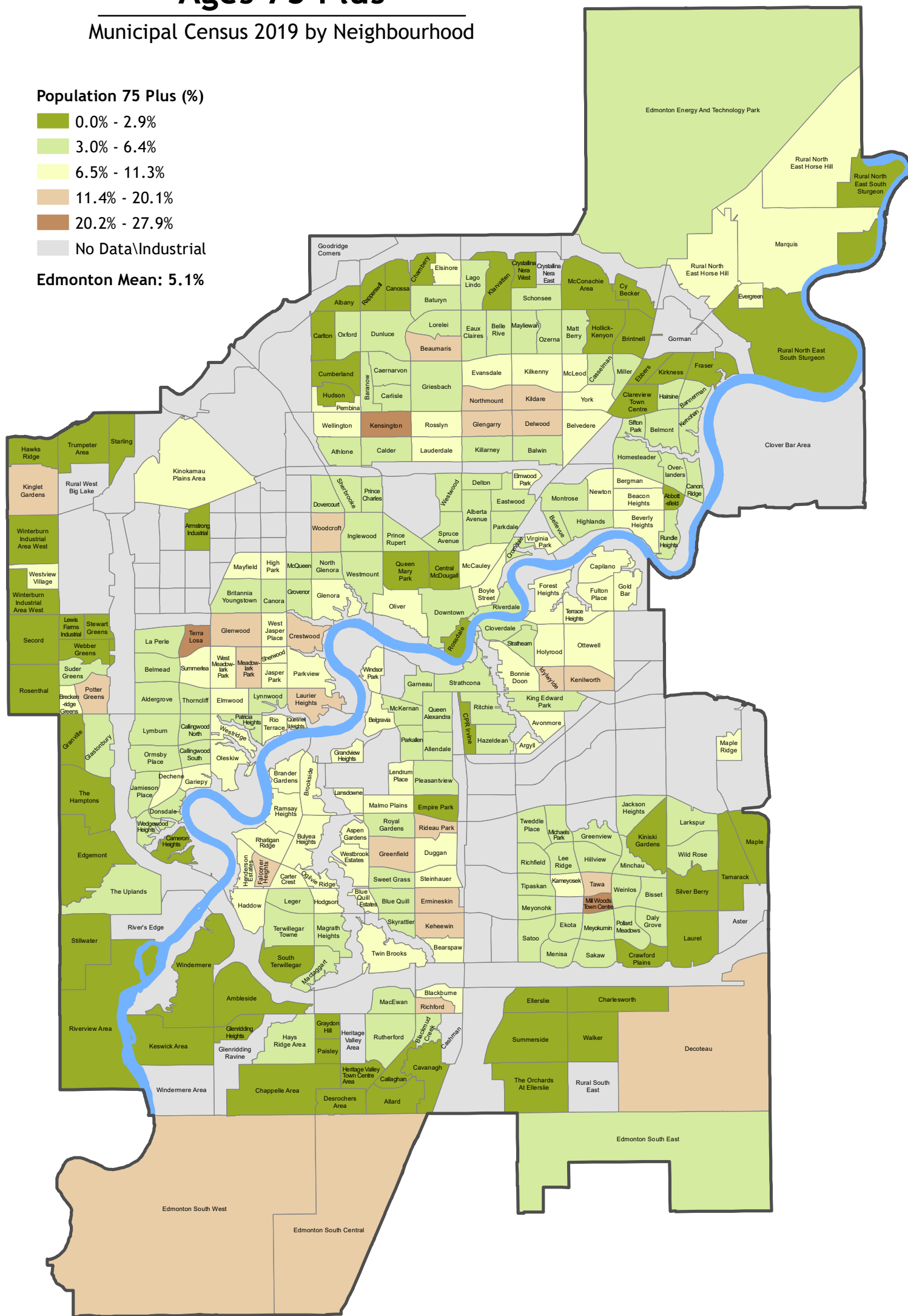




Population 75 Plus (%)



Edmonton Mean: 5.1%



This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.

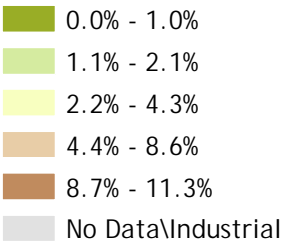
M.A.P.S. Alberta Capital Region 11/2021



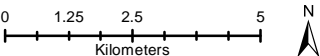
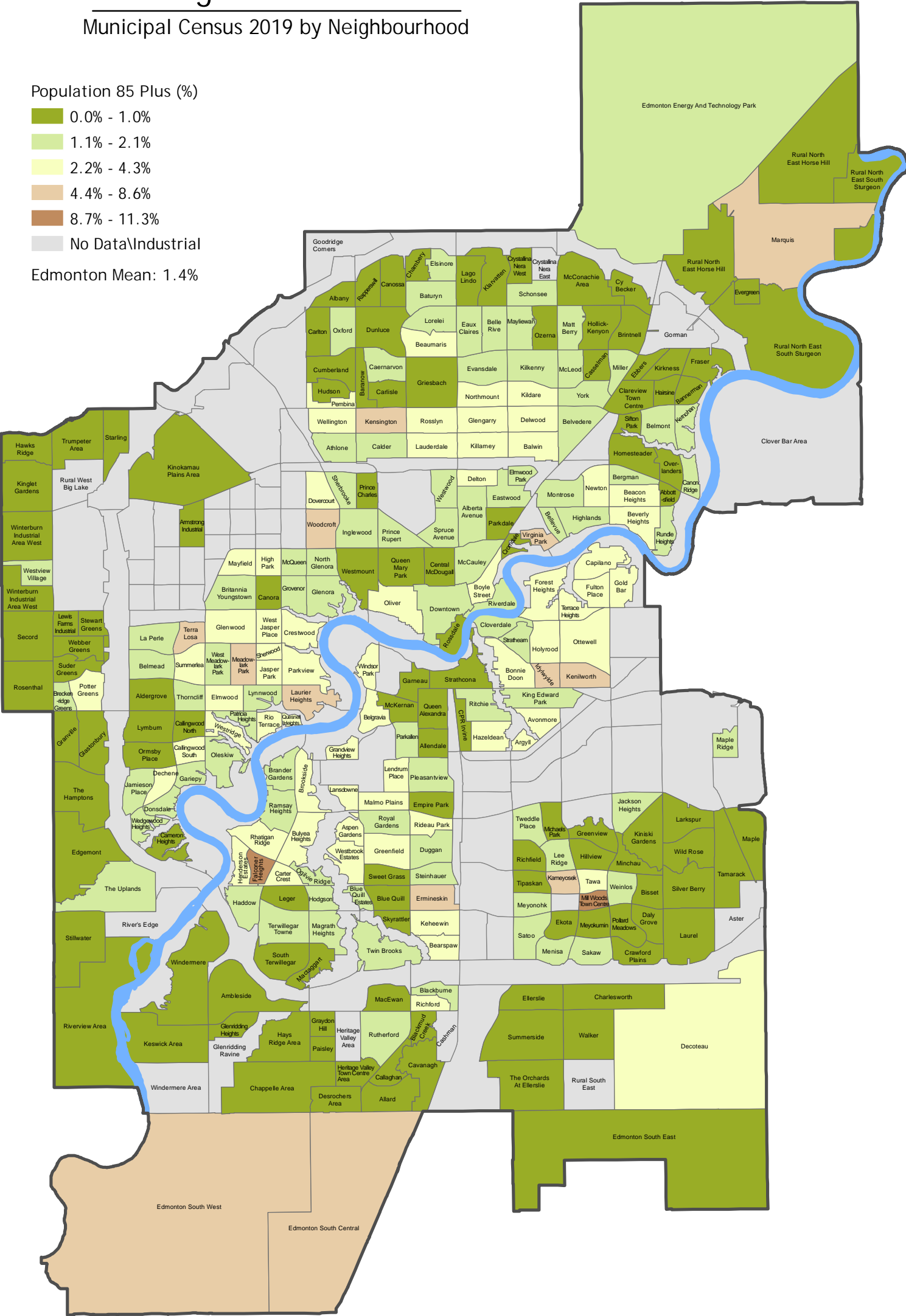
Percent of Population Ages 85 Plus

Municipal Census 2019 by Neighbourhood

Population 85 Plus (%)

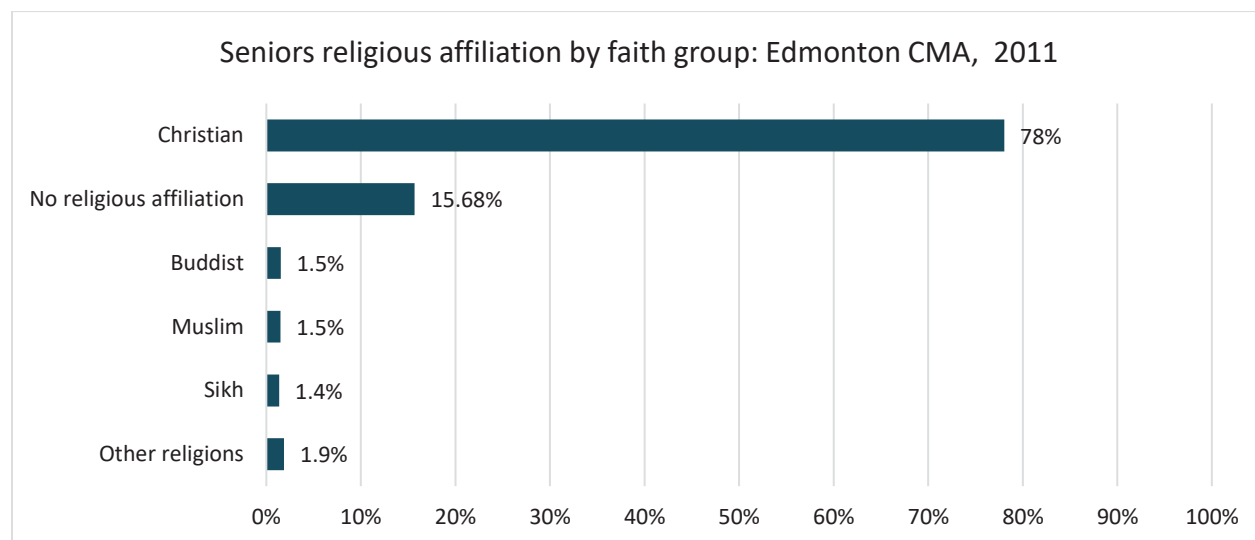


Edmonton Mean: 1.4%



Religious Affiliation

A large majority of senior respondents in the General Social Survey of 2011, indicated their religious affiliation to be Christian (78%), followed by those with no religious affiliation at 15.7%¹. The other religions category totals 1.9% and includes Hindu, Jewish, traditional (Aboriginal) spirituality, and as other religions not otherwise specified in the survey; none of which amounted to more than 1% each.

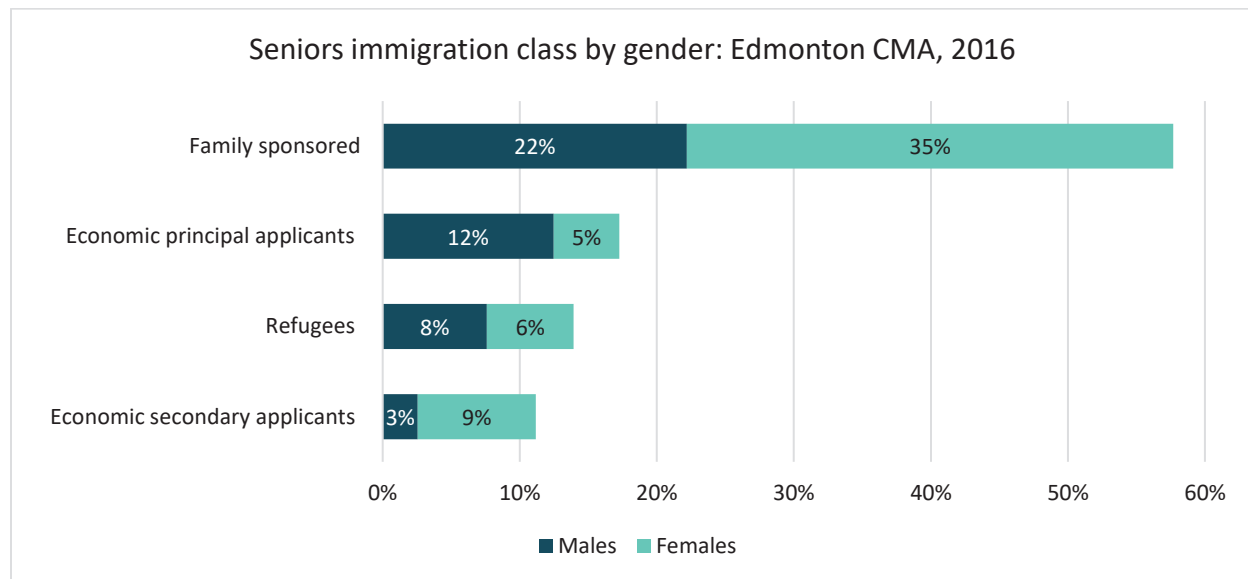


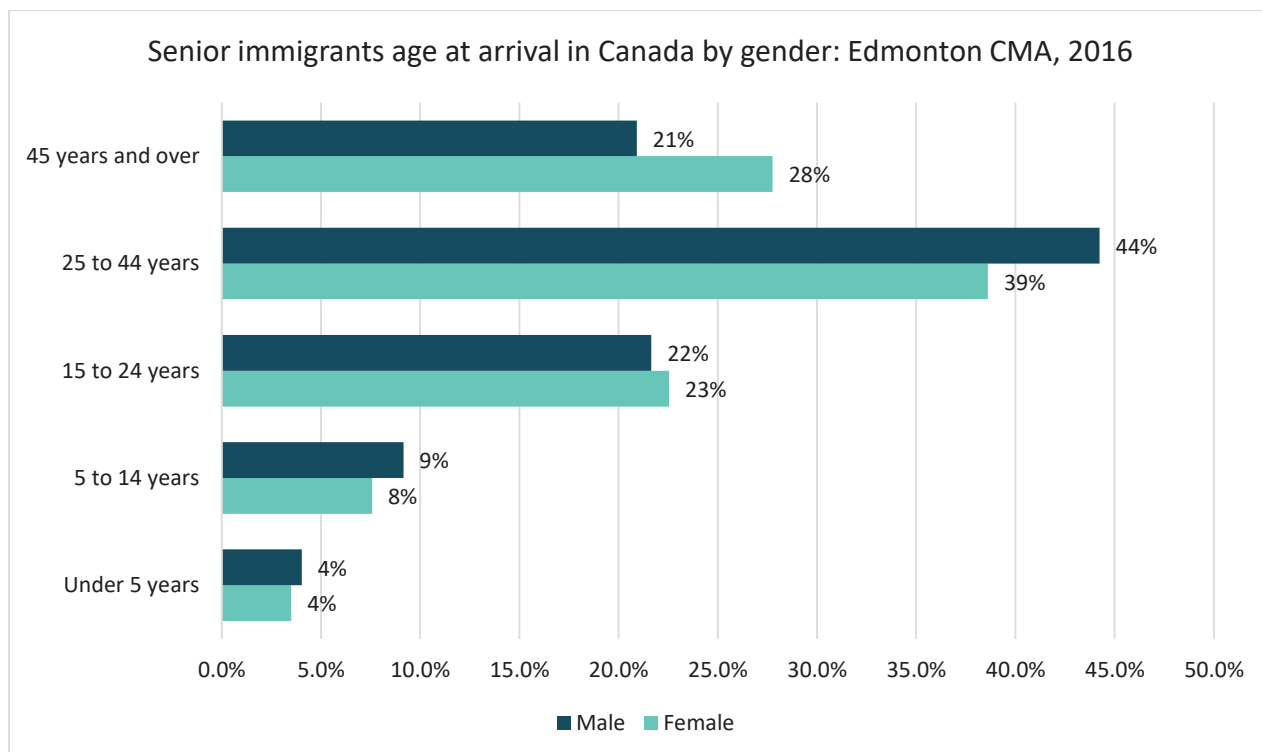
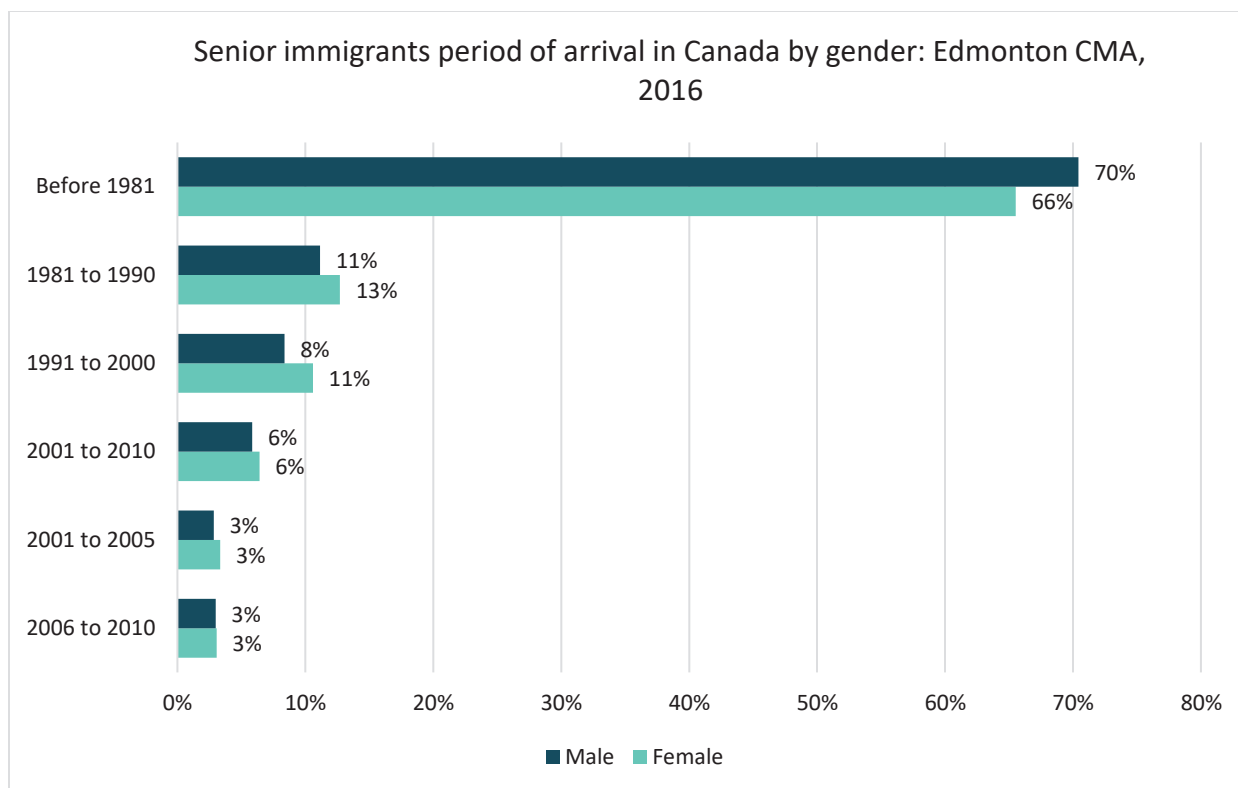
Gender differences are evident with a small majority of females (56.3%) and a large minority of males (43.7%) reporting a religious affiliation. Males form majority proportions of Muslims (52.1%) and Hindus (56.2%). For all other religions, females form small majorities.

¹ Note that General Social Survey data is collected every 10 years and each collection has a particular theme. The theme for next survey is Canadians' Safety and data is expected to be released in the winter of 2020/2021.

Immigrants

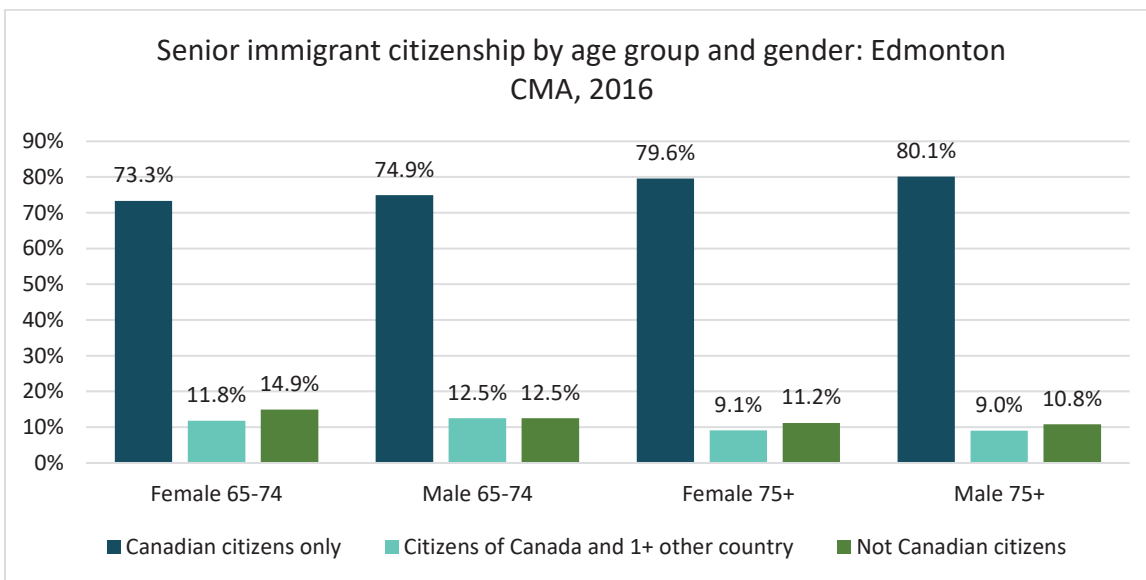
The classifications for entry into Canada have changed over the years, some restrictive and some designed to encourage immigration. This means that many of today's senior immigrants arrived in Canada under different rules and structures. For example, punitive measures such as the Chinese immigration Act suspended Chinese immigration until 1947 when the legislation was repealed. Conversely, after the end of WWII, when the demand for labourers rose and immigration from the United Kingdom and Western Europe was preferred, immigrants from other European countries were accepted (Encyclopedia, 2020). The categories used in the Census refer to current immigration policies and what census participants self-reported for their immigration status.





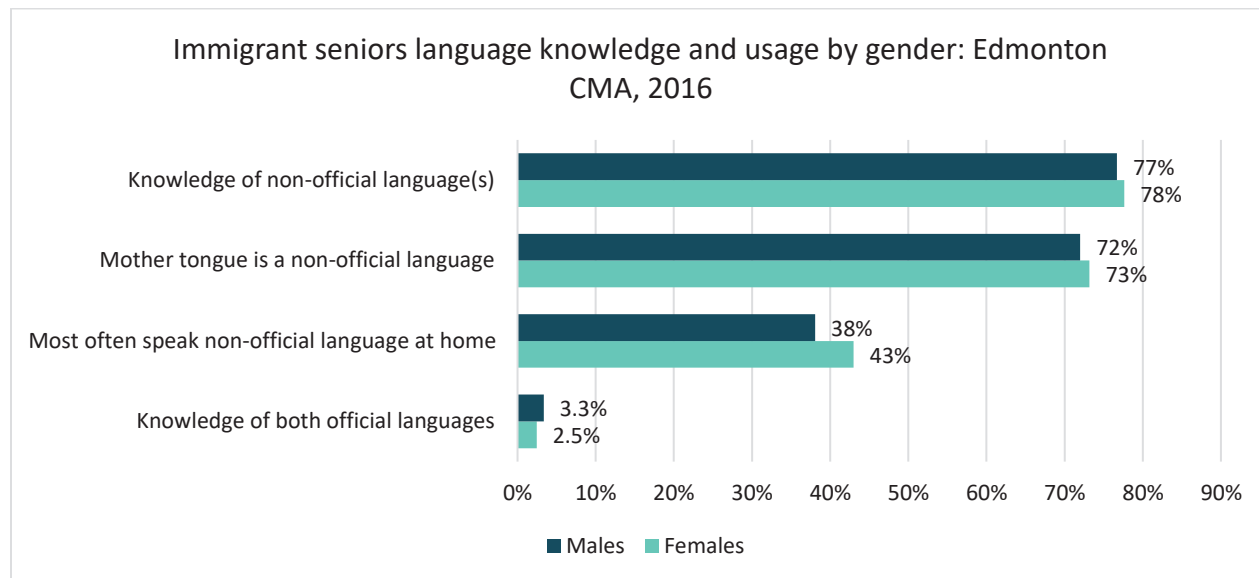
Citizenship

A large majority of seniors are solely Canadian citizens, but that proportion is slightly higher for the 75+ age group. Only a very small proportion of seniors are not Canadian citizens.



Language

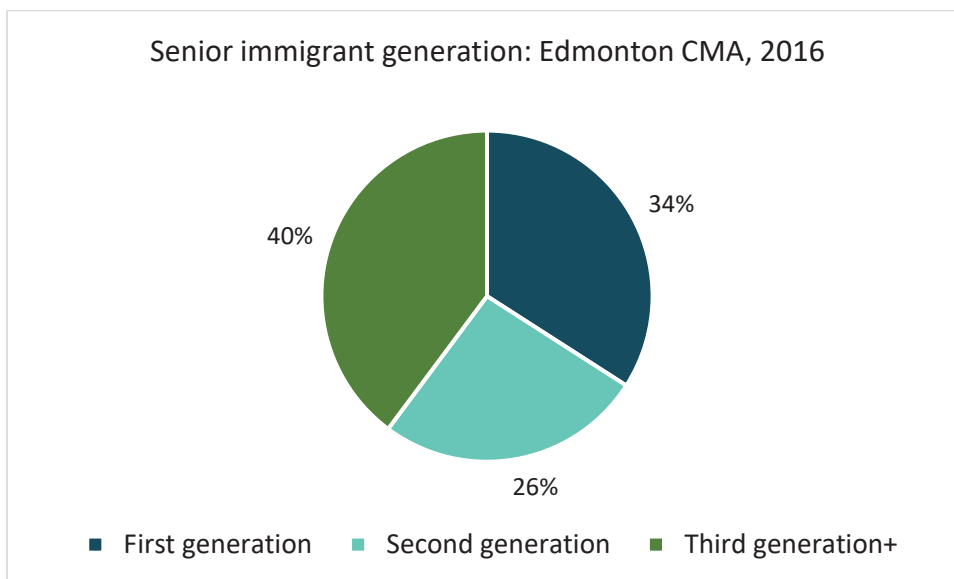
The proportion of senior immigrants who have knowledge of a non-official language or whose mother tongue is not an official language ranges from 72% to 78%. However, fewer than half (38% for males and 43% for females) most often speak a non-official language at home.



Generation History

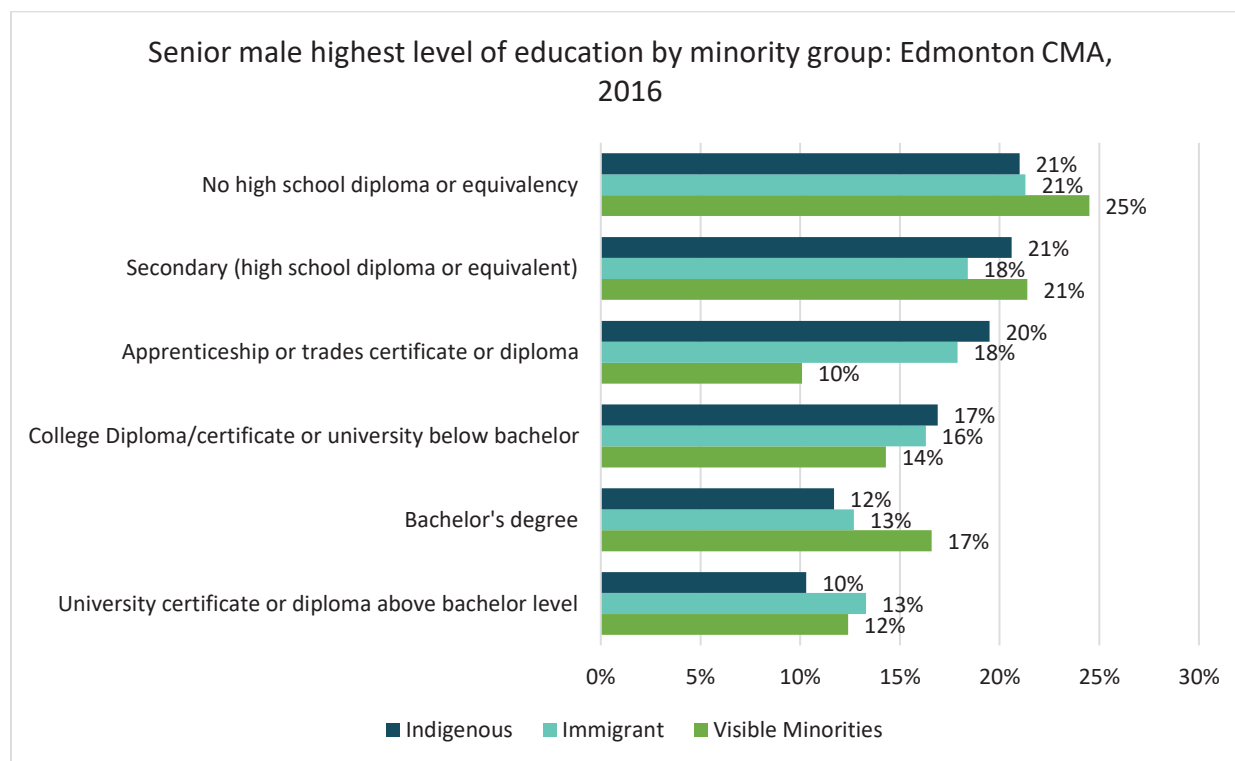
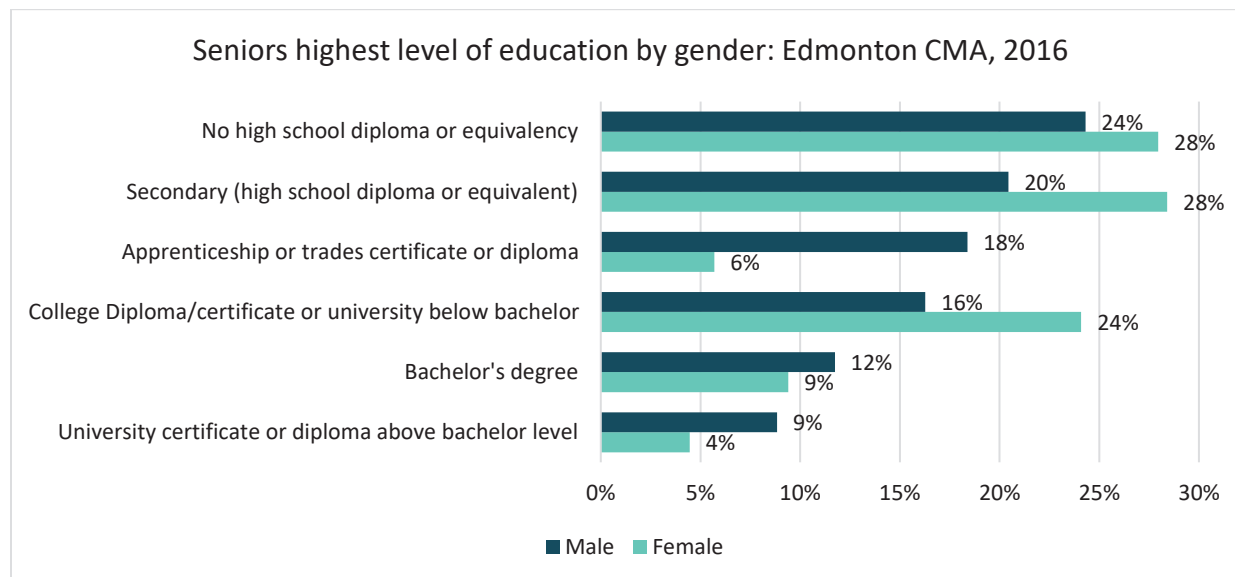
Canada is a nation largely settled by immigrants. The following table shows data from 2017 tax-filer information. To look at the history of immigration, three measures are used. They are defined by Statistics Canada as follows:

- First generation includes persons who were born outside Canada. For the most part, these are people who are now, or once were, immigrants to Canada.
- Second generation includes persons who were born in Canada and had at least one parent born outside Canada. For the most part, these are the children of immigrants.
- Third generation or more includes persons who were born in Canada with both parents born in Canada.

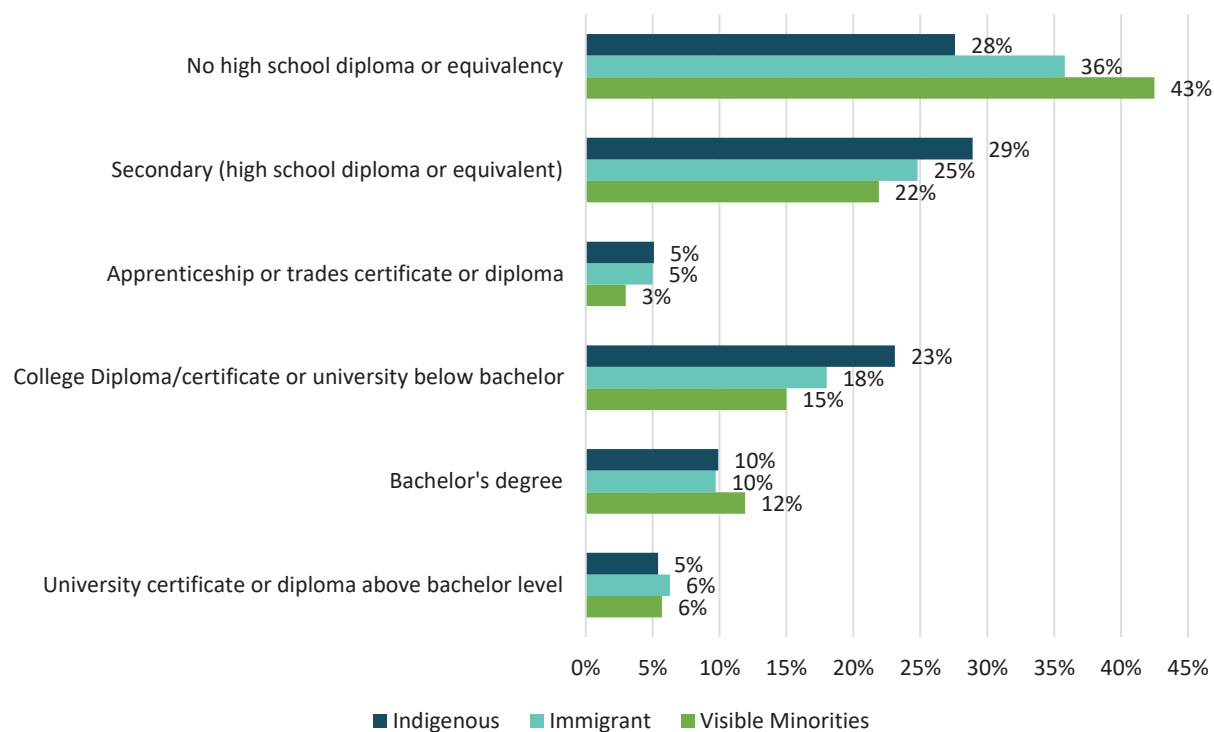


Education

Highest level of education attained is presented by gender for all seniors and minority groups.

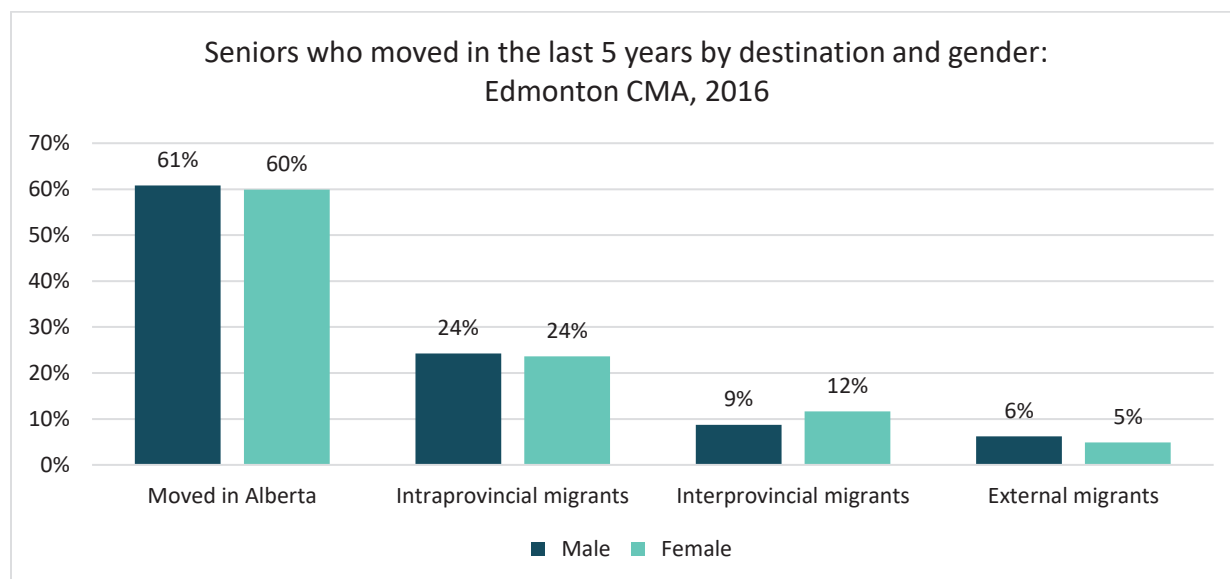


Senior female highest level of education by minority group: Edmonton
CMA, 2016



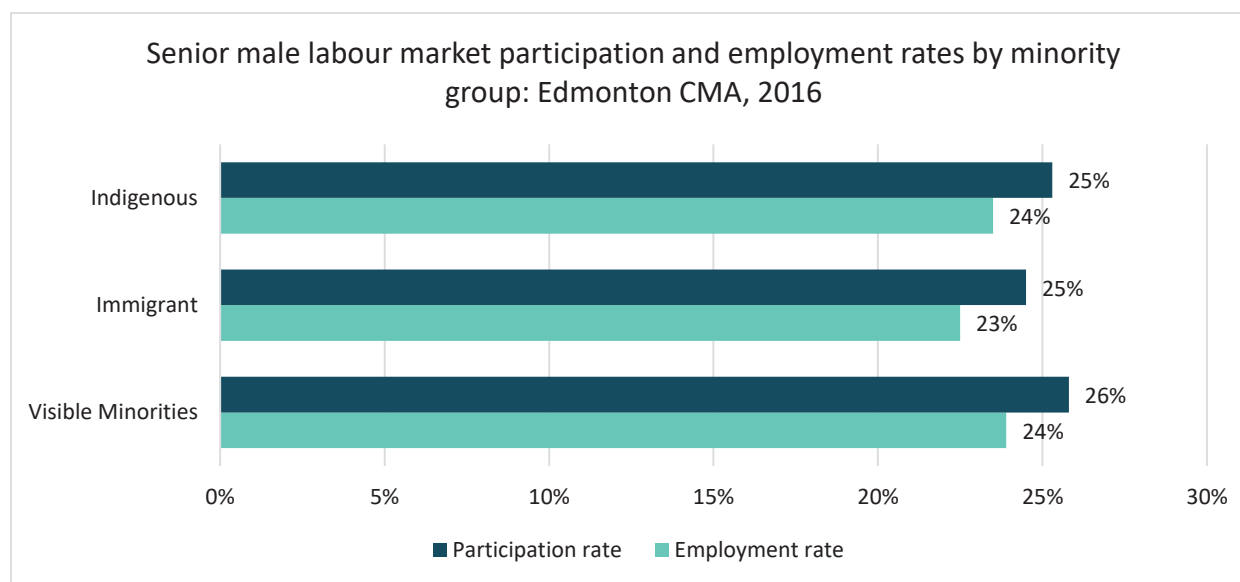
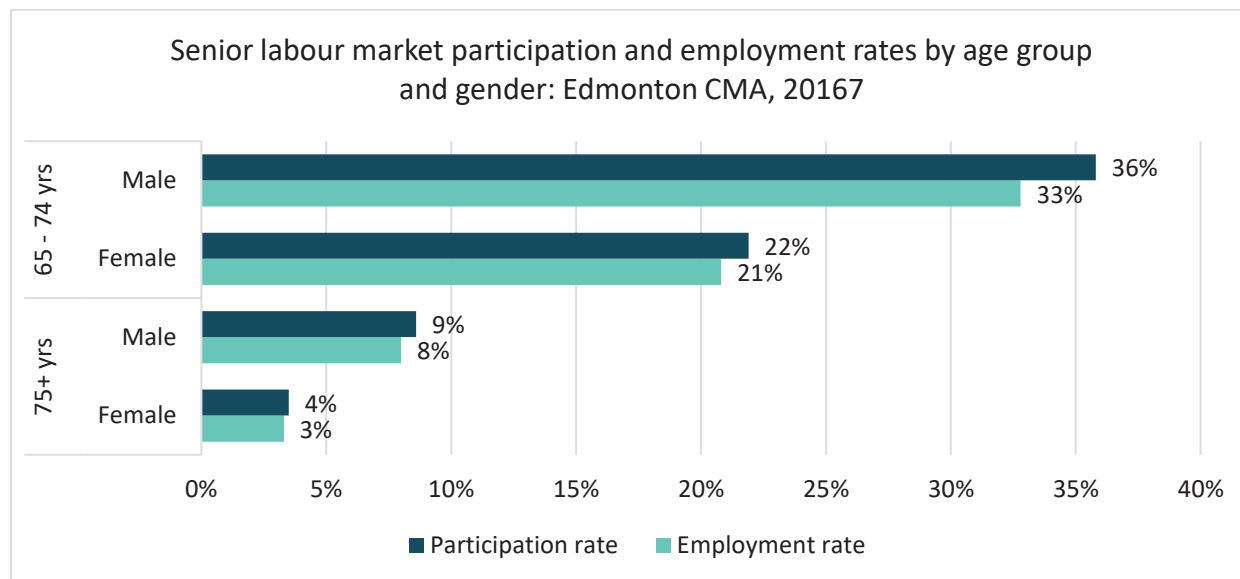
Mobility

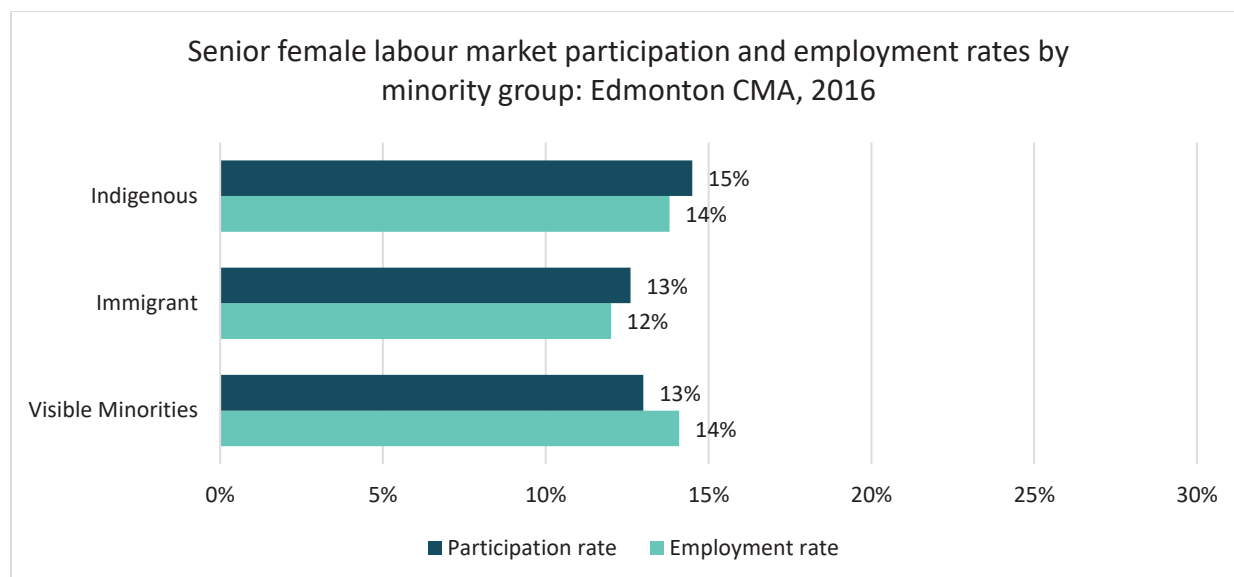
During the five years prior to the 2016 Census, 16% of senior Edmontonians moved from their place of residence. There were no significant gender differences. While some moved within Edmonton, others moved from other places in the province (intraprovincial) or from other provinces (interprovincial). The last category is for those who moved to Edmonton from outside of Canada (external). The following table shows data for movers.



Labour Market

While approximately 3 in 4 Canadians are in the labour force, either working or looking for work; within the senior population less than 1 in 4 are part of the labour force. Overall, senior females are less likely to be in the labour force but proportions vary by minority group. It is also important to note that the gap between the employment and participation rates is much smaller for seniors than for the general population. In other words, seniors who want to work are more likely to have work than other ages.

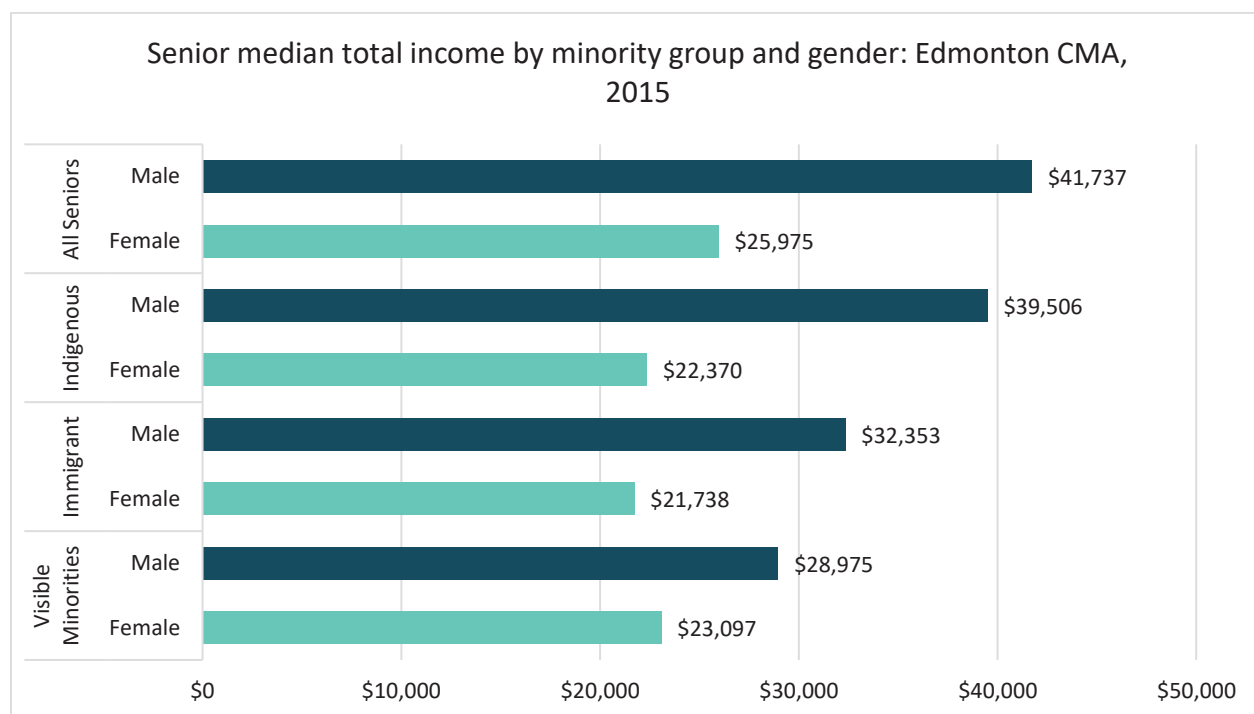
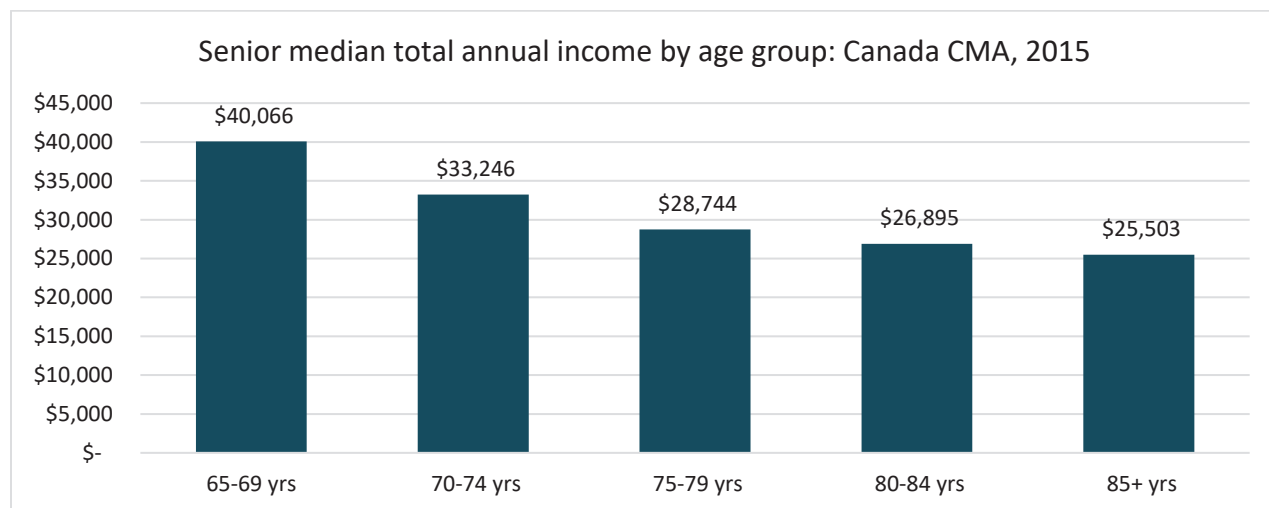




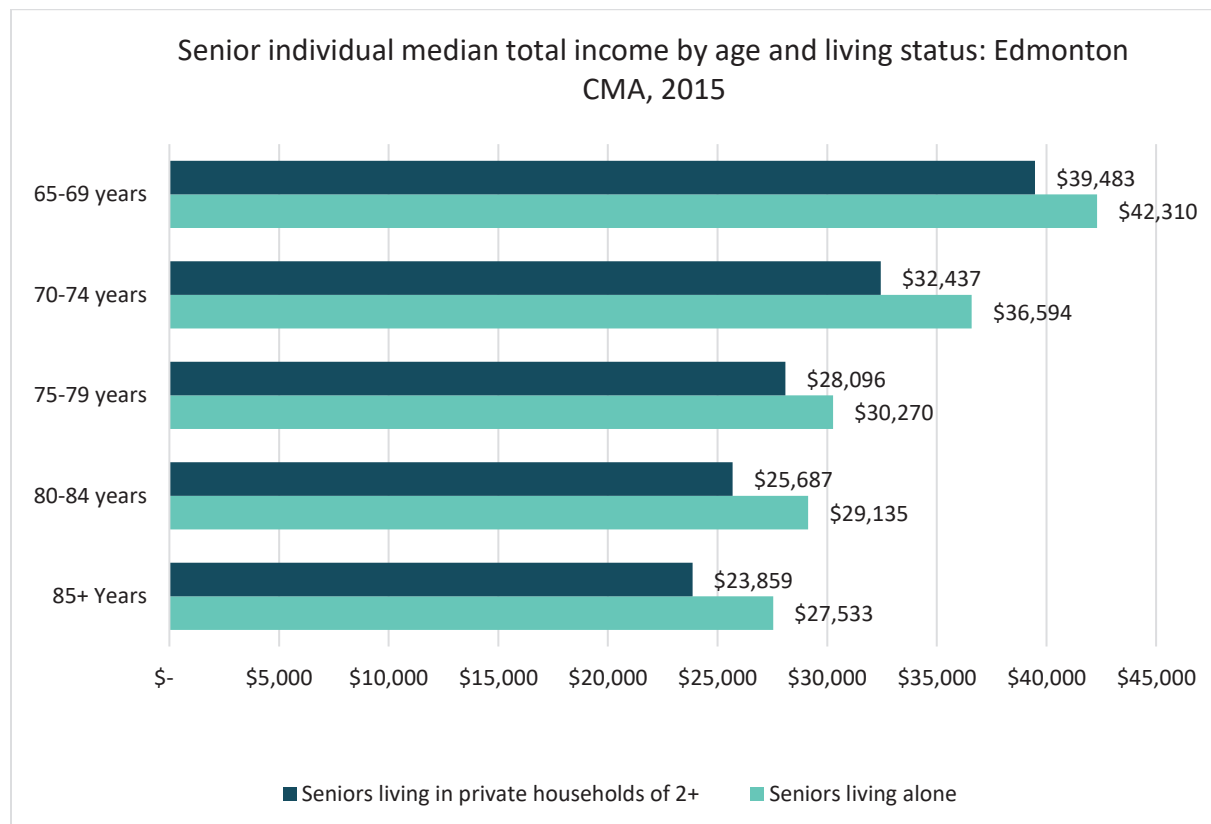
Income

Seniors draw income from multiple sources. The following table shows the proportion of seniors collecting income from specific sources. In a year over year comparison the only substantive difference is an increase in those collecting income from provincial refundable tax credits and family benefits from 32% in 2015 to 57% in 2017.

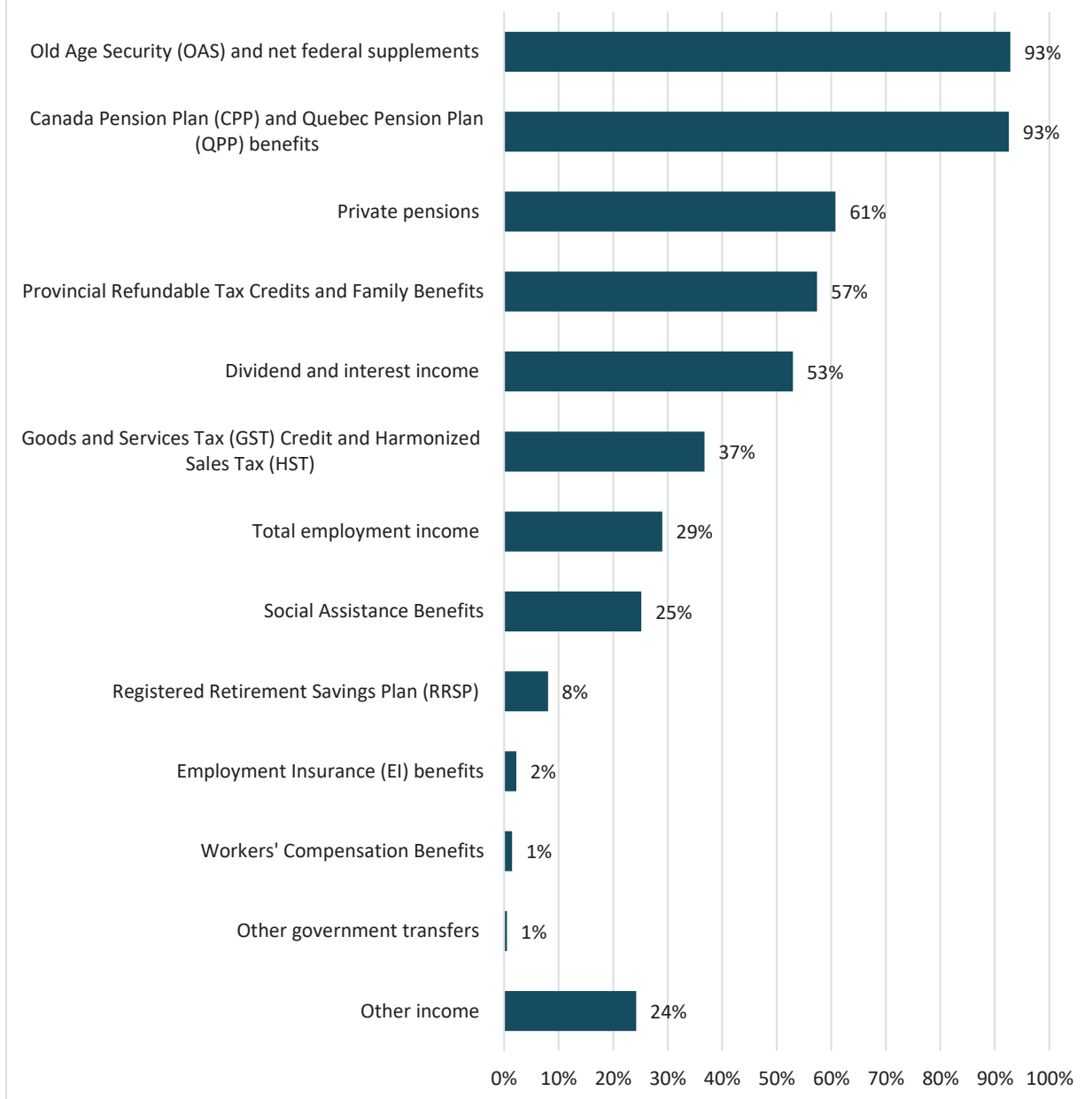
The total annual income of seniors diminishes with age. Just under one third (29%) of seniors still maintain some employment.



Data from the 2016 census shows that median total income is higher for seniors living alone regardless of their age. For seniors who are widowed this difference may be influenced by Survivor benefits of spousal pensions. Regardless of one's living situation, total income decreased with age.

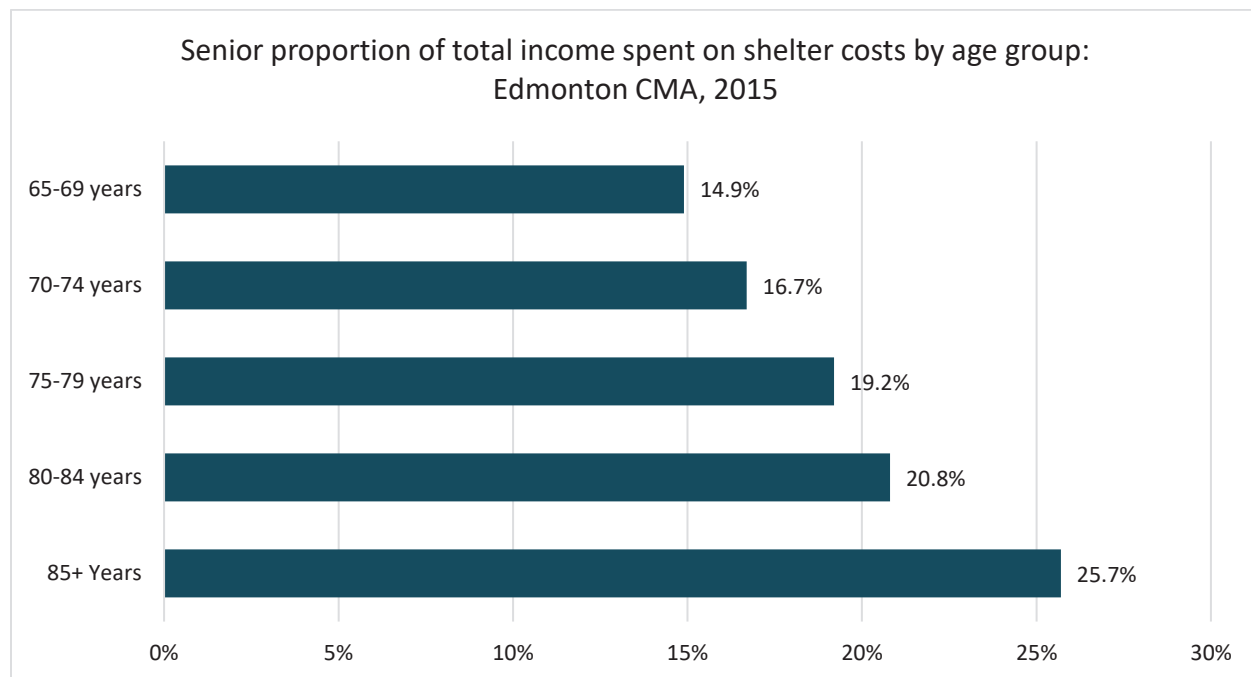


Senior sources of income: Edmonton CMA, 2015

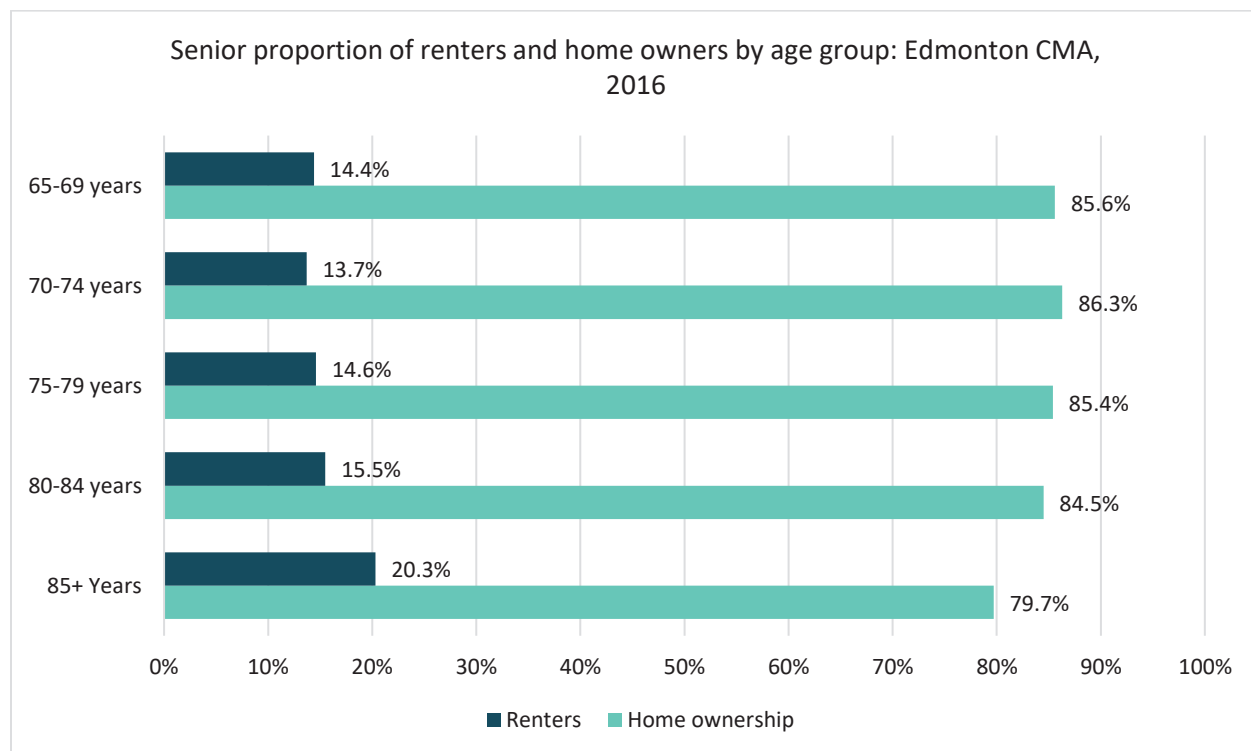


Housing

The following housing statistics pertain to seniors who live in private dwellings. Overall, in 2015 18% of seniors spent more than 30% of their household income on shelter costs.



A large majority of seniors (85%) who live in private dwellings own their own homes, with the remaining 15% renting. The proportion of home ownership reduces with age.

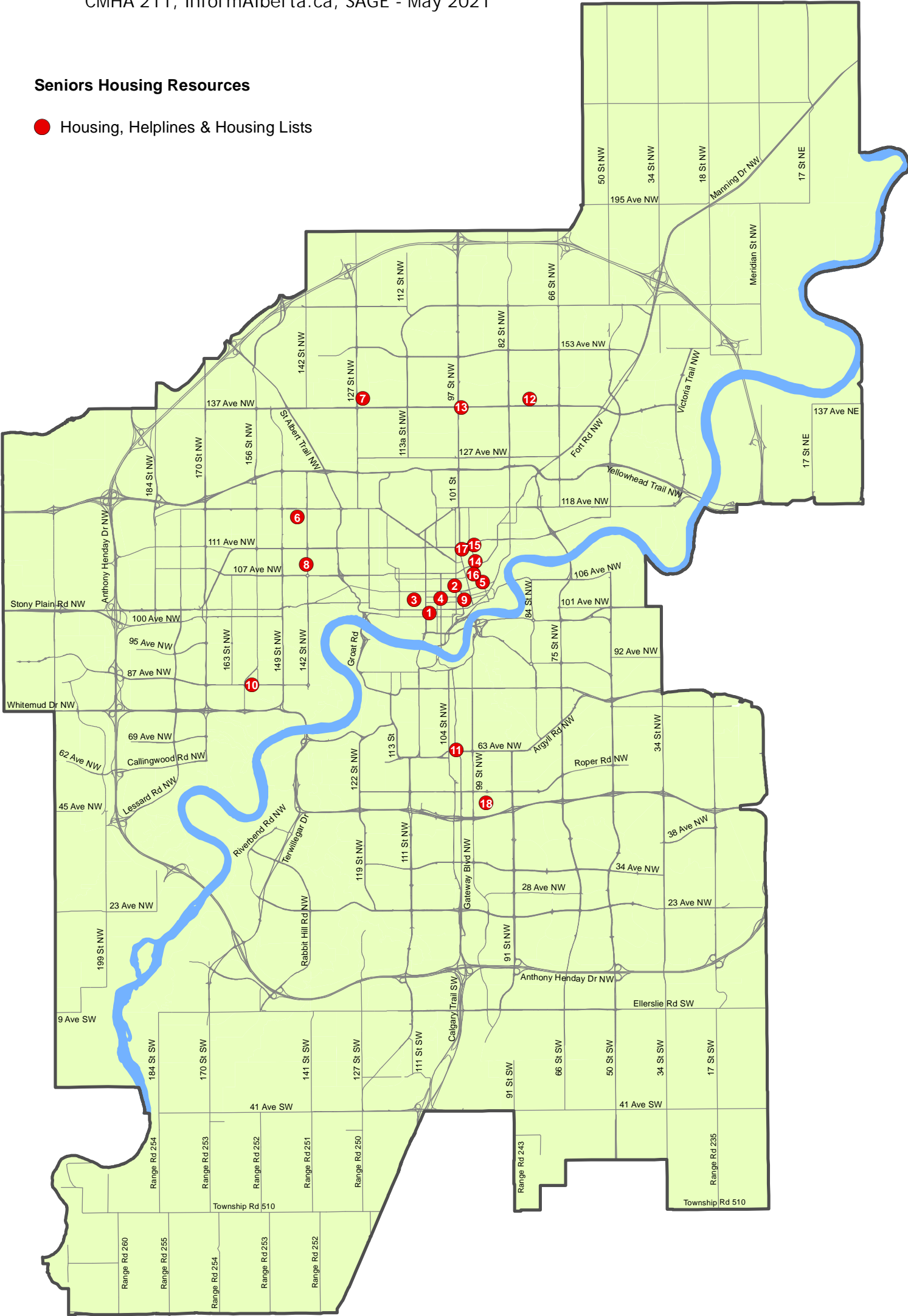


Seniors Housing Resources

CMHA 211, InformAlberta.ca, SAGE - May 2021

Seniors Housing Resources

● Housing, Helplines & Housing Lists

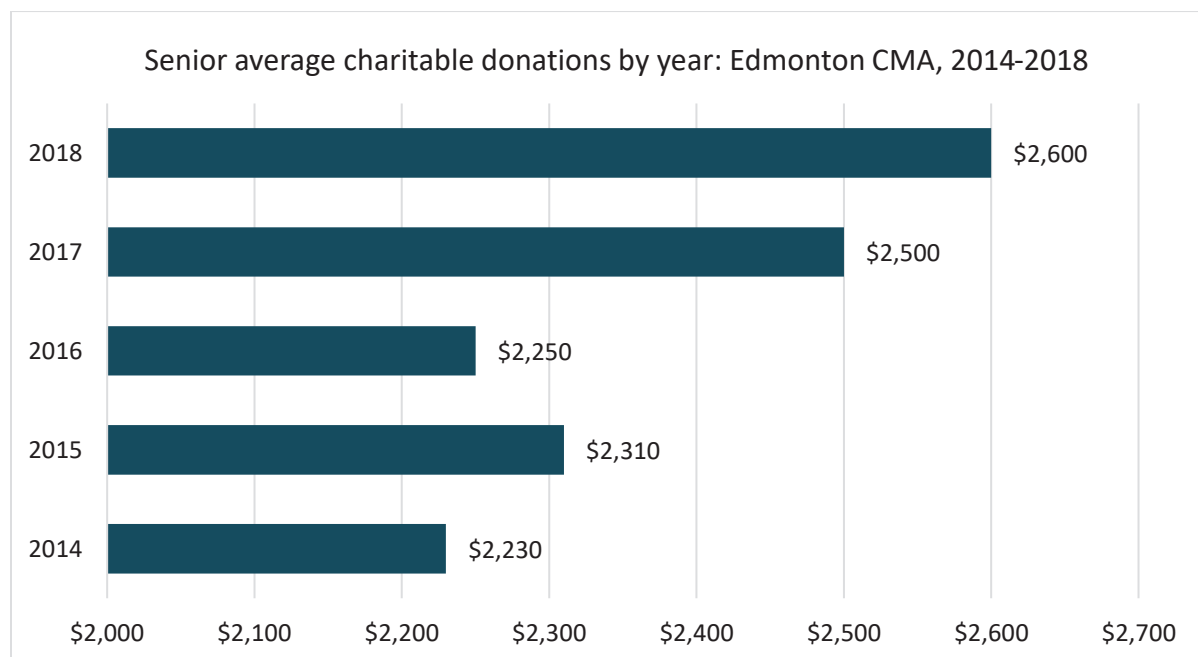
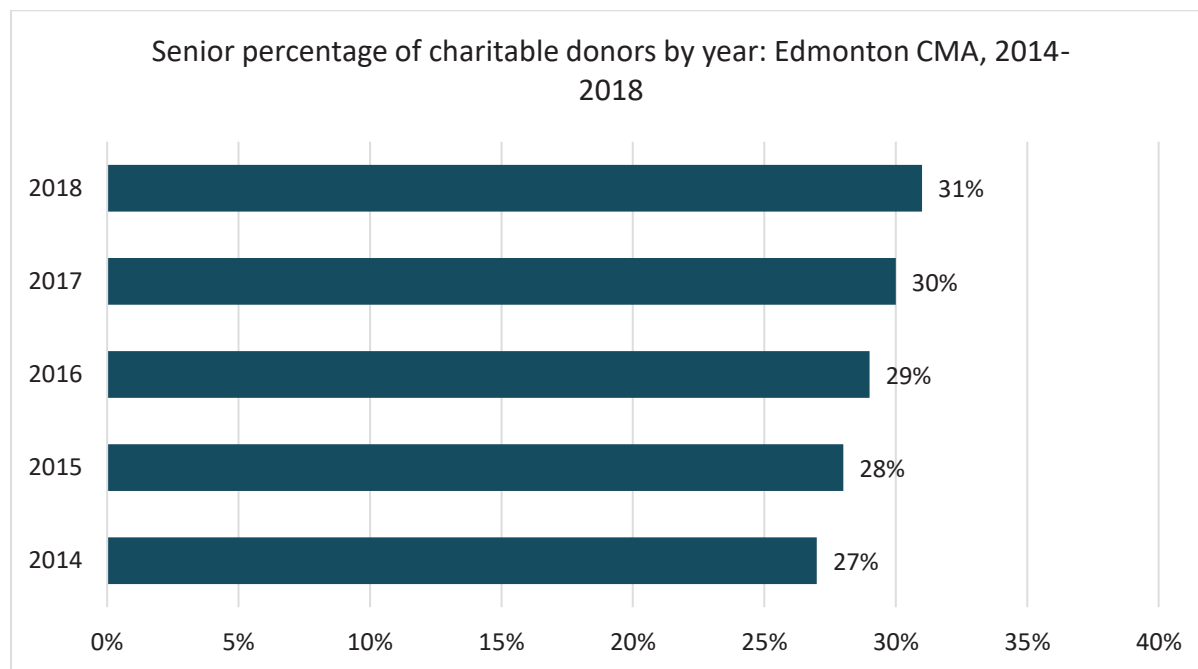


Seniors Resources - Housing References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
Housing, Helplines & Housing Lists		
1	Alberta Seniors and Housing Seniors Lodge Program 10044 108 Street	Provides single and double bed/sitting rooms with meal services, house keeping, laundry and recreational services to seniors who are functionally independent with or without existing community based services.
2	Boyle Street Community Services 10116 105 Avenue NW	Provides support for people who are homeless and impoverished.
3	Capital Region Housing 10232 112 Street	CRH is the largest provider of social and affordable housing in the Edmonton Area.
4	Alberta Supports Contact Centre: City Centre Main Floor, 10242 105 Street NW	Seniors can get information about housing resources and programs by calling this number or visiting in centres in-person.
5	Operation Friendship Seniors Society Alliance Manor 10403 95 Street	Offers housing opportunities for inner city residents.
6	homeEd - The City of Edmonton Non-Profit Housing Corporation 11604 145 Street T5M 1V8	Provides affordable rental housing to a mix of lower and moderate income households with rents starting at the low end of the market.
7	The Salvation Army, Seniors Services Grace Manor 12510 140 Avenue T5X 6C4	Provides a resident - centered, supportive facility for seniors who fit certain health criteria
8	GEF Seniors Housing 14220 109 Avenue	Provides friendly, affordable, and secure housing and support services for seniors.
9	Sage Seniors Association: Housing Information Services 15 Sir Winston Churchill Square NW T5J 2E5	Provides information, referrals, and support for seniors (60+ years) seeking subsidized or non - subsidized housing. Does not provide emergency crisis housing or operate any housing. Maps and listings of the housing available is available in the Directory of Senior Services 2016/17
10	Alberta Supports Contact Centre: Meadowlark Shopping Centre 120, 15710 87 Avenue NW	Seniors can get information about housing resources and programs by calling this number or visiting in centres in-person.
11	Alberta Supports Contact Centre: Argyll Centre 6325 Gateway Boulevard NW	Seniors can get information about housing resources and programs by calling this number or visiting in centres in-person.
12	St. Michael's Long Term Care Centre 7408 139 Avenue NW T5C 3H7	Provides a housing option for the elderly and infirm to live in an independent apartment - type setting with full services
13	Alberta Supports Contact Centre: Northgate Centre 2050, 9499 137 Avenue	Seniors can get information about housing resources and programs by calling this number or visiting in centres in-person.
14	Operation Friendship Seniors Society McCauley Lodge 9520 108 Avenue	Offers housing opportunities for inner city residents.
15	Operation Friendship Seniors Society Hutton Place 9520 110A Avenue	Offers housing opportunities for inner city residents.

Seniors Resources - Housing References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
16	Operation Friendship Seniors Society The Rooming House 9526 106 Avenue NW T5H 0N5	Offers housing opportunities for inner city residents.
17	Operation Friendship Seniors Society Sparling Lodge 9540 110A Avenue	Offers housing opportunities for inner city residents.
18	Alberta Seniors and Community Housing Association: Online Seniors Housing Directory 9711 47 Avenue NW T6E 5M7	Offers an online housing directory for seniors. http://www.ascha.com
N/A	Alberta Health Services: Community Care Access Telephone: 811	The point of entry for Home Care, Day Programs, CHOICE, Community Aids for Independent Living, Supportive Living, Facility Living (Long Term Care Placement), and Palliative Care. Staff are available 24/7/wk for screening, referral services and support for individuals who may not be suitable for referral to a specific program but who do require telephone case management until their needs are resolved.
N/A	Alberta Seniors and Housing - Housing Division Telephone: 780-644-9992	Supports a variety of housing programs for individuals, families, seniors and persons with special needs.
N/A	Alberta Supports Contact Centre Telephone: 780-644-9992	Seniors can get information about housing resources and programs by calling this number or visiting in centres in-person.
N/A	BILD Alberta Association (formerly Canadian Home Builders' Association – Alberta) Phone: 780-424-5890 https://bildalberta.ca/	A good source of reliable building and renovation contractors and builders.
N/A	City of Edmonton - House/Apartment Rentals Telephone: 780-496-6559	Houses and multi-units listed at rental market values.
N/A	EASC Housing Registry & Placement Service Edmonton Aboriginal Seniors' Centre Telephone: 587-525-8969	Assists seniors with applications for affordable and low rental housing.
N/A	Public Reporting on Supportive Living & Long Term Care Accommodations Telephone: 780-644-8428 OR Website: http://standardsandlicensing.alberta.ca	When entering the website click on 'Continuing Care' to find information relating to Supportive Living and Long Term Care Accommodations
N/A	Government of Alberta - Ministry of Community and Social Services: Residential Access Modification Program (RAMP) Telephone: 780-427-5760 (Edmonton and Area)	Provides provincial government grant funding for eligible homeowners (and tenants, if landlord agrees) who are eligible wheelchair users (or a walker for age 65+) on an ongoing basis and those with a specific neuro-degenerative disease who are about to be wheelchair users, to facilitate access into and within their personal primary Alberta residences.
N/A	Seniors Home Adaptation & Repair Program (SHARP) Telephone: 780-644-9992	Provides eligible seniors with a low-interest home equity loan to finance home repairs and adaptations.

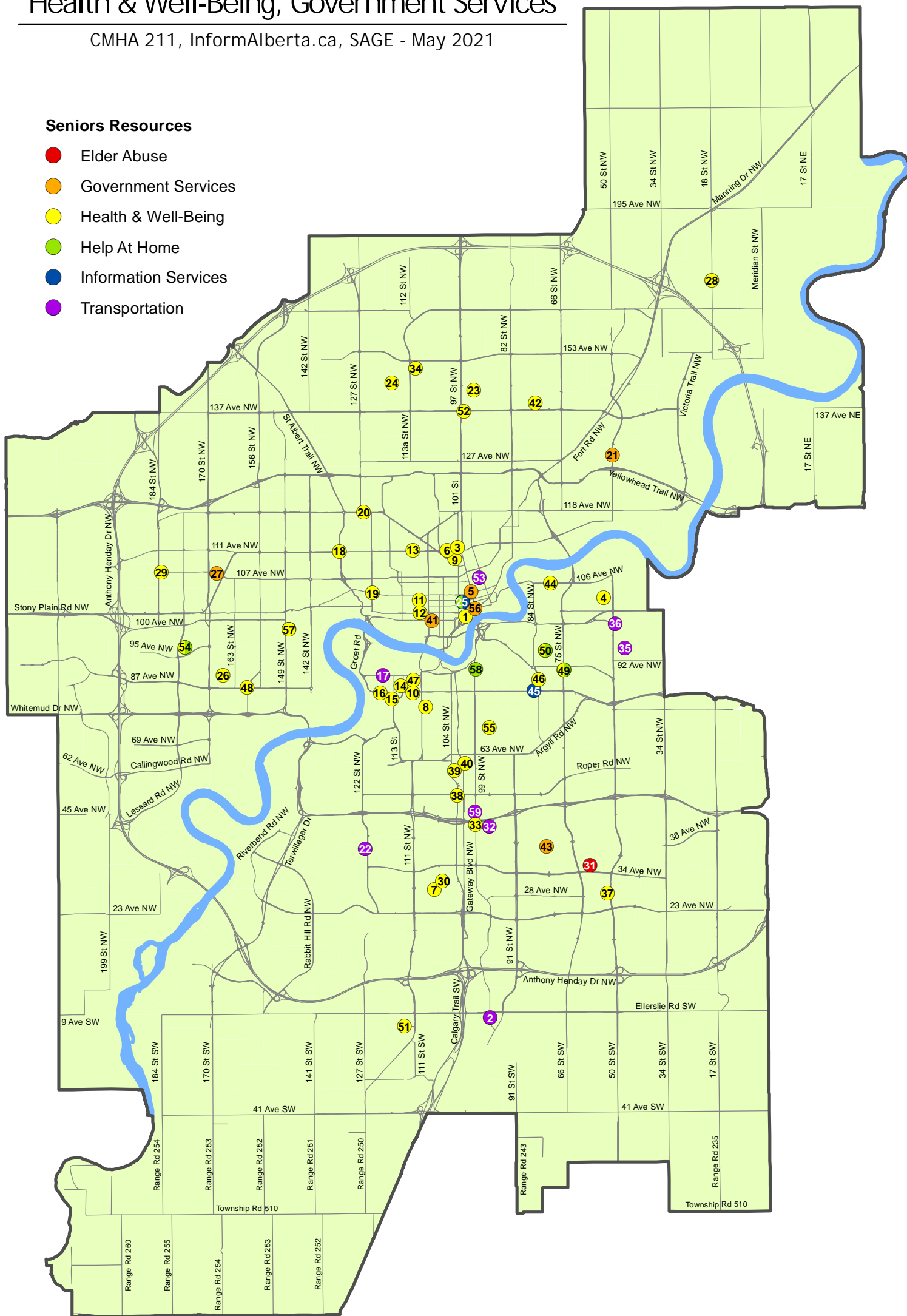
Community Safety & Participation

A report released by Statistics Canada in 2019 noted that senior citizens are the most generous charitable donors in Canada (Canada, 2019).



Seniors Resources

- Elder Abuse
- Government Services
- Health & Well-Being
- Help At Home
- Information Services
- Transportation



M.A.P.S. Alberta Capital Region 06/2021

Seniors Resources - Elder Abuse, Help At Home, Transportation, Information Services, Health & Well-Being, Government Services References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency	Descriptor
Elder Abuse		
31	The Shaama Centre for Seniors and Women 329 Woodvale Road West NW T6L 3Z7	To help immigrant and newcomer seniors, women, and their families to integrate into Canadian society by providing education, counselling, and other support services.
N/A	24 hours Distress Line Telephone: 780-482-HELP (4357)	Free, confidential listening and support for those in crisis or distress.
N/A	Alberta Health Services: Addiction and Mental Health Helpline (24/7) Telephone: 1-866-332-2322	Call toll free within Alberta for mental health advice.
N/A	Canadian Mental Health Association (CMHA) - Seniors' Abuse Helpline Telephone: 780-454-8888 (24 Hour)	Provides supportive listening, crisis intervention, and referrals for people coping with senior abuse.
N/A	Catholic Social Services - (Elder Abuse Intake Line) Telephone: 780-477-2929	Elder Abuse Resource & Supports: Provides support to older adults at risk of or experiencing abuse or neglect.
N/A	Catholic Social Services - Seniors Groups - Relationships with Your Adult Children: Time to Make Changes Telephone: 780-477-2929	Relationships with Your Adult Children: Provides a support group for individuals having problems in their relationships with their adult children: Time to Make Changes: Provides a support group for individuals (60+) who are having problems in their relationships with their adult children.
N/A	Emergency Protection Order Program Legal Aid Alberta - Family Law Office Telephone: 780-422-9222	
N/A	Government of Alberta - Family Violence Info Line Telephone: 310-1818 (24 Hour)	Provides information about family violence programs and services, as well as advice and support.
N/A	Government of Alberta - Protection for Persons In Care Telephone: 780-422-1812 (Mental Health Patient Advocate)	Responds to reports of adults who experienced abuse while receiving care or support services from publicly funded service providers.
N/A	OakNet: Older Adult Knowledge Network Website: http://www.oaknet.ca	Provides information on how laws protect and affect older adults.
N/A	Seniors Association of Greater Edmonton (SAGE): Seniors' Safe House (60+ yrs) Phone: 780-702-1520	Provides a Seniors' Safe House, temporary accommodation for seniors 60+ years leaving abusive situations.
N/A	Seniors Information Phone Line Telephone: 211 (24 hours)	Information and referrals for a variety of seniors resources.
N/A	Sexual Assault Centre of Edmonton: Support and Information Crisis Line (24 hours) Telephone: 780-423-4121	Counselling for people of all ages and genders who have experienced sexual abuse/assault.

Seniors Resources - Elder Abuse, Help At Home, Transportation, Information Services, Health & Well-Being, Government Services References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency	Descriptor
Government Services		
5	Government of Alberta - Office of the Public Guardian and Trustee Edmonton John E Brownlee Building, Suite 400S 10365 97 Street NW T5J 3Z8	Provides decision - making mechanisms for individuals who are unable to make personal and / or financial decisions for themselves.
21	Service Canada - Canada Pension Plan (CPP)/Old Age Security (OAS)/Guaranteed Income Supplement (GIS) 12735 50 Street NW T5A 4L8	CPP: Provides a monthly taxable benefit to retired contributors and their dependents. OAS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients. GIS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients.
27	Service Canada - Canada Pension Plan (CPP)/Old Age Security (OAS)/Guaranteed Income Supplement (GIS) 16826 107 Avenue NW T5P 4C3	CPP: Provides a monthly taxable benefit to retired contributors and their dependents. OAS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients. GIS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients.
41	Government of Alberta - Office of the Public Guardian and Trustee Edmonton 108 Street Building, 4th Floor 9942 108 Street NW T5K 2J5	Provides decision - making mechanisms for individuals who are unable to make personal and / or financial decisions for themselves.
43	Service Canada - Canada Pension Plan (CPP)/Old Age Security (OAS)/Guaranteed Income Supplement (GIS) Unit 148, 7629 38 Avenue NW Edmonton, Alberta T6K 3Y7	CPP: Provides a monthly taxable benefit to retired contributors and their dependents. OAS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients. GIS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients.
56	Service Canada - Canada Pension Plan (CPP)/Old Age Security (OAS)/Guaranteed Income Supplement (GIS) 9700 Jasper Avenue T5J 4C3	CPP: Provides a monthly taxable benefit to retired contributors and their dependents. OAS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients. GIS: Provides a monthly non - taxable benefit to low income Old Age Security (OAS) recipients.
N/A	Government of Alberta - Alberta Aids to Daily Living Telephone: 780-427-0731	Provides financial assistance for medical equipment and supplies to Albertans with a long - term disability, chronic illness, or terminal illness.
N/A	Government of Alberta - Ministry of Community and Social Services: Residential Access Modification Program (RAMP) Telephone: 780-427-5760 (Edmonton and Area)	Provides funding for lower - income Albertans with mobility challenges to modify their homes.
N/A	Government of Alberta - Ministry of Community and Social Services: Saying Farewell Handbook Telephone: 780-644-9992 (Alberta Supports Contact Centre)	Provides information about decisions to make before and after the death and dying process.

Seniors Resources - Elder Abuse, Help At Home, Transportation, Information Services, Health & Well-Being, Government Services References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency	Descriptor
N/A	Government of Alberta - Ministry of Community and Social Services: Seniors Financial Assistance Programs Telephone: 780-644-9992 (Alberta Supports Contact Centre)	Provides a variety of financial benefits for seniors.
N/A	Service Canada - Canada Pension Plan (CPP)/Old Age Security (OAS)/Guaranteed Income Supplement (GIS) Toll Free: 1-800-277-9914 (English)	Provides a monthly taxable benefit to retired contributors and their dependents.
Health & Wellbeing		
1	Alberta Aids to Daily Living (AADL) 13th Floor, 10020 100 Street NW T5J 0N3	Assists Albertans with long-term disabilities or chronic or terminal illnesses in maintaining independence in their community through the provision of basic medical equipment and supplies to meet their clinically assessed needs
3	Glenrose Rehabilitation Hospital 10230 111 Avenue NW T5G 0B7	Specialized hospital
4	ElderCare Connections Program Fulton School of Edmonton 10310 56 Street T6A 2J2	Provides the opportunity for seniors to attend a structured day program.
6	CapitalCare CHOICE Norwood 10404 111 Avenue NW T5G 3A2	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly) program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports, etc. Palliative Care: to provide comfort and support to patients and their families.
7	Alberta Health Services - Adult Day Support Program: St. Joseph's Auxiliary Hospital 10707 29 Avenue NW T6J 6W1	Provides a variety of rehabilitative, therapeutic, social and recreational activities for people affected by a variety of health issues
8	Strathcona Place 55+ Centre Seniors Support Services 10831 University Avenue T6E 4R1	Offers grief support services to seniors.
9	Alberta Health Services - Access 24 / 7, Adult Intake Services Anderson Hall, 10959 102 Street T5H 2V1 Telephone: 780-424-2424	
10	Home Care and Surgical 11044 82 Avenue T6G 0T2	
11	Edmonton Meals on Wheels 11111 103 Avenue NW T5K 2P1	Provides meals and related programs which promote health, well-being, and independence to clients.
12	Canadian Red Cross - Health Equipment Loan Program (HELP) 2801, 11111 Jasper Avenue NW T5K 0L4	Donation-based program which lends medical equipment
12	Community Aids for Independent Living (CAIL) Suite 2Y03, 11111 Jasper Avenue NW T5K 0L4	Assists individuals who have chronic illnesses or disability or terminally ill to obtain medical equipment and/or supplies.

**Seniors Resources - Elder Abuse, Help At Home, Transportation,
Information Services, Health & Well-Being, Government Services**

References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca;
Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)

Label	Agency	Descriptor
13	ElderCare Vitality Day Program Central Seniors Lions Rec Centre 11113 113 Street NW T5G 2V1	Provides the opportunity for seniors to attend a structured day program.
14	Mazankowski Alberta Heart Institute 11220 83 Avenue NW T6G 2B7	Specialized hospital
15	Kaye Edmonton Clinic 11400 University Avenue T6G 2B7	Specialized hospital (out patient only)
16	Cross Cancer Institute 11560 University Avenue NW T6G 1Z2	Specialized hospital
18	Covenant Health: Community Geriatric Psychiatry Program Westmount Shopping Centre Groat Road & 111 Avenue NW T5M 3L5	The program works in partnership with seniors to individualize care in their own home or community to promote recovery and well being.
19	AISH Health Benefits Suite 500, 12323 Stony Plain Road NW T5N 4B4	Benefits to assist eligible clients with their medical needs
20	MEDChair 12604 118 Avenue NW T5X 4M7	Walkers, wheelchairs, scooters, etc.
23	CapitalCare CHOICE Dickinsfield 14225 94 Street NW T5E 6C6	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly) program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports, etc.
24	CapitalCare CHOICE Mental Health 14504 118 Street NW T5X 1T3	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly) program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports, etc.
26	Covenant Health: Villa Caritas Geriatric Psychiatry 16515 88 Avenue T5R 0A4	Villa Caritas is a Covenant Health acute mental health facility focusing on the care of seniors with complex mental and medical health issues
28	Alberta Hospital Edmonton 17480 Fort Road NW T5J 2J7	Specialized hospital (mental health facility)
29	Eco Medical 18303 107 Avenue NW T5S 1K4	Home health care & medical equipment supplies
30	Covenant Health: Community Geriatric Psychiatry Program Ermineskin Centre 3058 106 Street T6J 5M5	The program works in partnership with seniors to individualize care in their own home or community to promote recovery and well being.
33	Trinity Home Medical 4230 99 Street T6E 5B3	Provides a variety of health products for in home use.
34	CapitalCare Kipnes Centre for Veterans Day Program 4470 McCrae Avenue NW T5E 6M8	Provides a variety of health, rehabilitation, social and related support services for older adults in a structured setting during the day.
37	Allen Gray Day Program 5005 28 Avenue NW T6L 7G1	Provides a variety of health, rehabilitation, social and related support services for older adults in a structured setting during the day.

**Seniors Resources - Elder Abuse, Help At Home, Transportation,
Information Services, Health & Well-Being, Government Services**

References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca;
Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)

Label	Agency	Descriptor
38	Momentum Walk-In Counselling Suite 706 - 5241 Calgary Trail NW T6H 5G8	Provides barrier - free access to counselling services on a walk - in basis with affordable fees.
39	MEDChair 5711 Calgary Trail NW	Walkers, wheelchairs, scooters, etc.
40	Healthcare Solutions 5920 Gateway Blvd NW T6H 2H6	Provides healthcare products.
42	Alberta Health Services - Adult Day Support Program: St. Michael's Long Term Care Centre 7404 139 Avenue NW T5C 3H7	Provides a variety of health, rehabilitation, social and related support services for older adults in a structured setting during the day.
44	Home Health Store Inc. 7843 106 Avenue	Provides healthcare products.
46	Good Samaritan Place CHOICE 8425 83 Street NW T6C 2Z2	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly) program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports, etc.
47	University of Alberta Hospital - Psychiatric Treatment Clinic 8440 112 Street NW T6G 2B7	Assessment & treatment for those with mental health concerns
48	Jewish Family Services Edmonton Healing Centre for Grief and Loss Suite 100, 8702 Meadowlark Road T5R 5W5	Provides support and education to those who are grieving
49	Good Samaritan TeleCare 8861 75 Street NW T6C 4G8 Telephone: 1-800-676-8397	Provides monitoring, support, and response services to individuals of all ages and situations, including seniors at home.
50	South East Edmonton Seniors Association Bereavement Support 9350 82 Street T6C 2X8	Provides direct and indirect support to seniors with the goal of increasing wellness, decreasing isolation, and empowering seniors.
51	Alberta Health Services - Adult Day Support Program: Rutherford Heights Retirement Residence 949 Rutherford Road SW T6W 0E5	Provides the opportunity for seniors to attend a structured day program.
52	Healthcare Solutions Northgate Centre 9499 137 Avenue NW T5E 5R8	Provides healthcare products.
54	ElderCare Daybreak Day Program Westend Seniors Activity Centre 9629 176 Street NW T5T 6B3	Provides the opportunity for seniors to attend a structured day program.
55	Good Samaritan Dr. Gerald Zetter Care Centre CHOICE 9649 71 Avenue NW T6E 5J2	CHOICE (Comprehensive Home Option for Integrated Care of the Elderly) program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports, etc.
57	Adult Bereavement Counselling Services - Pilgrims Hospice 9808 148 Street NW T5N 3E8	Bereavement groups, support groups, individual counselling for those grieving

Seniors Resources - Elder Abuse, Help At Home, Transportation, Information Services, Health & Well-Being, Government Services References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency	Descriptor
57	Pilgrims Hospice Society 9808 148 Street NW T5N 3E8	This organization is: Registered Not-For-Profit To provide supportive and compassionate family-centred care to enhance the quality and dignity of life for those diagnosed with a progressive, life-threatening illness as well as solace to those who are bereaved.
N/A	Alberta Health Services - Continuing Care Access Telephone: 780-496-1300 (Intake)	Offers 24/7 telephone screening and referral for people who need to access Continuing Care services including Home Care, Supportive Living, and Facility living programs.
N/A	Alberta Health Services - Health Link Telephone: 811	A telephone service, which provides free 24/7 nurse advice and general health information for Albertans. Dementia Advice through Health Link is now available.
N/A	Alberta Health Services - Home Care - Adult Services Telephone: 780-496-1300 (Community Care Access)	Provides professional health and support services in partnership with clients and families to optimize their ability to continue to live within their community.
N/A	Amramp Alberta Telephone: 1 888-715-7598	Offers affordable wheelchair ramps.
N/A	Easter Seals Alberta http://www.easterseals.ab.ca	Provides medical equipment rental
N/A	ElderDog Canada Telephone: 780-885-1226	Help for seniors with dog care and bereavement support.
N/A	Yellow Pages Telephone Book www.yellowpages.ca	For private home care services look up "Home Health Services" or "Nurses' Registries"
Help At Home		
25	SAGE Seniors Association 15 Sir Winston Churchill Square NW T5J 2E5	Issues a yearly publication about services and resources for seniors in Edmonton.
49	Good Samaritan TeleCare 8861 75 Street NW T6C 4G8 Telephone: 1-800-676-8397	Provides monitoring, support, and response services to individuals of all ages and situations, including seniors at home.
50	South East Edmonton Seniors Association: Seniors Home Supports Program 9350 82 Street T6C 2X8	Assists seniors to find pre-screened service providers to assist with many indoor and outdoor tasks.
54	Westend Seniors Activity Centre 9629 176 Street NW T5T 6B3	Offers a home support referral program for yard cleaning, snow shovelling, house-cleaning, minor home repairs.
58	Harmony Caregiving 9856 89 Avenue NW T6E 2S4	Provides Certified Health Care Aides and Companions to provide assistance in the home.
N/A	Care at Home by Exquisicare Phone: 780-707-6509 www.CareAtHomebyExquisicare.com	Offering companionship, home help, personal care and nursing support around the clock.
N/A	Edmonton Senior Solutions Phone: 780-993-CARE (2273) www.EdmontonSeniorSolutions.com	Offering in-home services to enhance the quality of life while preserving independence.

Seniors Resources - Elder Abuse, Help At Home, Transportation, Information Services, Health & Well-Being, Government Services References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency	Descriptor
N/A	Government of Alberta - Ministry of Community and Social Services: Residential Access Modification Program (RAMP) Telephone: 780-427-5760 (Edmonton and Area)	Provides grants up to \$7,500 annually, to a maximum of \$15,000 within a 10 year benefit period for eligible clients using a wheelchair on an ongoing basis and those aged 65+ using a wheelchair or 4 wheel walker on an ongoing basis to modify a primary personal residence.
N/A	Seniors Home Supports Program Referral Service Phone: 211	Referrals provided to seniors living in Edmonton to vetted service providers that offer snow removal, yard help, housekeeping and minor home repairs.
Information Services		
25	Seniors Association of Greater Edmonton (SAGE): Directory of Senior Services 15 Sir Winston Churchill Square NW T5J 2E5 Telephone: 780-423-5510	Directory of Senior Services: Issues a yearly publication about services and resources for seniors in Edmonton.
45	Edmonton Seniors Coordinating Council (ESCC) 255, 8330 82 Avenue NW T6C 4E3	Communication hub for the seniors-serving sector
N/A	Canadian Mental Health Association (CMHA) Seniors Information Phone Line Telephone: 211	Provides a single point of access for community, social, health, and government information and referral for Edmonton and surrounding communities.
N/A	Edmonton Seniors Coordinating Council (ESCC) Telephone: 780-423-5635 www.seniorscouncil.net	Offers online resources
N/A	Government of Alberta - Ministry of Service Alberta: Consumer Protection Toll Free: 1-877-427-4088	Provides information to consumers and businesses about their rights and responsibilities.
Transportation		
2	Home Instead Senior Care Edmonton 1004 Parsons Road SW T6X 0J4	Serving East Edmonton, Sherwood Park, Ft. Saskatchewan, Clairview, Capilano, Millwoods, Summerside, Beaumont, East Leduc. Provides drivers and escort for clients to all different types of activities ie: doctor's appointments, grocery shopping, etc.
17	Medically At-Risk Driver Centre (MARD) University of Alberta 116 Street & 85 Avenue Telephone: 780-492-6273 Online Resources: www.mard.ualberta.ca	Driving cessation support groups
22	Home Instead Senior Care Edmonton 13B Fairway Drive NW T6J 2S6	Serving West Edmonton, St. Albert, Spruce Grove, Devon and West Leduc. Provides drivers and escort for clients to all different types of activities ie: doctor's appointments, grocery shopping, etc.
32	Comfort Keepers 101, 4208 97 Street NW T6E 5Z9	Provides drivers that offer fully escorted transportation for appointments, shopping, events, etc.
35	Alberta Safety Council 4831 93 Avenue NW T6B 3A2	An Alive 55 Mature Drivers Course is offered through the Alberta Safety Council

**Seniors Resources - Elder Abuse, Help At Home, Transportation,
Information Services, Health & Well-Being, Government Services**

References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca;
Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)

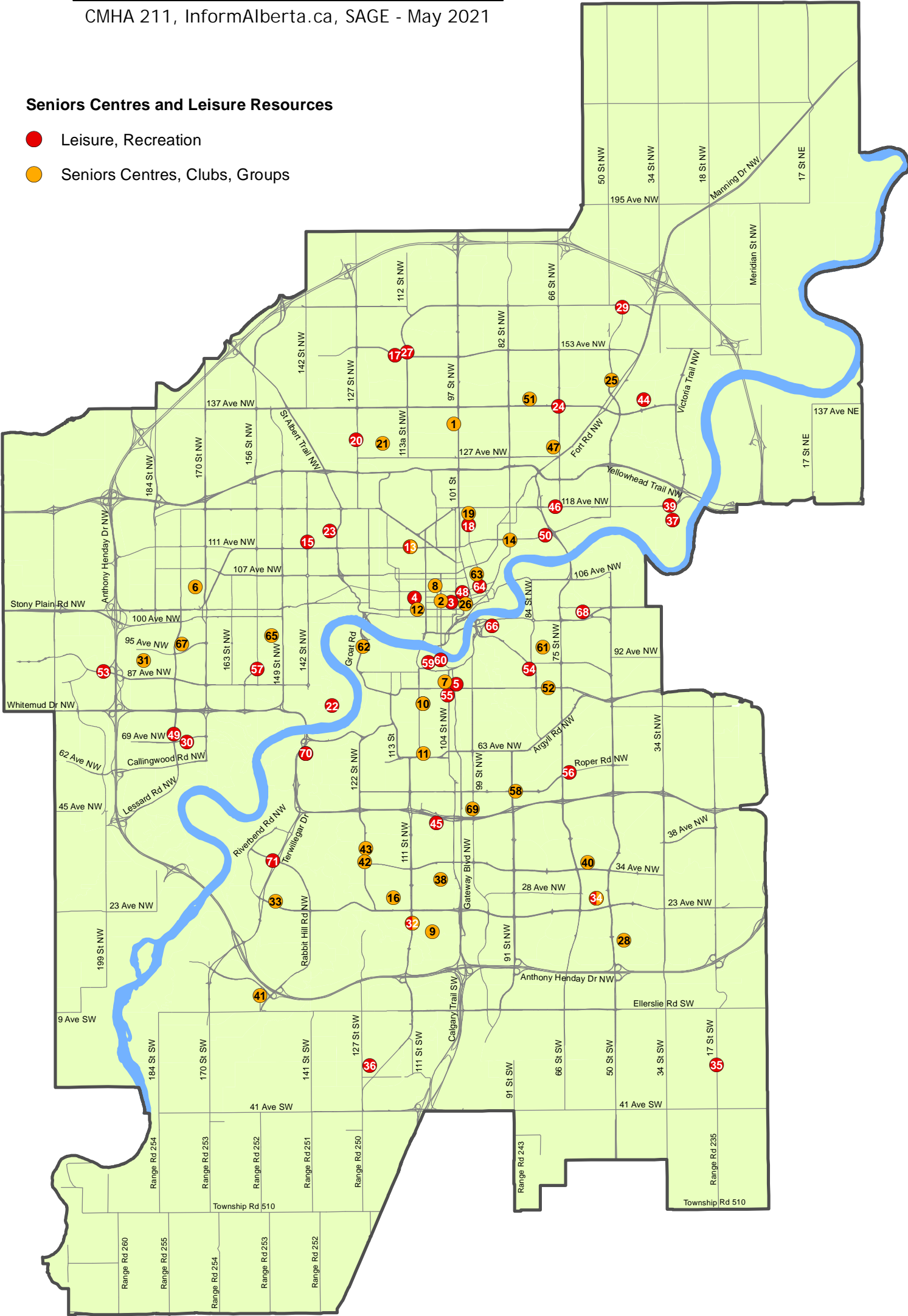
Label	Agency	Descriptor
36	Alberta Transportation 4999 98 Avenue NW T6B 2X3	Driver Fitness and Monitoring relating to a person's medical and/or physical fitness to drive.
53	Operation Friendship Seniors Society Helping Hands 9526 106 Avenue T5H 0N2	Provides support for inner city seniors (55+ years) including transportation to medical and dental appointments.
59	Drive Happiness Seniors Association: Assisted Transportation for Seniors 9916 45 Avenue NW T6E 5J1	Offers door-to-door assisted transportation for seniors to various appointments.
N/A	Alberta Motor Association Website: SeniorsDriving.caa.ca	Offers on-line resources for seniors.
N/A	Edmonton Transit Service Disabled Adult Transit Service Telephone: 780-496-4567	Offers door - to - door transportation for persons with disabilities.
N/A	Edmonton Transit Service Seniors' Transit Passes Telephone: 311	Offers seniors transit tickets and passes.
N/A	ETS Mobility Choices Customer Travel Training Phone: 780-496-3000 www.TakeETS.com/mobilitychoices	Free, customized transit travel training for seniors, people with disabilities, and staff working at agencies or organizations serving people with mobility challenges.
N/A	Government of Alberta - Ministry of Service Alberta: Consumer Protection Toll Free: 1-877-427-4088	Provides information to consumers and businesses about their rights and responsibilities.
N/A	Government of Alberta - Ministry of Service Alberta: Parking Placards for Persons with Disabilities Toll Free: 310-0000 then 780-427-7013	Offers individuals with disabilities a parking placard and / or disabled license plate, so they may have access to designated parking stalls.
N/A	Yellow Cab 780-462-3456	Offers Seniors Discounts

Seniors Centres and Leisure Resources

CMHA 211, InformAlberta.ca, SAGE - May 2021

Seniors Centres and Leisure Resources

- Leisure, Recreation
- Seniors Centres, Clubs, Groups



Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
Leisure, Recreation		
3	YMCA of Northern Alberta Don Wheaton Family YMCA 10211 102 Avenue NW	Offering over 20 free drop-in fitness classes geared towards senior members.
4	Harcourt House Artist Run Centre 3rd Floor, 10215 112 Street NW T5K 1M7	Harcourt House is an open, viewer friendly gallery forum for the best in contemporary visual arts, new media, architecture and design.
5	Shadow Theatre 10329 83 Avenue NW	Live theatre in the heart of Old Strathcona. All performances take place in the beautiful Varscona Theatre.
13	Alberta 55-Plus Edmonton Zone 6 - Recreation Office Location: Central Lions 11113 113 Street NW T5G 2V1	Edmonton 55-Plus offers a wide variety of athletic and artistic activities and workshops. Participates in Alberta 55 PLUS Provincial Winter Games and Summer games
15	TELUS World of Science - Edmonton 11211 142 Street NW T5M 4A1	Seniors' rates on general admission and IMAX tickets
17	YMCA of Northern Alberta Castle Downs Family YMCA 11510 153 Avenue NW	Offering over 20 free drop-in fitness classes geared towards senior members.
18	Edmonton Public Library - Sprucewood Branch 11555 95 Street NW T5G 1L5	Library
20	Edmonton Public Library - Calder Branch 12710 131 Avenue NW T5L 2Z6	Library
22	Edmonton Valley Zoo 13315 Buena Vista Road NW T5J 2R7	Leisure and recreation activities
23	Edmonton Public Library - Woodcroft (Westmount) Branch 13420 114 Avenue NW T5M 2Y5	Library
24	Edmonton Public Library - Londonderry Branch 166 Londonderry Mall 137 Avenue & 66 Street T5C 3C8	Library
27	Edmonton Public Library - Castle Downs Branch 106 Lakeside Landing 15379 Castle Downs Road NW T5X 3Y7	Library
29	Edmonton Public Library - McConachie Branch 16607 50 Street NW T5Y 0C8	Library
30	Edmonton Public Library - Lois Hole Library 17650 69 Avenue NW T5T 3X9	Library
32	YMCA of Northern Alberta William Lutsky Family YMCA 1975 111 Street NW	Offering over 20 free drop-in fitness classes geared towards senior members.
34	Edmonton Public Library - Mill Woods Branch 2610 Hewes Way NW T6L 0A9	Library
35	Edmonton Public Library - Meadows Branch 2702 17 Street SW T6T 0X1	Library

Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
36	Edmonton Public Library - Heritage Valley 2755 119A Street SW T6W 3R3	Library
37	ACT Aquatic & Recreation Centre 2909 113 Avenue NW T5W 0P3	Adult senior leisure dance and water works for people with muscle or joint mobility problems
39	Edmonton Public Library - Abbottsfield - Penny McKee Branch 160, 3210 118 Avenue T5W 4W1	Library
44	Edmonton Public Library - Clareview Branch 3808 139 Avenue NW T5Y 3E7	Library
45	Edmonton Public Library - Whitemud Crossing Branch 145 Whitemud Crossing Shopping Centre 4211 106 Street NW T6J 6L7	Library
46	Edmonton Public Library - Highlands Branch 6710 118 Avenue T5B 0P3	Library
47	Edmonton Public Library - Riverbend Branch 460 Riverbend Square Rabbit Hill Road & Terwillegar Drive T6R 2X2	Library
48	Edmonton Public Library - Stanley A. Milner 7 Sir Winston Churchill Square T5J 2V4	Library
49	YMCA of Northern Alberta Jamie Platz Family YMCA 7121 178 Street NW	Offering over 20 free drop-in fitness classes geared towards senior members.
50	The Minus One (Social Dance) Club of Edmonton Bellevue Community Hall 7308 112 Avenue NW	Club hosts social dances with live bands playing polkas and waltzes for singles and married couples of all ages.
53	Edmonton Public Library - West Henday Promenade (LewisEstates) 818 Webber Greens Drive NW T5T 4K5	Library
54	Edmonton Public Library - Idylwyld Branch 8310 88 Avenue NW T6C 1L1	Library
55	Edmonton Public Library - Strathcona Branch 8331 104 Street NW T6E 4E9	Library
56	Provincial Archives of Alberta 8555 Roper Road NW T6E 5W1	Hosts numerous events and workshops
57	Edmonton Public Library - Jasper Place Branch 9010 156 Street NW T5R 5X7	Library
59	Kinsmen Sports Centre 9100 Walterdale Hill NW T6E 2V3	Special rates for seniors (65+)
60	John Walter Museum 9180 Walterdale Hill NW T6E 2V3	Edmonton's history through the story of this pioneer family.
64	YMCA of Northern Alberta Family Resource Centre, Boyle Street Plaza 9538 103A Avenue NW	Offering over 20 free drop-in fitness classes geared towards senior members.

Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
66	Muttart Conservatory 9626 96A Street NW T6C 4L8	Biological gardens, seniors save on daily admission
68	Edmonton Public Library - Capilano Branch 9915 67 Street NW T6A 3C2	Library
70	Fort Edmonton Park Corner of Fox Drive and Whitemud Dr	Living history park
70	John Janzen Nature Centre Fox Drive & Whitemud Drive NW T5K 1M7	Leisure and recreation activities
N/A	epl2you Edmonton Public Library Phone: 780-496-7000	Provides library materials to older adults, ill or disabled individuals who are unable to get to the library, through delivery to their homes, extended-care facilities or senior's lodges. Special materials available: large print books, Daisy Books and Daisy Players (digital talking books), audiobooks on CD, descriptive videos and DVDs, digital content.
N/A	Citizen Services Information Line - City of Edmonton Telephone: 311	Information about Citizen Services' facilities and programs including sports facilities & community activities. Leisure Access Program Phone: 780.496.4918. Provides unlimited free admission to City recreation facilities, and reduced cost for registered programs for low-income individuals and families.
N/A	Heritage Amphitheatre Phone: 780-691-1439 Email: amphitheatre@edmonton.ca	The Heritage Amphitheatre is Western Canada's largest outdoor amphitheatre.
N/A	Recreation & Wellness Directory for Older Adults Telephone: 780-423-5635	The Directory lists over 1200 courses, clubs, trips and events for adults 55+ in the Edmonton Area.
Seniors Centers, Clubs, Groups		
1	Edmonton Indigenous Seniors Centre Cottage E, 10107 134 Avenue NW T5E 1J2	Drop in centre and outreach services for Aboriginal seniors 50+
2	Bernadette N. Swan Social Care Foundation Bill Rees YMCA Building 10211 105 Street NW T5J 1E3	Computer literacy for seniors; seniors drop-in coffee and conversation; Senior Care Links: referral and resources.
6	The Royal Canadian Legion Jasper Place 10427 174 Street NW T5S 1H1	Canada's largest veteran support and community service organization
7	Senior Citizen Opportunity Neighbourhood Association (SCONA) 10440 84 Avenue NW T6E 2H2	Dinners, social, dance, foot clinic and other services for senior (south only, 55+ years)
8	Pride Centre of Edmonton 10618 105 Avenue NW T5H 0L2	Provides a non-judgmental, welcoming space where people of all sexual orientations and gender identities can be themselves, find support and meet others.
9	SouthWest Edmonton Seniors Association Yellowbird East Community Centre 10710 19 Avenue NW T6J 6W9	Activities and programs for seniors in SouthWest Edmonton. (55+ years)

Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
10	Strathcona Place Society 10831 University Avenue NW T6E 4R1	Provides services, advocacy, and opportunities for social and community engagement that enhance the quality of life for all people 55 years of age and older.
10	Strathcona Place 55+ Services & Activities 10831 University Avenue NW T6E 4R1	Recreation, continuing education and service activities
11	Southwest Seniors' Outreach Society 10832 62 Avenue NW T6H 1N1	Social activities, bus trips, hot luncheon
12	Edmonton Seniors Centre Room 3Y, 11111 Jasper Avenue NW T5K 0L4	Programs and services that promote wellness, healthy aging and independence (50+, central)
13	Central Lions Seniors Association 11113 113 Street NW T5G 2V1	Recreational, educational and social opportunities for those 55+
14	The Royal Canadian Legion Norwood 11150 82 Street NW T5B 2V1	Canada's largest veteran support and community service organization
16	SouthWest Edmonton Seniors Association Blue Quill Community League 11304 25 Avenue NW	Activities and programs for seniors in SouthWest Edmonton. (55+ years)
19	Bent Arrow Traditional Healing Society 11666 95 Street NW T5B 3E5	Senior programs and outreach services.
21	North West Edmonton Seniors Society 12963 120 Street NW T5E 5N8	Offers programming, volunteer opportunities and outreach services for seniors as well as a Home Supports Referral Program. (55+ years)
25	The Royal Canadian Legion Kingsway 14339 50 Street NW T5A 0S9	Canada's largest veteran support and community service organization
26	Sage Seniors Association 15 Sir Winston Churchill Square NW T5J 2E5	A city-wide seniors' organization that collaborates with partners who have one goal in mind: ensuring senior in Edmonton are living their best lives possible. Life Enrichment Services include: activities, classes and clubs, English as Another Language. Information and support services and events are also provided. (central)
28	Millwoods Cultural Society for the Retired and Semi-Retired 1560 48 Street NW T6L 6H9	Information, support, sports and recreation
31	Rocky Mountain Seniors Ski Club 18611 92 Avenue NW T5T 1P3	Friendly non-profit club dedicated to promoting alpine (downhill) skiing for seniors aged 55+ at all ability levels. Besides regular skiing at Edmonton's Snow Valley, the club organizes mid-week tours to various mountain ski resorts in Alberta and B.C. every winter. Stay active and social during the summer with twice weekly club bike rides and once-a-week golf.
32	SouthWest Edmonton Seniors Association William Lutsky YMCA 1975 111 Street NW	Activities and programs for seniors in SouthWest Edmonton. (55+ years)

Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
33	SouthWest Edmonton Seniors Association Seniors Lounge, Terwillegar Recreation Centre 2051 Leger Road NW	Activities and programs for seniors in SouthWest Edmonton. (55+ years)
34	Mill Woods Seniors Association 2nd Floor, 2610 Hewes Way NW T6L 0A9	Mill Woods Seniors Association offers recreational (pickle ball, etc.), social (special events), nutrition (Meals on Wheels, etc.), physical fitness (Keep Fit, etc), arts and learning (presentations, etc.), support groups (Cultural circle, etc.)
38	Heritage Senior Stop-In Centre Ermineskin Shopping Centre 3036 106 Street NW	Card games and monthly social
40	The Shaama Centre for Seniors and Women 329 Woodvale Road West NW	Helps immigrant and newcomer seniors, women, and their families to integrate into Canadian society by providing education, counselling, and other support services.
41	SouthWest Edmonton Seniors Association eOne Fitness Studio 3474 Allan Drive SW	Activities and programs for seniors in SouthWest Edmonton. (55+ years)
42	Probus Club of South Edmonton Derrick Golf and Winter Club 3500 119 Street	Provides regular gatherings of retired or semi-retired business or professional people who appreciate and value opportunities to join in outings and other activities.
43	Petrolia Seniors 3519 118 Street NW T6J 1W6	Invites seniors 55+ to luncheon and educational programs
51	North Edmonton Seniors Association (NESA) 7524 139 Avenue NW T5C 3H7	Offers courses/programs, dinner and dance, services for seniors (55+ years)
52	Around 60 Club Spirit of Hope United Church 7909 82 Avenue NW T6C 0Y1	October to March: Luncheon and entertainment, meets first Tuesday of month April to September: bus trips
58	The Royal Canadian Legion Strathcona 9020 51 Avenue NW T6E 5X4	Canada's largest veteran support and community service organization
61	South East Edmonton Seniors Association (SEESA) 9350 82 Street NW T6C 2X8	Programs and services that help seniors maintain and enhance their quality of life
62	Probus Clubs of Central Edmonton 9450 Groat Road NW T6G 2T5	Meeting and speaker usually every 3rd Tuesday of the month, except July and August. Tour, usually every 4th Tuesday of the month (except July and August). Optional lunches to follow both meetings and tours.
63	Operation Friendship Seniors Society 9526 106 Avenue NW T5H 0N2	Services offered to inner city seniors (55+ years) and include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics and transportation.
65	West Jasper Sherwood Seniors Citizen Club 9620 152 Street NW T5P 4N9	Card games, occasional daytrips
67	Westend Seniors Activity Centre 9629 176 Street NW T5T 6B3	Offers all-inclusive services for seniors, has a community café for those 55+

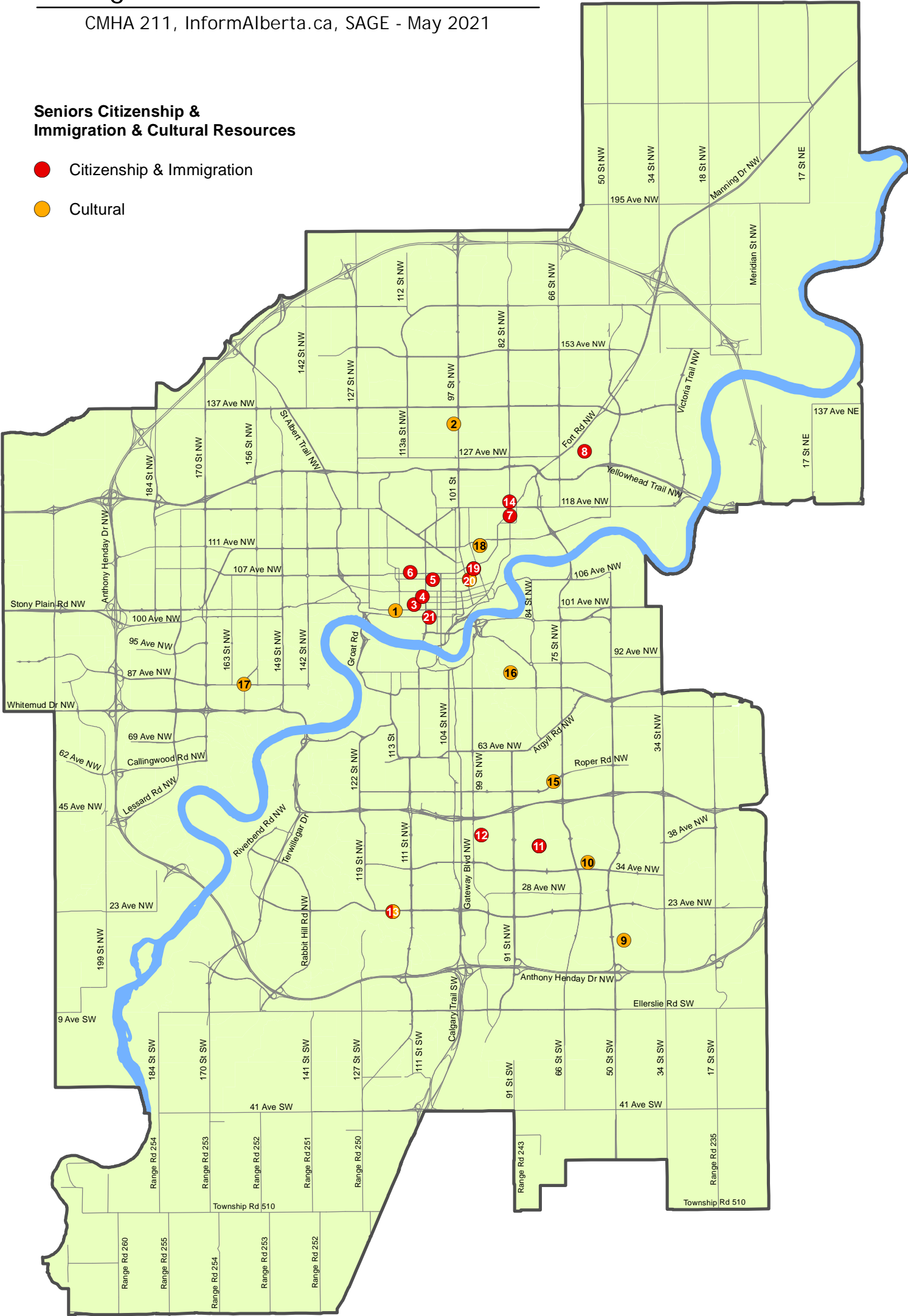
Resources for Seniors - Centres and Leisure References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
69	Drive Happiness Seniors Association 9916 45 Avenue NW T6E 5J1	Our purpose is to assist seniors in the Edmonton area remain independent in their homes as long as possible. We provide door-through-door assisted transportation to seniors in order to promote their mobility, independence, and quality of life.
N/A	GeriActors Theatre Phone: 780-248-1556 www.geriactors.ca	This is an intergenerational theatre company of seniors and students/alumni from the University of Alberta, who write plays based on stories and issues from our lives and perform throughout Edmonton.
N/A	ElderCareEdmonton - Well Connected: Virtual Day Program www.eldercareedmonton.ca/wellconnected	A community-based day program through Zoom twice a week. Time: Wednesdays from 10-11 am & Thursdays from 1-2 pm Well Connected will help our participants to stay engaged with their community, keep their mind and body active while reducing social isolation.
N/A	Seniors' Centre Without Walls Edmonton Southside Primary Care Network http://www.edmontonsouthsidepcn.ca/classes-health-resources/seniors-centre-without-walls/	A seniors' centre from the comfort of your own home. Join others for a variety of interactive telephone-based social & health programming, free of charge. Opportunity to socialize, learn new skills and stay connected.
N/A	Technology Assistance Seniors Society Telephone: 587-710-2412	Provides technology help to seniors through classes and in home visits.

Seniors Citizenship & Immigration & Cultural Resources

CMHA 211, InformAlberta.ca, SAGE - May 2021

Seniors Citizenship & Immigration & Cultural Resources

- Citizenship & Immigration
- Cultural



Seniors - Citizenship & Immigration and Cultural Resources References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
Citizenship & Immigration		
3	Edmonton Mennonite Centre for Newcomers (EMCN) 10170 112 Street NW T5K 2L6	Offers programs in community services (small business), English as an Additional Language and Career and employment
4	Islamic Family & Social Services Association (IFSSA) 10205 111 Street NW T5K 1K9	Fostering healthy family program, essential needs.
5	Canadian International Immigrant & Refugee Support Association 10584 107 Street NW T5H 2Y6	Helps sponsor refugees from all parts of the world, helps newly arrived refugees and immigrants begin to settle and adjust to their new lives in Canada. Assists in family reunification and acts as an advisor to ethnic organizations in Edmonton.
6	Edmonton Immigrant Services Association (EISA) 201, 10720 113 Street NW T6H 3H8	Programs and services to assist new immigrants and refugees to settle and integrate into Canadian society
7	Edmonton Mennonite Centre for Newcomers - EMCN at 82nd Street 11713 82 Street NW T5B 2V9	Offers programs in community services (small business), English as an Additional Language and Career and employment
8	Islamic Family & Social Services Association (IFSSA) 12811 58 Street NW T5A 4X1	Fostering healthy family program, essential needs. <ul style="list-style-type: none"> • Halal food bank • Counselling • Outreach services • Refugee support • Youth programming • Domestic violence prevention
11	Edmonton Mennonite Centre for Newcomers (EMCN) - Welcome Centre for Immigrants #200, Tower II, Millbourne Market Mall (38 Avenue & Millwoods Road NW) T6K 3L6	Offers programs in community services (small business), English as an Additional Language and Career and employment
11	Welcome Centre for Immigrants Suite 200, Tower II, Millbourne Mall 7609 38 Avenue NW T6K 3L6	Settlement and employment services including: orientation to Newcomers, career coaching, family counselling and IWIN-Immigrant Women's Integration Network
12	Islamic Family & Social Services Association (IFSSA) 85, 4003 98 Street NW T6E 6M8	Fostering healthy family program, essential needs. <ul style="list-style-type: none"> • Halal food bank • Counselling • Outreach services • Refugee support • Youth programming • Domestic violence prevention
13	ASSIST Community Services Centre Unit 2, 810 Saddleback Road NW T6J 4W4	Provides free, comprehensive and confidential services for newcomers to facilitate their settlement and integration to Canada.
14	Catholic Social Services 8212 118 Avenue NW T5B 0S3	Immigration & Settlement Services: support and outreach programs for seniors from ethno-cultural communities

Seniors - Citizenship & Immigration and Cultural Resources References: SAGE Directory of Senior Services 2020/21; www.informalberta.ca; Canadian Mental Health Association (CHMA) 211 Resource List (May 2021)		
Label	Agency Name	Descriptor
19	Multicultural Health Brokers Co-op 9538 107 Avenue NW T5H 0T7	Multicultural Senior Outreach Program (partnership between Multicultural Health Brokers Co-op, Sage and Africa Centre). Program has a team of 8 brokers within 10 communities: Eritrean, Ethiopian, Former Yugoslavia, Korean, Kurdish, Iraqi, Syrian, Spanish-speaking and Russian-speaking and South Sudanese.
19	Changing Together - A Centre For Immigrant Women Association 3rd Floor, 9538 107 Avenue NW	Seniors programs including workshops on topics of interest, arts and crafts and networking with other immigrants; English as a Second Language and other programs
20	ASSIST Community Services Centre 9649 105A Avenue NW T5H 0M3	Provides free, comprehensive and confidential services for newcomers to facilitate their settlement and integration to Canada.
21	International Qualification Assessment Service (IQAS) 9th Floor, 9942 108 Street NW T5K 2J5	Offers assistance to people in obtaining recognition for education they received outside of Canada.
N/A	Immigration, Refugees & Citizenship Canada Telephone: 1-888-242-2100	Call Centre Agents available Mon-Fri 8 am-4 pm local time. Website: www.cic.gc.ca
N/A	Legal Aid Alberta - Immigration & Refugee Services Telephone: 1-866-845-3425 Website: www.legalaid.ab.ca	Can assist with such issues as refugee claims, judicial review of failed refugee claims, detention reviews, danger options, admissibility hearings, and removal appeals.
Cultural		
1	Jewish Senior Citizens' Centre (Jewish Drop-In Centre) 10052 117 Street NW T5K 1X2	Cultural organization with seniors programming
2	Edmonton Indigenous Seniors' Centre Cottage E, 10107 134 Avenue NW T5E 1J2	Cultural organization with seniors programming
9	Millwoods Cultural Society for Retired and Semi-Retired 1560 48 Street NW T6L 6H9	Cultural organization with seniors programming
10	The Shaama Centre for Seniors and Women 329 Woodvale Road West NW T6L 3Z7	One on one support, outreach, referrals, information, translation, art, computer to seniors who are newcomers to Canada.
13	ASSIST Community Services Centre Unit 2, 810 Saddleback Road NW T6J 4W4	Cultural organization with seniors programming. Service Languages offered are: English, Arabic, Korean, Russian, Ukrainian, Hindi, Mandarin, Punjabi, Tagalog, Urdu, Swahili, Kakwi
15	German Canadian Cultural Association (Edmonton) 8310 Roper Road NW T6E 6E3	Cultural organization with seniors programming
16	Societe Genealogique du Nord-Quest 102, 8627 91 Street NW T6C 3N1	To maintain a centre for French Canadian genealogical research and to assist all persons interested in genealogy and family history of French Canadians.
17	Jewish Family Services 100, 8702 Meadowlark Road NW T5R 5W5	Cultural organization with seniors programming

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Label	Agency Name	Descriptor
18	Ital-Canadian Seniors Association 9111 110 Avenue NW T5H 4J9	Cultural organization with seniors programming
18	Patronato I.N.A.S. 9111 110 Avenue NW T5H 4J9	Cultural organization with seniors programming
20	ASSIST Community Services Centre 9649 105A Avenue NW T5H 0M3	Cultural organization with seniors programming. Service Languages offered are: English, Cantonese, Mandarin
N/A	Sons of Norway www.sofnedmonton.ca	Lodge Group Activities.