

Service & Housing Directory 2025



Showcasing Silvera Communities

Silvera for Seniors has 60 plus 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 offers both supportive living and independent living throughout Calgary?



For more information,
403.567.5301 | silvera.ca





Introducing YYC Seniors Housing -

a new online platform where you can fill out just one application to be considered for properties managed by four of this city's most respected seniors affordable housing organizations.



One Application. **Multiple possibilities.** Check it out.

Scan the QR code or visit yycseniorshousing.ca



Showcasing Silvera Communities

Silvera for Seniors has over 60 years of experience and is a trusted leader in providing a diverse selection of safe, affordable housing and important services to independent older adults.

Did you know Silvera offers both supportive living and independent living throughout Calgary?

Rental Programs

Independent Living:

- Non-Market Rental Housing - Rent geared to income
- Below Market Rental Housing
- Market Rental Housing

Supportive Living:

- Subsidized Housing with Full Services
- Market Housing with Full Services

Supportive Living Amenities and Services:

- Dining and weekly housekeeping
- Life, Learning and Leisure Programs
- Memory care at Beaverdam Commons
- Mobility suites at Shawnessy Commons

Use the personalized rent calculator QR code below, to see how Silvera's housing might fit your budget.



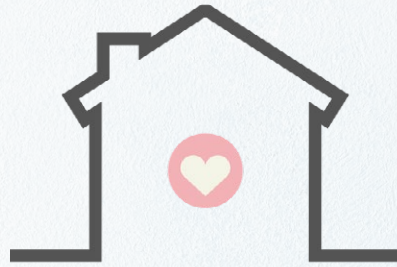
For more information

403.567.5301

leasing@silvera.ca

silvera.ca





GLOBAL SENIOR CARE

Senior Care & Dementia Care Experts

**Meal Prep
Rec Therapy
Housekeeping
Transportation
Transition Care**



**Live-in Care
Nursing Care
Personal Care
Palliative Care
Dementia Care**



Personalized Home Care, Designed to Meet your Needs

There is an AHS funding program that allows you to take control of your home health care needs! The program allows qualified individuals to access private home care services and the approved hours are subsidized. We are an approved vendor and can help!

Call us to learn more!

403-452-4555

globalseniorcare.com

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As we head into 2025, things seem to be moving faster than even last year. There is more technology, more automation, and what feels like fewer chances to interact with a real human. Well, I can guarantee this Directory is 100% people driven, and every bit of information included was created by someone who cares very much about our community.

I feel that because of this new pace of life, people start to get nostalgic for times that were a bit slower. When shopping meant going to a brick-and-mortar store to buy what you need, not an online shopping cart with an overwhelming selection of choices that we can't touch and feel.

Even people who didn't live in that time have a sense of wanting simplicity. They're calling it vintage! Well, I hope you enjoy our 'vintage' style directory, made with ink and paper. Don't scroll - flip through these pages to find housing and services that are accurate, verified, up-to-date, and ready to help you. We do have an online version, but our printed paper copy isn't going anywhere. It's thanks to the real people that put together this directory, and I'm grateful to our staff for taking the time to verify everything in this jam-packed directory, brimming with a wealth of information.

Here's to 2025, and another year of connecting to your community using this amazing, free resource.

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

Richard Parker
Board Chair for Unison Society

© 2025 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)-705-3235 or seniorssupports@unisonalberta.com.

Information compiled by Unison Seniors Supports Staff.

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Design and Production: Zac Bolan.



YOUR HEALTH, OUR PRIORITY

*Our Vision
"Healthy Horizons" - Empowering Individuals and
Travelers with Complex Health Needs, to Stay
Healthy, Safe, and Informed.*

A photograph of a red neon sign that spells out the word "PHARMACY" in large, blocky, three-dimensional letters. The sign is mounted on a light-colored, textured wall.

Our Services

- + Travel/Routine Vaccinations
- + Prescription Services
- + Travel Health Kits
- + In House Compounding
- + Free Blister Packaging
- + Senior Discount on OTC items
- + Free City-wide medication
delivery

Hours of operation:

Mon, 09:30 am – 06:30 pm
Tue, 09:30 am – 06:30 pm
Wed, 09:30 am – 08:00 pm
Thu, 09:30 am – 08:00 pm
Fri, 09:30 am – 08:00 pm
Sat, 09:30 am – 03:00 pm
Sun, Closed

587-864-4599



587-443-0700



927 6 Avenue SW,
Calgary, Alberta
T2P 0V7, Canada





Each time I speak with our members, I'm reminded of the importance of community. We crave connection to the people around us, even if it's a quick chat while getting groceries.

Connection is what this Directory is made for. Thanks to the wonderful advertisers in this latest volume, we can advise our members and community at large about the services and programs that are available to generations 50+ in Calgary and area. We could not accomplish this feat of connection, available free of charge, without the people who share their talents, time, and care with us.

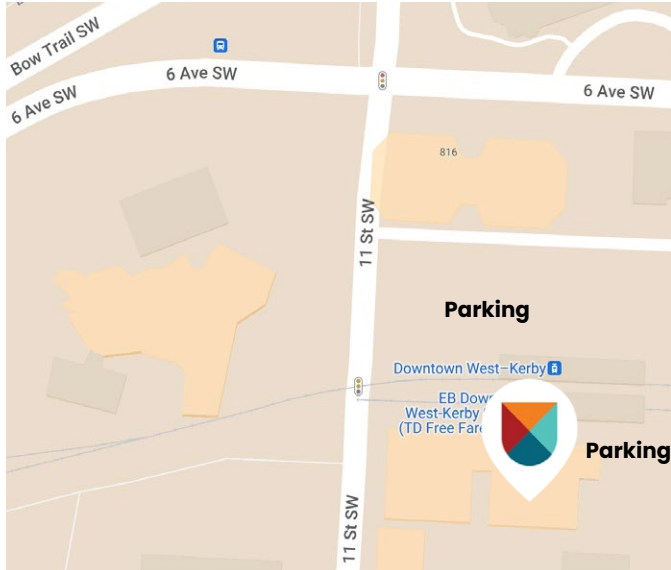
In these pages, you will find thousands of resources, from financial support to dance classes, accommodations to health providers. We have it all! You might discover a new hobby, make new friends, or find your next home. I know times are tough for seniors due to the rising cost of living, and you can find support for that in these pages, too.

I am proud of this year's directory. I know it will be a great help to many. Give us a call or come and visit us at Unison Kerby Centre if you can't find something you need in these pages. We have worked hard to include everything possible for seniors, and we are here to help. We hope you feel supported by us and this incredible resource that our community puts together every year with the greatest of care.

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

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

Unison at Kerby Centre



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

Phone: 403-265-0661

Website: UnisonAlberta.com

E-mail: HelloYYC@UnisonAlberta.com

Hours: Monday – Friday, 8 AM – 4 PM



SENIORS' WEEK
JUNE 2nd-6th, 2025

Come and celebrate aging with us! Be part of an exciting week filled with presentations, activities and more! In-person and online activities available!

Visit **UnisonAlberta.com** for FULL details.

When: Monday, June 2nd – Friday, June 6th

Where: Unison at Kerby Centre (1133–7 Avenue S.W. Calgary, AB, T2P1B2)

Join us at Unison at Kerby Centre to celebrate Seniors' Week!



For more information about becoming a sponsor, please contact
587-441-3696 | AndresG@UnisonAlberta.com



Calgary

Mayor Jyoti Gondek

A MESSAGE FROM MAYOR GONDEK

Welcome to the 2025 edition of the Seniors Directory, a comprehensive guide designed to help aging Calgarians navigate living in our great city.

My Council colleagues and I are continually inspired by the breadth of services and programs highlighted in this directory. Each year, it grows more robust. From housing options to health services, and from recreational activities to social support, this directory reflects the evolving needs of Calgarians as they age in our city.

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. As you explore these pages, you'll find a wealth of non-profit organizations and businesses dedicated to enhancing your quality of life.

Thank you to everyone at the Unison at Kerby Centre. They 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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Verve

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To book your visit call
(403) 240-4404



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Rocky Ridge Retirement Community

Tour Today

Rocky Ridge
Retirement Community *by Signature*



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- Entertainment
- Happy Hours
- Bus outings
- Lifelong Learning
- Music
- Aquasize
- Theatre
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Don't know what to do?
Is your will up-to-date?**

ESTATE
options

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can help.**

Serving Calgary and Medicine Hat

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estateoptions.ca**



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needs changing?
Not sure of your
next move?**

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**Call now:
403-606-5776**

**Visit:
geraldinehampton.com**



#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)
canada.ca/en/services/benefits/publicpensions/cpp.html
- Apply for Old Age Security (OAS)
canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html
- Apply for Guaranteed Income Supplement (GIS)
Call: 1-800-277-9914 for application status
canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html

– Special Needs Assistance (SNA). Call: 1-877-644-9992 for application status.
alberta.ca/seniors-special-needs-assistance

- 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
alberta.ca/coverage-for-seniors-program

3 MONTHS BEFORE

- Apply for Alberta Seniors Financial Assistance Program (alberta.ca/seniors-financial-assistance). 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
alberta.ca/dental-optical-assistance-seniors

AFTER TURNING 65

- Apply for Calgary Transit Seniors Bus Pass
Call: 403-262-1000
- 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



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)
- -be 60 years old or older.



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
SeniorSupports@UnisonAlberta.com
403-705-3246

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

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 common-law 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

CANADA DENTAL CARE PLAN (CDCP)

To qualify for the CDCP, you must meet all 4 of these requirements:

- You don't have access to dental insurance
- Your adjusted family net income is less than \$90,000
- You're a Canadian resident for tax purposes
- You filed your tax return for the previous year

You need to meet all the eligibility criteria to qualify for the CDCP.

If you have dental coverage through government social programs

If you have dental coverage through a provincial, territorial or federal government social program, you can still qualify for the CDCP. If you qualify, your coverage will be coordinated between the plans to make sure there are no duplication or gaps in coverage.

canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html

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.

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.



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 48)

BUS PASS

- Low-income monthly bus passes are available from Calgary Transit (Page 64)

ACCESSIBLE TRANSPORTATION

- Access Calgary – Calgary Transit (Page 64)

FOOD DELIVERY

- Meals on Wheels (Pages 30)
- Unison at Kerby Centre Thrive (Page 30)

FOOD

- Calgary Food Bank (Page 30)

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 140)

INCOME SUPPORT

- Alberta Employment and Immigration (Alberta Works) can provide financial support (Page 48)

INCOME SUPPORT FOR THOSE LIVING WITH A DISABILITY

- Canada Pension Disability—CPP (Page 50)

PENSION

- Canada Pension retirement benefits can begin at age 60. The Allowance for the Survivor may also start at 60. (Page 50)

RECREATION

- City pools and recreation facilities offer a subsidy for low-income earners (Page 55)
- 50+ clubs offer low-cost programs (Page 55)
- Unison's Active Aging department offers over 150 exciting programs, over four semesters for any fitness level (Pages 29, 42, 55)

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

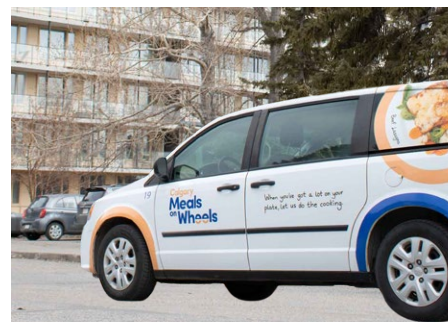
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delivered right to your door.

We'll find a program
that is right for you.

403-243-2834
www.mealsonwheels.com

Calgary
**Meals
on Wheels**



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.

Cooperative Memorial Society

Plan Ahead, Save More, Stress Less Affordable Funeral Planning

Plan for **Peace of Mind** today – \$40 lifetime membership can save your family \$3,500 or more.

- **Affordable Options:** Save significantly on funeral services with pre-negotiated plans when needed.
- **Local Partnerships:** Work with trusted, locally-owned funeral homes across Alberta.
- **No Sales Pressure:** Make informed decisions with our transparent and straightforward process. No purchase necessary.
- **Comprehensive Planning:** Pre-plan your arrangements to relieve your family of difficult decisions and financial stress.
- **Member Benefits:** Secure discounted plans and keep your preferences on file for easy access when needed.

Visit our website at
coopmemorial.org
or call us at 403-
248-2044.



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 downloaded for applying to the Court of King's bench dealing with non-contentious surrogate matter.
alberta.ca/surrogate-forms-non-contentious-matters

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.

CALGARY CO-OPERATIVE MEMORIAL SOCIETY (CCMS)

Suite 204A, 223 – 12th Avenue S.W. Calgary, AB T2R 0G9

P: 403-248-2044

admin@coopmemorial.org

coopmemorial.org

- We are a member-owned funeral planning cooperative serving Albertans since 1966. Partnering with locally-owned funeral homes in major centres across the province, we ensure access to affordable funeral arrangements and pre-planning services, making dignified end-of-life care available to every Albertan.

See information sheets on Personal and Financial Decision-Making Options on page 17 and Wills and Estates on page 18.



Need Legal advice?

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

UnisonAlberta.com
SeniorSupports@UnisonAlberta.com
403-705-3246

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

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)
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

- A non-urgent telephone-based service providing information, consultation and referrals for individuals of all ages with addiction and/or mental health concerns

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.

UnisonAlberta.com

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.

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.

UnisonAlberta.com

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

403-290-5755, 403-629-4604

scelis@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.

DIRECTORY OF SERVICES

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

- Offered at multiple locations across Calgary, Carya provides registered, drop-in, and community-led programs that foster connection and belonging, such as conversation cafés, art, volunteer opportunities, recreational activities, and more.

SENIORCONNECT

CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

info@calgaryseniors.org

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Provides free presentations on recognizing at-risk seniors and how to get them support.

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 20, 22, 26, 27, 29, 30, 34, 51, 55, 57, 63, 67, 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

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

csrmail@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.

UnisonAlberta.com

DIRECTORY OF SERVICES

FINANCIAL SERVICES

LILLIAN HUANG CFP® TEP

Life Insurance Broker

Calgary and Surrounding Area

P: 587-816-8428

C: 403-400-6026

Lillian@lillianhuang.ca

lillianhuang.ca

Leave a Legacy, Not a Burden

Plan Ahead

- Final Expenses
- Mortgage Insurance
- New Immigrants
- Travel | Super Visa Insurance
- Proudly served 1000+ seniors

MORTGAGE CONNECTION

110 1121 Centre Street, NW Calgary, AB, T2E 7K6

P: 403-701-7878

Paul@mortgageconnection.ca

paultraptow.ca

- Where you Matter “Let your home PAY you... Ask me how”

MRMB SERVICES INC.

Calgary and surrounding areas

P: 403-730-7770

bremaultm100@gmail.com

www.mrmbservicesinc.com

- Care Planning, Task Help, Bookkeeping
- Contact: Monique Bremault. Helping seniors age in place with safety, comfort, and support. Tailored care plans, daily assistance, and funding guidance.
- “Empowering Care, Streamlining Finances”

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

Single session in person (appointment required)

For urgent mental health session walk-in 7 days/week 12pm - 7pm.

- 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.




Your Next Chapter Awaits: Seamless Home Transitions

- ✓ Personalized Service
- ✓ Respectful of Your Time and Choices
- ✓ Stress-Free Home Transitions
- ✓ Clear Communication, No Surprises
- ✓ Trusted Network of Professionals

REALTORS® with
ROYAL LEPAGE
Benchmark

Justyna Jakimowicz Melanie Jardine Marino Coco
Seniors Real Estate Specialist®

Speaks Polish  Speaks Italian and French

403-909-2337 | 403-829-1378 | 403-875-2626

UnisonAlberta.com

CARYA

P: 403-269-9888

P: 403-205-5244 - Intake line

F: 403-205-5281

180, 839 - 5th Avenue SW T2P 3C8

caryacalgary.ca

- Brief, non-crisis counselling sessions are provided by clinical professionals skilled in addressing the unique needs and challenges faced by older adults (65+). Providing barrier-free, subsidized services to ensure cost is never prohibitive, with sessions available at multiple locations.

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 COMMUNITY MENTAL HEALTH SERVICE

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.

UnisonAlberta.com

FINAL EXPENSE INSURANCE

Leave a legacy,
NOT a burden!



- ✓ broker service
- ✓ No medical exam
- ✓ Immediate coverage
- ✓ Fast payout
- ✓ Up to age 85

Learn
More



Lillian Huang CFP TEP

Insurance Advisor

Lillian@LillianHuang.ca

📞 587-816-8428

DIRECTORY OF 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

100, 6131 6 St. SE T2H 1L9

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.

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

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.

Seek Out our Unison Wellness Connection Centre

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



UnisonAlberta.com

HelloYYC@UnisonAlberta.com | 403-234-6566

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

403-410-1160

5115 17 Ave SE #100 T2A 0V8

- Assistance with clothing and other emergency.

SENIORCONNECT

CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

Referrals: 403-266-4357 (24-Hour Distress Centre)

info@calgaryseniors.org

3639 26 Street NE T1Y 5E1

www.calgaryseniors.org

- Provides urgent social work intervention for seniors living in the community requiring immediate support.

UNISON ELDER ABUSE SHELTER & OUTREACH

P: 403-705-3250 (Elder Abuse Resource Line)

TTY Capable

F: 403-705 3242

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.

UnisonAlberta.com

DIRECTORY OF SERVICES

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.

LAURA SILVER

CERTIFIED DEATH DOULA

P: 403-478-9567

laura@deathdoulalaura.ca

www.deathdoulalaura.ca

- Providing compassionate end of life support in the areas of planning, legacy, respite, vigil and bereavement. Support for MAiD.

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.

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.

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.

Seek Out our Unison Wellness Connection Centre

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

UnisonAlberta.com

HelloYYC@UnisonAlberta.com | 403-234-6566



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.

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.

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

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
kmaqsood@ccisab.ca
2nd Floor, 1111 11 Avenue SW T2R 0G5
ccis.ab.ca

- Offer LINC program for permanent residents, convention refugees and Ukrainian CUAEP.

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.

DIRECTORY OF SERVICES

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 – EXPERIENCE COUNTS – TARGETED INITIATIVE FOR MATURE WORKERS

P: 403-668-5445

F: 403-668-5448

ccec@mccareers.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

P: 403-273-2822

915 33 Street NE T2A 6T2

info@prospectnow.ca

prospectnow.ca/workwise/

- Provide employment services for all types of job seekers.

SERVICE CANADA - JOB BANK

jobbank.gc.ca

- Online job search, career planning and training resources.

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.

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.

UnisonAlberta.com

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.

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

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

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

- Provide support to individuals diagnosed with HIV positive living in Southern Alberta.

Thrive Food Security



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



UnisonAlberta.com
403-705-3222

DIRECTORY OF SERVICES

CANCER SERVICES

ARTHUR J.E. CHILD COMPREHENSIVE CANCER CENTRE

3395 Hospital Drive NW, Calgary, T2N 5G2
587-231-3100

albertahealthservices.ca/ajec/page15399.aspx

- Access to comprehensive cancer care services

CANADIAN CANCER SOCIETY

P: 403-205-3966, 1-888-939-3333

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).

SCREENING FOR LIFE

P: 1-866-727-3926

F: 403-355-3287

2210 2 St SW T2S 3C3

screeningforlife.ca/screentest

Adult Day Program

Providing the support you need.

Our ADP programming is focused on promoting Aging in Place by providing stimulating activities in a healthy, safe, and supportive environment while offering respite to caregivers. This is a vital aspect of our mission, as we recognize the importance of supporting both individuals and those who care for them.

*Enrollment through Alberta Health Services
403-943-1920*



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

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

CHRONIC ILLNESS

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: 403-955-8135

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.

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

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

DIRECTORY OF SERVICES

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.



Visit the Unison Wellness Connection Centre

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



UnisonAlberta.com
HelloYYC@UnisonAlberta.com | 403-234-6566

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

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

Adult Day Program

1939 Veteran's Way NW
P: 403-944-7852
carewest.ca

CAREWEST SIGNAL POINTE

AHS Adult Day Program
6363 Simcoe Rd. SW
P: 403-240-7953
carewest.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 & last 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 – Once Per Month On The 2nd
Wednesday

FAMILY CAREGIVER CENTRE

P: 403-955-1674
family.caregivercentre@albertahealthservices.ca
www.ahs.ca/services/Page13155.aspx
• 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

**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

Genacare
FAMILY SUPPORT

COMPASSIONATE
CUSTOMIZED
HOME CARE

Client Directed
Homecare Program

Dementia Care

Companion Care

SCAN FOR MORE INFO

genacarefamilysupport.com (403) 990-6879

EXPERIENCE THE DIFFERENCE TODAY

DIRECTORY OF SERVICES

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

UnisonAlberta.com

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.
- 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,

- commodore, 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.

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.

- 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.

THE FLO GROUP

602-12th Ave S.W #500 Calgary, AB T2R 1J3
P: 403-828-3880
michael@theinnerflo.com
theinnerflo.com

- A new, healthy, and adorable way of hearing! Giving seniors another option that fits their needs and budget.

Our hearing clinic is here to help you.
 In many cases, nearly the **ENTIRE COST** of hearing aids may be covered for low income seniors.



Dr. Carrie Scarff and her team have over 25 years of experience in the hearing loss field.

Don't miss out on hearing what life has to offer.
 Call us to find out more!

Home Visits Available!



Audiology Innovations

Mission | Mount Royal West | Glenbrook Plaza
 Sunpark | The Hub NW | Red Deer

403-252-4722

www.audiologyinnovations.ca

DIRECTORY OF SERVICES

STAYWELL HOMECARE & MEDICAL SUPPLIES

Calgary and Surrounding Area
10-4624 Varsity Dr NW Calgary, AB T3A2L9
P: 403-874-8787
info@staywellmedicalsupplies.ca
staywellmedicalsupplies.ca

- Leading Providers of Home Care Medical Supplies and Rental Products.
- We are committed to serving clients from all walks of life, offering convenient to-your-door delivery for both product purchases and rentals.

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)



LEADING PROVIDERS OF HEALTH CARE SERVICES LIKE MEDICAL CLINIC, PHARMACY SERVICES, HOME HEALTH CARE, MEDICAL SUPPLIES AND RENTAL PRODUCTS AND MORE

OUR PRODUCTS

Staywell Homecare carries a variety of products to serve your needs. Check our extensive catalog at staywellmedicalsupplies.ca

- Family Physicians accepting new patients
- Pharmacy Services with prescribing pharmacist on site
- Rental Equipment
- Compression Stockings
- Mobility
- Bathroom Safety
- Braces and Orthotics
- Ostomy Supplies
- Wound Care
- Catheters
- Daily Living Aids and General Products
- Needles and Syringes



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.

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.



Alberta Lymphedema Association

A Voice for Lymphedema

About Us

The Alberta Lymphedema Association (ALA) is a patient-focused charitable organization founded in 2003 by a team of people who recognized the need to help Albertans living with or at risk of lymphedema.

Visit our Website for:

Lymphedema Information
Locating a Clinic or Therapist
Resources for your Physician
Upcoming Events
Educational Videos
Research Studies
Volunteer Opportunities
... and more!



 **albertalymphedema.com**



Free Shipping
Free shipping on all orders above \$200



Measurement Service
We are proud to provide measurement service at the comfort of your home



Quality Products
Wide range of products with industry leading quality



Payment
Wide range of payment options available to pay

Call or walk in to one of our TWO GREAT LOCATIONS to learn more about our products and other services:

 **Unit #10, 4624 Varsity Drive NW, Calgary, T3A 2L9**

 **Pharmacy: 825-414-0721**
Medical Clinic: 403-416-3933
Medical Supplies: 403-874-8787

 **info@staywellpharmacy.ca**
info@staywellmedical.ca
info@staywellmedicalsupplies.ca

 **159 Carrington Plz #190**
Calgary, AB T3P 1Y3

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.

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:

Calgary Neuropathy Association

DO YOU HAVE
**BURNING, TINGLING
PAIN IN YOUR
HANDS OR FEET?**

You may have **neuropathy**.



Visit us at
calgaryneuropathy.com

Learn to self-manage your pain through:
Education • Group Dialogue • Presentations

HEALTH ORGANIZATIONS

See also Disability Services page 28.

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

188 15 Ave SW #901, T2R 1S4

403-829-2559

info@albertalymphedema.com

albertalymphedema.com

- Aid and support those impacted by lymphedema of all kinds, empower and advocate for those impacted by this disease in order to promote optimal health.

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@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.

DIRECTORY OF SERVICES

CANADIAN CANCER SOCIETY

P: 403-205-3979

Toll-Free Number: 1-888-939-3333

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.

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.sab@kidney.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

#103, 1259 91 Street

Edmonton, T6X 1E9

Toll-free 1-888-774-5864

info@ablung.ca

ablung.ca

- Provides information on lung health.

UnisonAlberta.com



BioStrong provides a scientifically proven way to build bone density, strength and improve balance, *naturally*.

Book A Free Session!

Call us: (403) 978-9780

Email us: info@biostrong.ca

Online: biostrong.ca/free-session

Two Calgary locations!

South: 311 - 12100 Macleod Trail SE, Calgary

North: 130 - 1620 29 Street NW, Calgary

MULTIPLE SCLEROSIS SOCIETY

150-110 Quarry Park Blvd SE, T2C 3G3

P: 403-250-7090

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

msnavigators@mscanada.ca

mssociety.ca

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

MUSCULAR DYSTROPHY CANADA - ALBERTA COMMUNITY OFFICE

P: 1-800-366-8166 ext. 5201

P: 780-489-6322

F: 780-486-1948

info@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: 1-800-561-1911

F: 403-243-8283

info@parkinsonalberta.ca

parkinsonalberta.ca

- Information and services for persons with Parkinson's.

PROSTADID 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.



**JOIN THE
UNISON FAMILY**

UnisonAlberta.com/Membership
403-265-0661



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.

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.



Over 50 years of Delivering the Finest Home Care



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**SERVICES
OFFERED**

- Respite Care
- Companionship
- Dementia Care
- Nursing Support
- Home Care Support



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CONSULTATION**

More Info
www.classiclifecare.ca



DIRECTORY OF SERVICES

ACTIVE AGING SENIORS

Calgary and Surrounding Area

P: 587-436-8819

info@activeagingseniors.ca

activeagingseniors.ca

In-Home Recreation Therapy Services:

- Fit Minds coaching (Cognitive Stimulation therapy)
- Individualized Senior Fitness
- Alzheimer's & Dementia care
- Therapeutic recreation activities

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

Calgary and Surrounding Area

P: 403-276-6828

info@OT2U.ca

ot2u.ca

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

UnisonAlberta.com



HOME CARE SERVICES FOR SENIORS

General support: Personal care, errands, light housekeeping, meal preparation, and more.

Companionship: Social visits & activities.

Transportation: safe travel to/from appointments.

Royal royalhomecaregivers.com
HOME CAREGIVERS (825) 736-7456

Where Care & Compassion Resonate

VALLEY TO PEAK TO CONSULTING

6903 Hunterbow Cres NW Calgary, AB T2K 4R4

P: 403-899-3772

F: 587-317-7291

catharine@valleytopeak.ca

valleytopeak.ca

- Award winning occupational therapists providing in-home/virtual aging-in-place, home accessibility, mobility, cognitive, mental health assessments and treatments.

HOME CARE

ALWAYS BEST CARE SENIOR SERVICES

Unit 440 301 14 St NW Calgary T2N 2A1

P: 403-812-0778

infocalgarynw@abc-seniors.com

alwaysbestcareCalgaryNW.com

- In-home care
- Companionship
- Surgical recovery
- Dementia & Alzheimer's Care
- AHS client directed program



November is Falls Prevention Month

Am I at risk for a fall?

Falls are the leading cause of injury among seniors. The older we get, the greater the risk of falling. Our bodies naturally change with age, and these changes affect the way we feel and move. A fall can have a devastating and lasting impact and reduce quality of life.

The good news is there are actions you can take to prevent falls. Visit Finding Balance AB website www.findingbalancealberta.ca for information and free resources to help seniors prevent falls, be active and stay independent.

Order through our online resource catalogue or email info@findingbalancealberta.ca

Finding Balance is a program of the Injury Prevention Centre.



For more information
www.findingbalancealberta.ca



HOMEFREE

Calgary and Surrounding Area

P: 403-902-2180

hi@homefree.care

homefree.care

- Managing your loved one's well-being at home is demanding — HomeFree keeps them healthy and happy in the home they love. We make Homecare simple, so you can relax and enjoy their golden years.

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

- 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.

ROYAL HEALTH CARE STAFFING

#5, 3850 19 St. NE Office #205 Calgary, AB T2E 6V2

P: 825-736-7456

info@rhcstaffing.ca

Rhcstaffing.ca

- A Trusted provider of temporary, certified health care staff: nurses & health care aides.

JUST LIKE FAMILY HOME CARE

500 - 5940 Macleod Trail SW Calgary AB T2H 2G4
Calgary and surrounding areas

P: 403-879-1424

calgary@justlikefamily.ca

calgary.justlikefamily.ca

- Changing how people live and age at home, we help you navigate the aging journey with customized professional home care services, transportation, and resources.



JUST LIKE FAMILY[®]
HOME CARE
—CALGARY—
(403) 879-1424

You're unique. So is your family.
Aging affects the whole family. We can help navigate this journey.

QR Code: 
Google ★★★★★

- Customized approach to meet the unique needs of you and your family 24/7
- Companionship, transportation, personal care, light housekeeping, post-hospitalization and respite care, support for complex conditions such as dementia, and more
- Approved provider for the Client Directed Home Care Invoicing program (CDHCI)
- Largest Canadian-owned home care company, established in 2010
- A Certified Social Enterprise where profits are reinvested in our communities

justlikefamily.ca

DIRECTORY OF SERVICES

HOSPICE PROGRAMS

LAURA SILVER CERTIFIED DEATH DOULA

P: 403-478-9567

laura@deathdoulalaura.ca

www.deathdoulalaura.ca

- Providing compassionate end of life support in the areas of planning, legacy, respite, vigil and bereavement. Support for MAiD.

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.

JOIN THE UNISON FAMILY



Are you ready to unlock amazing savings?

What does your membership include?

- A monthly newspaper, Unison News mailed to you,
- A monthly e-Newsletter emailed to you,
- Discounts on select Unison events,
- Discounts on programs, trips, and classes,
- And more!

**Don't face aging alone;
imagine the possibilities with Unison.
Life is better, Together!**

Visit unisonalberta.com/membership
or call 403-265-0661 for more information

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.

MENTAL HEALTH

ALBERTA HEALTH SERVICES ACCESS MENTAL HEALTH

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

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

- 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

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

10301, Southport Rd SW T2W 1S7

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.

UNIVERSITY OF CALGARY PROGRAM TRYMGYM

P: 403-220-5029

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 5C7

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.

UnisonAlberta.com

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

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

IN HOME PHYSIOTHERAPY SOLUTIONS

Calgary and Surrounding Area

P: 1-844-256-7684

reception@inhomephysicaltherapy.ca

inhomephysicaltherapy.ca

We Come To You!

- InHome Physiotherapy offers a mobile service in the comfort of your own home. Our team of experienced and knowledgeable therapists are dedicated to alleviating a range of painful conditions commonly experienced by seniors.

Desi Home Care for Seniors at Home

Family Care, when family can't be there!



Access subsidized home care at little to no cost!

- ✓ Authorized Client Directed Home Care (CDHC) Vendor
- ✓ We Direct Bill Alberta Blue Cross & Alberta Health Services (AHS)

Our Tailored Services:

- Nursing & Personal Care
- Post Surgery Care
- Dementia Care
- Respite Care
- 24/7 Care



Contact us for a FREE CONSULTATION!



403-460-8888
403-460-0600



Greater Calgary Area



desihomecare.ca



info@desihomecare.ca

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.

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 142.

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.

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.

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

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

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.

FRIENDLY VISITING – CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Volunteers provide in-person social companionship with seniors, reducing feelings of isolation and loneliness.

FRIENDLY CHECK-IN – CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Volunteers offer social support over the phone, providing a reassuring presence and a listening ear.

PET ASSIST –

CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Volunteers offer social companionship while providing help with pets.

PRACTICAL KINDNESS –

CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

3639 26 Street NE T1Y 5E1

calgaryseniors.org

- Volunteers provide short-term on-demand support for compassionate reasons, addressing needs with care and empathy.

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: 1-844-297-1907

F: 403-297-6221

css.calgaryaish@gov.ab.ca

alberta.ca/aish

UnisonAlberta.com

PENSIONS — FEDERAL

For Veterans Pensions, see listing under Veterans and Armed Services, page 66.

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**

- 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
 - 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



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
SeniorSupports@UnisonAlberta.com
403-705-3246**

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

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).
 - 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

UnisonAlberta.com

PENSIONS — PROVINCIAL

See also *Seniors' Health Benefits*, page 38.

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.

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.

DIRECTORY OF SERVICES

LEGAL AID ALBERTA

Sunlife Place

10123 99 Street NW, Edmonton Alberta T5J 3H1

P: 1-866-845-3425

F: 1-866-382-7253

legalaids.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.

LAND TITLES

P: 403-297-6511

F: 403-297-8641

ltos@gov.ab.ca

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

servicealberta.ca

- For transfer of land titles.

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 17).
- 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.

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.

Dr. Anita Dorczak

Ph.D., M.A., LL.B., Cert. EM, PC, CLP

Certified Listening Professional

Lawyer, Mediator, Speaker



Car Accidents

Accidentes de tránsito



Slip and Falls

Resbalones y caídas



Elder Mediation

Mediación de adultos mayores

📞 403-264-4477

✉️ ADorczak@DrAnita.Lawyer

🌐 www.DrAnita.Lawyer



Services in English, Polish, Spanish



JOIN THE UNISON FAMILY

UnisonAlberta.com

403-265-0661



LGBTQ RESOURCES

ACCOMMODATION

gaycalgary.com/Directory

ALBERTA TRANSGENDER RESOURCES

albertatrans.org

CALGARY OUTLINK

1st Floor Community Wise Office

105, 223 12 Avenue SW

P: 403-234-8973

calgaryoutlink.ca

info@calgaryoutlink.ca

Drop-in hours: 9:00 am to 5:00 pm

CANADA HUMAN RIGHTS TRUST

egale.ca

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, 403-837-7084

b.stojanovic@centrefornewcomers.ca

n.keramati@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/

RAINBOW ELDERS CALGARY

P: 587-228-6469

rainbowelderscalgary@gmail.com

- Monthly meetups on first Wednesday of every month 1-3pm at Unison at Kerby Centre 1133 7Ave SW, 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

KENSINGTON CLINIC

2431 5th Avenue NW, Calgary, T2N 0T3

P: 403-283 9117

kensingtonclinic.com

PETER LOUGHEED CENTRE ABORTION SERVICES

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

info@safelinkalberta.ca



**JOIN THE
UNISON FAMILY**



**UnisonAlberta.com/Membership
403-265-0661**

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)

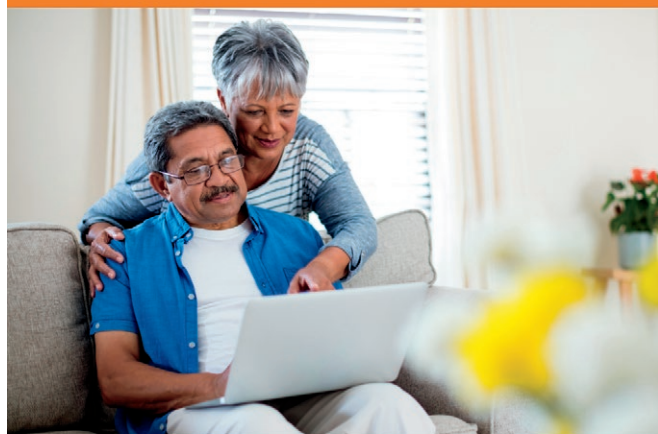
F: 403-260-2737

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

Active Aging Online!

Providing options to stay fit,
engaged, entertained and
connected **from your home.**



UnisonAlberta.com
Program@UnisonAlberta.com | 403-462-5080

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.

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.

SENIORCONNECT – CALGARY SENIORS' RESOURCE SOCIETY

403-266-6200

Referrals: 403-266-4357 (24-Hour Distress Centre)

info@calgaryseniors.org

3639 26 Street NE T1Y 5E1

www.calgaryseniors.org

Provides urgent social work intervention for seniors living in the community requiring immediate support.

UnisonAlberta.com

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. Drop-in 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 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
mrucougars.com

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

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.

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.

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

UnisonAlberta.com
Program@UnisonAlberta.com
403-705-3233



DIRECTORY OF SERVICES

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

mnmoutdoorclub2018@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: 403-890-9058

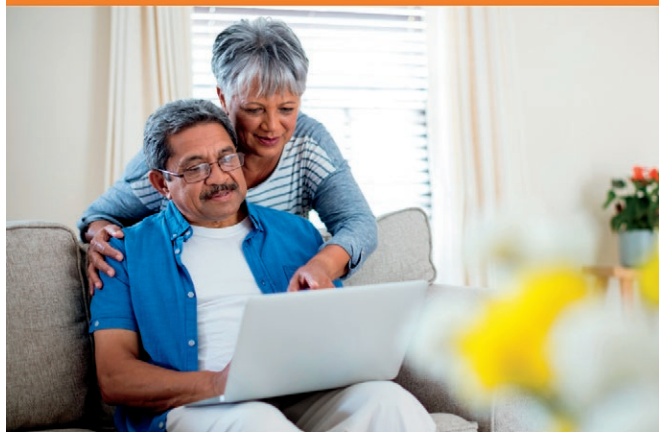
soccalgary@gmail.com

soccalgary.com

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

Active Aging Online!

Providing options to stay fit,
engaged, entertained and
connected **from your home.**



UnisonAlberta.com
Program@UnisonAlberta.com | 403-462-5080

STANLEY PARK LAWN BOWLING CLUB

350 42 Ave SW T3C 1Y3

P: 403-532-8006

stanleyparklawnbowling.com

- Summer run facility, check website for schedule.

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: 403-276-4009

westwindsseniorshiking.com

info@westwindsseniorshiking.com

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

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

ANA SENIORS

P: 403-285-1707 (Gayle)

- Every second Thursday from September to May
- 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

Adult Day Program

Providing the support you need.



Our ADP programming is focused on promoting Aging in Place by providing stimulating activities in a healthy, safe, and supportive environment while offering respite to caregivers. This is a vital aspect of our mission, as we recognize the importance of supporting both individuals and those who care for them.

*Enrollment through Alberta Health Services
403-943-1920*



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

DIRECTORY OF SERVICES

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

cjcamain@shaw.ca

CALGARY RETIRED TEACHERS' ASSOCIATION

crtatb@gmail.com

calgaryretiredteachers.org

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

Stay Informed with Unison News!

Did you know Unison members receive our monthly newspaper **directly to their door**? Stay connected with the latest updates, events, and programs designed to support seniors in our community.

**Become a member today for only \$25
and stay connected with Unison!**



UnisonAlberta.com

403-705-3222 or HelloYYC@UnisonAlberta.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
pdnf.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

GROUPS — NE CALGARY

AIRDRIE PROBUS CLUB

P: 778-240-1671
airdrieprobust184@gmail.com
probustcanada.ca

- This non-profit organization of 250 Canadian clubs, & over 35,000 members, provides Friendship, Fun & Fellowship for retired & semi-retired people.

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
focusonseniors@hotmail.com
focusonseniors.ca

LOMA NORTH EAST SENIORS

P: 403-248-1775

MARLBOROUGH 50+ CLUB

P: 403-273-5894
info@calgarymarlborough.com
calgarymarlborough.com/programs/

PINE RIDGE SENIORS

P: 403-280-2774
Meet Mondays 11:00am to 1:00pm
info@pineridgeyycc.ca

THORNVIEW 55+

5600 Centre St N, T2K 0T3
P: 403-606-6313
ryim@shaw.ca

- Offers support for the social, mental and physical well-being of Calgarians 55+



Visit the Unison Wellness Connection Centre

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



UnisonAlberta.com
HelloYYC@UnisonAlberta.com | 403-234-6566

DIRECTORY OF SERVICES

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 COMMUNITY ASSOCIATION

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

1520 Northmount Drive NW

P: 403-284-3477

F: 403-284-3951

office@brentwoodcommunity.com

CARRIBBEAN 50+ ASSOCIATION

P: 403-295-7714

ackee@telusplanet.net

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

CONFEDERATION PARK 55+

2244 Chicoutimi Dr NW T2L 0W1

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

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

Volunteer with Us!

Join our Unison Family as a volunteer!
Make a difference on your own or bring a group to support our senior community.



403-234-6570
UnisonAlberta.com



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/deerparkuniteddycc/

FLC SENIORS CLUB

11150 Bonaventure Drive SE T2J 6R9
info@flcseniors.ca
flcseniors.ca

GREATER FOREST LAWN 55+ SOCIETY

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

INGLEWOOD SILVER THREADS ASSOCIATION

1311 9 Street SE T2G 0T2
P: 403-264-1006
inglewoodsilverthreads@gmail.com



NEW!

Kerby Café Menu

Step into Kerby Café and savour the flavours of our new menu!

Whether you're craving a hearty breakfast or a delicious lunch, we have something to delight every taste bud!

KERBY
café

Monday – Friday: 8am – 2pm
Wednesday: 8am – 3pm

1133–7 Avenue S.W. Calgary, AB T2P 1B2
403-265-0661



DIRECTORY OF SERVICES

OGDEN 50+ ACTIVITY CENTRE

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

GROUPS — SW CALGARY

+55 CONNECTIONS SOCIAL CLUB

3227 Signal Hill Drive SW

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

- Coffee meet up on confirmation

BOW CLIFF SENIORS

3375 Spruce Dr SW T3C 3A3

P: 403-246-0390

info@bowcliffseniors.org

bowcliffseniors.org

FLC SENIORS CLUB

11150 Bonaventure Drive SE T2J 6R9

info@flcseniors.ca

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

SW 55+ CONNECT

PO Box 72118 Glenmore Landing PO T2V 5H9

P: 403- 251-7922

info@sw55connect.ca

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.

FÉDÉRATION DES AÎNÉS FRANCO-ALBERTAINS

P: 780-465-8965

fafa@fafalta.ca

fafalta.ca

- Découvrez et restez informés sur le droit et les opportunités des aînés francophones en milieu minoritaire. Discover and stay in touch on rights and opportunities for francophone seniors.

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

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.

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

SeniorSupports@UnisonAlberta.com | 403-705-3246

DIRECTORY OF SERVICES

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.

TRANSPORTATION

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.

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 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

PASSPORT CANADA

P: 1-800-227-9914

Harry Hays Building, Suite 150,
220 4 Avenue SE

14331 Macleod Trail SW

120 - 23 Sunpark Drive SE

travel.gc.ca

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

HOSTELLING INTERNATIONAL

P: 1-800-663-5777

info@hihostels.ca

hihostels.ca

- Low cost family style accommodation for all age groups. Catered food in some locations.

Travel with Unison!



Designed for seniors, **Unison Travel** is more than just about trips; it's a celebration of life, new friendships, and the joy of discovery.

Contact the Unison Travel Desk at 403-705-3237 or Travel@UnisonAlberta.com to start your adventure now!

DIRECTORY OF SERVICES

TRAVEL ALBERTA

400, 1601 9 Avenue SE T2G 0H4

P: 403-648-1000

F: 403-648-1111

info@travelalberta.com

travelalberta.com

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

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

CALGARY BRANCHES POPPY FUND

2020 15 Street NW T2M 3N8

P: 403-284-1161

F: 403-284-9899

info@calgarypoppy.ca

- Administers Poppy Funds collected in Calgary. Helps veterans and ex-servicemen with emergency requirements. They do not provide food hampers.

CALGARY NAVAL VETERANS ASSOCIATION

2402 2A St SE T2G 4S2

P: 403-261-0530

F: 403-261-0540

info@cnva.ca

cnva.ca

INDIAN EX-SERVICEMEN IMMIGRANT ASSOCIATION CALGARY

503-4774 Westwinds Drive NE T3J 0L7

P: 403-293-3337

THE ROYAL CANADIAN LEGION - ALBERTA/NWT COMMAND

2020 15th St NW Calgary AB T2M 3N8

P: 403-284-1161

abnwtlegion.com

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

- Offers a wide range of services and benefits to qualified veterans, still serving Canadian Forces members, RCMP members, and certain civilians, as well as to their dependants or survivors.



403-234-6570
UnisonAlberta.com

VOLUNTEER OPPORTUNITIES

UNISON VOLUNTEERS

1133 7 Avenue SW T2P 1B2

P: 403-234-6570

F: 403-705-3211

volunteer@unisonalberta.com

unisonalberta.com/volunteers

- 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.

ALBERTA HEALTH SERVICES - VOLUNTEER RESOURCES

28 Oak drive NW T3B 6A8

P: 403-955-7997

CATALYSTE+ (FORMERLY CANADIAN EXECUTIVE SERVICE ORGANIZATION)

P: 1-800-268-9052

info@ceso-saco.com

ceso-saco.com

- Volunteer opportunities for retired professionals, executives, and skilled workers to use their expertise in developing countries, or with aboriginal groups and young entrepreneurs in Canada.

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.

VOLUNTEER CONNECTOR (FORMERLY PROPELLUS)

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.

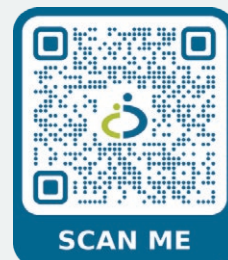
UnisonAlberta.com



Volunteer with Distress Centre Calgary!

Find renewed purpose and connect with a new community.

Learn More and Apply:
DistressCentre.com/older-adults



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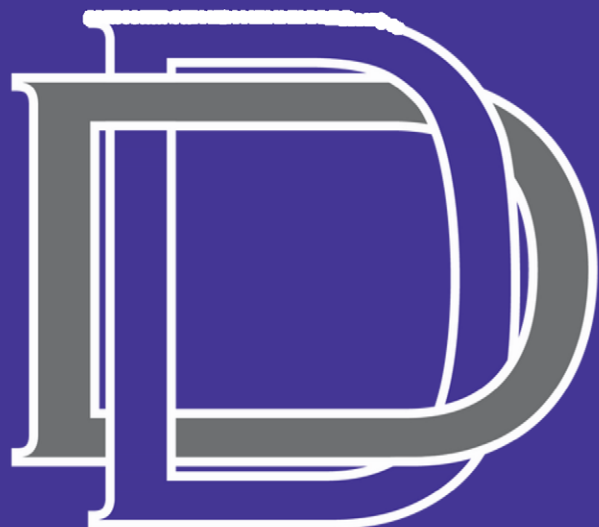
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- Rent geared to income for single, double or barrier-free suites, plus the service package, are combined to offer affordable supportive living.
- Amenities include a community kitchen and services such as on-site visits from vendors for dental hygiene, hearing, vision and foot care.

Enjoy the bright open atrium

A large community with 24/7 on-site staff, daily meals, weekly housekeeping and Life, Learning and Leisure programs all included.



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- 267-suite, 4-storey community with elevators and an open, airy and bright atrium, featuring a water wall, and newly renovated common spaces.
- Rent geared to income for single, double or barrier-free suites, plus a service package, are combined to offer affordable supportive living.
- Amenities such as two resident kitchens and services including on-site visits from vendors offering dental hygiene, hearing, vision and foot care.

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"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.

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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.

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403-253-8806
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Mckenzie Towne Retirement Residence

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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
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Prince Of Peace Manor And Harbour

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

Providence Care Centre

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587-393-1350
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587-816-2819
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Rocky Ridge Retirement Community

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Sage Hill

6 Sage Hill Gardens NW
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Scenic Acres Retirement Residence

150 Scotia Landing NW
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wingkeicarecentre.org

Wing Kei Greenview

307 35 Ave. NE
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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.

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Columbus Place

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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

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.



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Millrise Seniors Village

14911 5St SW

T2Y 5B9

Independent: Non-Profit (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 34 x 1 br, 7 x 1 br barrier free

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry, dishwashers and near shops and services. Located in Pineridge.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible.

Silvera for Seniors

silvera.ca

leasing@silvera.ca

511 Pinestream Place NE

Calgary, T1Y 0B5

403-276-5541

Independent: Market (accommodations only) NE Calgary

Willow Park on the Bow

ELIGIBILITY: 55+

RENT/LEASE: Starting at \$1,596/month

UNITS: 58 x 1 br, 17 x 2 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available), \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes, 2 cats or 1 small dog

FEATURES: Some in-suite laundry/shared laundry, dishwasher, 4 storeys, 3 elevators, social club, heat & water included.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible

Silvera for Seniors

silvera.ca

willowparkliving@silvera.ca

30 11 St NE

Calgary, T2E 4H7

403-473-5314

NEXT Stage Services



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- Donate to charities
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FREE initial consultation

403-589-4044 | NEXTStageServices.ca

Independent: Non-Profit (Below Market) NE Calgary

Livingston Terrace Apartments

ELIGIBILITY: Age 65+, Income below Alberta income threshold

RENT/LEASE: 41%, 21%, 11%, 1% Below market (indexed against current CMHC Median Market Rate (41% - 11% below) and Average Market Rate (1% below) annually), plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

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

EXTRA COSTS: utilities, cable, internet, phone, parking (if available) \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes, 2 cats or 1 dog

FEATURES: In-suite laundry, dog run, access to Livingston Hub Community Centre, heated front sidewalk.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible

Silvera for Seniors

silvera.ca

leasing@silvera.ca

149 Livingston Hill NE

Calgary, T3P 2C8

403-567-5301

Independent: Non-Profit

NW Calgary

Lions Village

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

RENT/LEASE: \$800.00-\$1350.00 per month

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

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

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

Independent: Non-Profit

SE Calgary

Kanerva House

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

RENT/LEASE: \$975.00 per month

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

PET-FRIENDLY: No

UNITS: 109 one-bedroom suites

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



GoldenLife

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GRANDE AVENUE

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Village

40 Evanston Way
NW Calgary
(403) 274-6416

GRAND SETON

Village

4485 Front St.
Calgary
(587) 480-0147



Scan to learn more
and book a tour today.

Find a Golden Life Village near you.

Independent: Non-Profit

SE Calgary

Mikkelsen House

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

RENT/LEASE: \$765.00 - \$1195.00 per month

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

PET-FRIENDLY: No

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

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: \$785.00 - \$975.00 per month

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

PET-FRIENDLY: Cats Only

UNITS: 109 studio and one bedroom units

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: 65+

RENT/LEASE: 21% Below market (indexed against current CMHC Median Market Rate annually), plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 17 x 1 br, 1 x 1 br barrier free

EXTRA COSTS: utilities, cable, internet, phone, parking (if available) \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes, up to 2 cats only

FEATURES: In-suite laundry, air conditioning, social rooms, community green space and park, close to shops.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors
silvera.ca
sales.westview@silvera.ca
5000 50 Ave SW
Calgary, T3E 8H1
403-240-4920

Independent: Market (accommodations only) SW Calgary

Westview Residence West

ELIGIBILITY: 55+

RENT/LEASE: Starting at \$1,790/month

UNITS: 58 x 1 br, 17 x 2 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available) \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes, up to 2 cats only

FEATURES: In-suite laundry, air conditioning, heated underground parking, community park, close to shops.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors
silvera.ca
sales.westview@silvera.ca
5000 50 Ave SW
Calgary, T3E 8H1
403-240-4920



We offer multiple care and support options:

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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
info@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
info@bethanyseniors.com

Grace Gardens

1028 15 Avenue SW Calgary
403-245-3770
tpfa.ca
applications@tpfa.ca

Grace Lutheran Manor

3600 Sarcree 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
info@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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 16 x 1 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: In-suite laundry and small patio. Located in vibrant Bridgeland, close to shops and city transit

SUPPORTS: 24/7 On-Site Maintenance.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
1060 Bow Valley Dr NE
Calgary, T2E 8L3
403-276-5541

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 8 x 1 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry. Located in Regal Terrace/Renfrew, close to shops and walking pathways.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
828 4 St NE
Calgary, T2E 3T1
403-276-5541

Independent: Subsidized

NE Calgary

Columbus Manor

ELIGIBILITY: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 99 – 1 bedroom units

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 50 – 1 bedroom units

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

FEATURES: Common area, elevators

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes

Onwardhomes.ca
livewithus@onwardhomes.ca
1720 – 14 Ave NE
Calgary, AB T2E 8R6
403-282-6565

Independent: Subsidized (accommodations only) NE Calgary

Gilchrist Apartments East

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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 14 x 1 br, 32 x studio, 2 x 1 br barrier free, 1 x 2 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry. Close to Village Square Leisure Centre, near shops and services. Located in Pineridge.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
3003 56 St NE
Calgary, T1Y 4P5
403-276-5541

Independent: Subsidized (accommodations only) NE Calgary

Gilchrist Apartments North

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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 34 x 1 br, 7 x 1 br barrier free

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry, dishwashers and near shops and services. Located in Pineridge.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
511 Pinestream Place NE
Calgary, T1Y 0B5
403-276-5541

Independent: Subsidized (accommodations only) NE Calgary

Livingston Terrace 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 27 x 1 br, 7 x 1 br barrier free

EXTRA COSTS: utilities, cable, internet, phone, parking (if available) \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes, 2 cats or 1 dog

FEATURES: In-suite laundry, dog run, access to Livingston Hub Community Centre, heated front sidewalk.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
149 Livingston Hill NE
Calgary, T3P 2C8
(403) 567-5301

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 12 x 1 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: In-suite laundry and balcony/patio located in the NE neighbourhood of Tuxedo Park.

SUPPORTS: 24/7 On-Site Maintenance.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
207 - 211 21 Ave Ne
Calgary, T2E 1S5
403-276-5541

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 66 x 1 br, 31 x studio, 4 x 1 br barrier free, 1 x 2 br

EXTRA COSTS: utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry, elevator, and located on 16 Ave. Close to the Fanning Centre and shopping.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
710 16 Ave NE
Calgary, 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

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

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 50 – 1 bedroom units

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 92 x 1 br (42 with divider), 4 x 1 br barrier free, 24 x 2 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Air conditioning, shared laundry, courtyard and sport court. Located in Horizon

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible.

Silvera for Seniors
silvera.ca
leasing@silvera.ca
2622 39 Ave NE
Calgary, T1Y 0E1
403-276-5541

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 4 lower units, 2 upper units

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry upper units, in-suite laundry lower units. Located in Capitol Hill. Near parks and shops.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors
silvera.ca
leasing@silvera.ca
1633 20 Ave NW
Calgary, 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

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 33 – 1 bedroom units, 67 studio units

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available

PET-FRIENDLY: Yes

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 0GC

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)

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

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 26 x 1 br, 2 x 1 br barrier free

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Social areas, elevator, shared laundry. Near services at North Hill Mall, located in Hillhurst.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible

Silvera for Seniors

silvera.ca
leasing@silvera.ca
1518 8 Ave NW
Calgary, T2N 1C1
403-276-5541

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 6 x 1 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Near the centre of Bowness. In-suite laundry, patio/garden. Close to Market Mall.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
3603 - 3616 63 St NW
Calgary, 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

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)

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

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)

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

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

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

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 21 x 1 br, 17 x studio

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry. Located in Montgomery. Close to parks, river pathways and shops.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
2003 46 St NW
Calgary, T3B 5E9
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

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 39 x 1 br, 1 x 1 br barrier free

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: In-suite laundry. Near Beaverdam Commons which offers early/mid-stage memory care. Located in Lynnwood.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible

Silvera for Seniors

silvera.ca
leasing@silvera.ca
2012 66 Ave SE
Calgary, 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

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

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

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 104 Suites

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

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

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

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

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

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

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

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 36 1-bedroom units, 16 townhouses

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

FEATURES: Common area, elevators, hairdresser

SUPPORTS: Part-time Tenant Service Coordinator

Onward Homes
Onwardhomes.ca
livewithus@onwardhomes.ca
5320 – 4 St SW
Calgary, AB T2V 0Z5
403-282-6565

Independent: Subsidized (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 45 x 1 br, 1 x 2 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared Laundry. Elevator. Located in Southwood, close to shops and services of Southcentre Mall.

SUPPORTS: 24/7 On-Site Maintenance. Wheelchair accessible

Silvera for Seniors
silvera.ca
leasing@silvera.ca
10660 Elbow Dr SW
Calgary, T2W 1G4
403-276-5541

Independent: Subsidized

SW Calgary

Bankview House

ELIGIBILITY: Age 65+, under special circumstances 60+

RENT/LEASE: 30% of gross monthly Income, yearly lease

EXTRA COSTS: Electricity, Cable/Internet and Parking when available.

PET-FRIENDLY: No

FEATURES: Laundry (no cost), back patio, common room, games room, library, elevator, Wi-Fi in common area

SUPPORTS: Maintenance on call, bus stops handy, access to Home Care & Meals on Wheels.

Bankview House

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: Age 65+, low-income seniors

RENT/LEASE: Monthly rent reviewed annually

EXTRA COSTS: Phone, cable, parking, monthly laundry fee, set cost for utilities

PET-FRIENDLY: No

FEATURES: Near walking paths around Glenmore Reservoir, and recreation facility, Outdoor gardens, common areas for gathering, shopping, Rockyview Hospital

SUPPORTS: Social Work Services available.

Bertha Gold Jewish Seniors Residence

Berthagoldseniors.com
jcapartments@shaw.ca
1603 90 Avenue SW
Calgary, AB T2V 4V7
403-403-8033

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

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 6 x 1 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry upper units, in-suite lower units. In Marda Loop, by parks, shops and services.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
1818 28 Ave SW
Calgary, 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, laundry

UNITS: 57 studio and one-bedroom units

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 54 x 1 br, 2 x 1 br barrier free, 1 x 2 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Shared laundry. Near Westbrook Mall, Shaganappi golf course, Edworthy Park and river pathways.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
1923 33 St SW
Calgary, 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. Non smoking and no pets

RENT/LEASE: 30% of gross monthly income

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

UNITS: 52 one bedroom units

PET-FRIENDLY: No

FEATURES: Elevator, garden/patio, social room, social club activities, laundry room, Wi-Fi in common areas

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

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: Age 65+, under special circumstances 60+

RENT/LEASE: 30% of gross monthly Income, yearly lease

EXTRA COSTS: Electricity, Cable/Internet and Parking when available.

PET-FRIENDLY: No

FEATURES: Laundry (no cost), front patio, common room, games room, library, elevator, Wi-Fi in common area

SUPPORTS: Maintenance on call, bus stops handy, access to Home Care & Meals on Wheels.

Grace Bankview House Senior Citizens Residence Society

Gracebankviewhouse.com
Grace-bankviewhouse@shaw.ca
3600 Sarcee Road SW
Calgary, AB T3E 6A5
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

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

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

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

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

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 (accommodations only) 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: 30% Rent Geared to Income, plus security deposit. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 24 x 1 br

EXTRA COSTS: Utilities, cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Two storey townhomes, in-suite laundry, a balcony/patio. Close to shopping at Westhills Towne Centre.

SUPPORTS: 24/7 On-Site Maintenance

Silvera for Seniors

silvera.ca
leasing@silvera.ca
4500 47 St SW
Calgary, 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)

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

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)

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)

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: Age 65+

RENT/LEASE: 30% of Income.

UNITS: 23 Units

EXTRA COSTS: Electricity, Laundry, Phone, Cable/Internet and Parking if available.

PET-FRIENDLY: Yes

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: Low Income Seniors

RENT/LEASE: Rent

UNITS: 23 Units

EXTRA COSTS: Phone, Cable/Wifi

PET-FRIENDLY: No

Wai Kwan Manor

Oikwan.ca

cao@oikwan.ca

200- 1 St SW

Calgary, AB 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

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)

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)

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)

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

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: \$1700.00-\$2500.00 per month (15 Rentals)

EXTRA COSTS: Electricity, cable, phone, internet, parking

PET-FRIENDLY: No

UNITS: 99 1 and 2 bedroom suites (800-1200 sq. ft.)

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)

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

CALL US FOR A
FREE ASSESSMENT



HOME CARE SERVICES FOR SENIORS

General support: Personal care, errands, light housekeeping, meal preparation, and more.

Companionship: Social visits & activities.

Transportation: safe travel to/from appointments.

Royal royalhomecaregivers.com
HOME CAREGIVERS (825) 736-7456

Where Care & Compassion Resonate

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



UnisonAlberta.com
Program@UnisonAlberta.com
403-705-3233



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

Life is better, together!

Get connected to your **senior community** with a Unison membership.
Locations throughout Southern Alberta and Online!



UnisonAlberta.com
403-265-0661

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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 143 x exterior and 40 x interior single studio suites, 34 x single studio barrier free, 23 x couple suites (2 adjoining rooms) and 2 x barrier free couple suites (2 adjoining rooms)

EXTRA COSTS: cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Located in Bridgeland. Atrium, tuck shop, salon, close to shops, city transit, and walking pathways.

SUPPORTS: Wheelchair accessible. Call bell system.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
 1171 Bow Valley Lane NE
 Calgary, T2E 8B1
 403-265-2090

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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 54 x studio suites, 6 x couple suites (2 adjoining rooms)

EXTRA COSTS: cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: In Bridgeland, close to shops, city transit, walking pathways, salon services on site.

SUPPORTS: Call bell system.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
 1020 Bow Valley Dr NE
 Calgary, T2E 6P9
 403-264-6455

Beaverdam 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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 53 x studio suites, 6 x couple suites

EXTRA COSTS: cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Located in Lynnwood. Salon, common rooms, close to shops, and walking pathways.

SUPPORTS: Call bell system. Offering early to mid-stage memory care. Music therapy and dementia-based programming

Silvera for Seniors

silvera.ca
leasing@silvera.ca
 2012 66 Ave SE
 Calgary, T2C 1X7
 403-279-4623

Shawnessy 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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 48 x studio suites, 15 x mobility suites, 18 couple suites

EXTRA COSTS: cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Located in Shawnessy. Salon, lounge and recreation area, close to shops and Shawnessy YMCA.

SUPPORTS: Wheelchair accessible. Call bell system. Mobility Support Wing.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
 30 Shannon Place SW
 Calgary, T2Y 2B3
 403-256-4036

Independent: Subsidized Supportive Living 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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 108 x studio suites, 7 studio suites barrier free

EXTRA COSTS: Cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Located in Pineridge. Tuck shop, hair salon, coffee stations. Close to shops, services and recreation.

SUPPORTS: Wheelchair accessible. Call bell system.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
503 Pinestream Place NE
Calgary, T1Y 0C5
403-452-2500

Independent: Subsidized Supportive Living NE Calgary

Spruce 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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate.

UNITS: 107 x studio suites, 4 x studio suite barrier free, 22 x couples suites

EXTRA COSTS: Cable, internet, phone, parking (if available)

PET-FRIENDLY: No

FEATURES: Located in Bridgeland. Atrium, tuck shop, salon, close to shops, city transit, and walking pathways.

SUPPORTS: Wheelchair accessible. Call bell system.

Silvera for Seniors

silvera.ca
leasing@silvera.ca
1055 Bow Valley Dr NE
Calgary, T2E 8A9
403-266-2630

Independent: Subsidized Supportive Living NW Calgary

Shouldice 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.

RENT/LEASE: 30% of gross monthly income (RGI) + service package. Please use the rent calculator at silvera.ca or <https://tinyurl.com/silverarent> for current pricing estimate

UNITS: 52 x studio suites, 6 x couple suites

EXTRA COSTS: Cable, internet, phone, parking (if available)

\$150 non-refundable deposit pet fee, plus \$6.50/monthly fee

PET-FRIENDLY: Yes, 1 cat or small dog per suite

FEATURES: Located in Montgomery. Salon, common rooms, close to parks, river pathways and shops

SUPPORTS: Call bell system

Silvera for Seniors

silvera.ca
leasing@silvera.ca
4730 19 Ave NW
Calgary, 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

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)

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)

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

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)

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

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

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UnisonAlberta.com
Program@UnisonAlberta.com
403-705-3233



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calgaryheritagehousing.ca
or call **403-286-7402**.

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RESPIRE CARE FACILITIES

SW

Age Care Glenmore

1729 Ave SW
403 - 253 - 8806
agecare.ca/communities/
glenmore/

Amica Britania

750 Ave SW
403 - 476 - 8992 (for tour)
maisonseniorliving.com

The BSF Wentworth Manor

5717 14 Ave SW
403 - 242 - 5005
wentworthmanor.ca

Carewest Sarcee

3504 Sarcee Road SW
403 - 686 - 8140
carewest.ca

Chartwell Eau Claire Care Residence

301 St SW
403 - 269 - 31114 for tour
chartwell.com

Chartwell Fountains of Mission

222 Av SW
403 - 244 - 0322 for tour
chartwell.com

Chateau Renoir

9229 16 St SW
403 - 255 - 2105 for tour
reveraliving.com

Evergreen

2220 162 Ave SW
403 - 201 - 3555
venvilliving.com/evergreen

Riverwalk Retirement Residence

528 25 Ave SW
403 - 271 - 7244
verveseniorliving.com/riverwalk-
your-way/

Prominence Way Retirement Community

905 Prominence Way SW
825 - 606 - 5422
prominencewayretirement.com/
contact-us/

St. Andrew's Presbyterian Church

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

Trinity Lodge Retirement Residence

1111 Glenmore Trail SW
403 - 253 - 7576
verveseniorliving.com/trinity-lodge/

NW

Bethany Calgary (booked through Transition Services)

916 18A Street NW
403 - 284 - 6000
Bethanyseniors.ca

The Lodge at Valley Ridge Retirement Residence

11479 Valley Ridge Dr. NW
403 - 286 - 4414
verveseniorliving.com/lodge-at-
valley-ridge

Rocky Ridge Retirement Community by Signature

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

NE

Whitehorn Village

5200-44th Avenue NE
403-271-2277
whitehornvillage.com

SE

Lake Bonavista Village Retirement Residence

11800 Lake Fraser Drive SE
403 - 258 - 1849
verveseniorliving.com/lake-
bonavista-village/

Canyon Meadows Retirement Residence

12 Deerview TRC SE
403 - 278 - 4004 for tour
chartwell.com

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UnisonAlberta.com

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

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)

PET-FRIENDLY: Yes – Cats only

FEATURES: Chef-prepared meals, 24hr staff, emergency call system, weekly housekeeping & laundry service, café, gardens, recreation programs

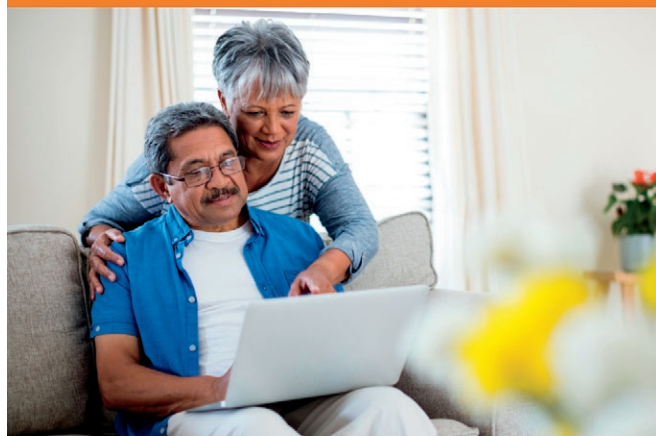
SUPPORTS: Pastoral care & chapel, wellness services

The Haven at Shalem

shalem.ca
living@shalem.ca
3008 51 Street SW
Calgary, AB T3E 7V9
403-240-2800

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UnisonAlberta.com
Program@UnisonAlberta.com | 403-462-5080



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
Arbourslakereirement.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

Evanston Grand Village

40 Evanston Way NW Calgary
403-274-6416
EvanstonGrand.ca
EvanstonGrand@glm.ca

Evanston Summit

150 Evanspark Manor NW
Calgary
587-538-7511
covenantliving.ca
info@covenantliving.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
rockyridgereirement.com
info@rockyridgereirement.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

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

Chartwell Eau Claire Care Residence

301 7 Street SW Calgary
587-287-3943
chartwell.com

Chateau Renoir

9229 16 Street SW Calgary
825-258-5584
venviliving.com

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

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

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

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**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).

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

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

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 at Bethany Calgary

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

UNITS: 19 units: 1 bedroom

FEATURES/SUPPORTS: Indoor Atrium, Hair Salon, Spiritual Care, Social Activities, Meals, 24-hour Lifeline Emergency Support System, AHS Homecare support available as needed

Bethany Calgary

bethany seniors.com
info@bethany seniors.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

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

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

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

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

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).

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

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



When we first entered the Summit we were struck by the ready welcome and friendliness of staff and residents alike. It took only 24 hours for us to decide that this was the place for us. *After more than 5 years as a resident we have never had second thoughts.*

We live here in a safe and comfortable environment, enjoying the many amenities that are available to us. The staff is ever ready to serve with smiles and patience. Never a grouchy face!

There are many and varied opportunities to keep our minds and bodies active and healthy. The most used words that one hears is "Thank you".

It is a very good place to retire and age in place.

- Anita W, Resident



Covenant Living
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587-538-7511
COVENANTLIVING.CA
150 EVANSPARK MANOR NW

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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

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

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

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

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.

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

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

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).

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

Grande Avenue Village

ELIGIBILITY: Age 55+

RENT/LEASE: Rents based on suite size

EXTRA COSTS: Phone

UNITS: 87 units: Studio, 1- and 2- bedroom

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

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@cogirseniiorliving.ca
47 Riverside Gate
Okotoks, AB T1S 0J2
587-801-2216

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

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

FEATURES/SUPPORTS: Three meals/day, Hairdresser, Private Bus, Spiritual Care, Chapel, Tuck shop, Garden area with gazebo, Library, Home Care and Lifeline

Bethany Cochrane

bethanyseniors.com
info@bethanyseniors.com
1000 32 Quigley Drive
Cochrane, AB T4C 1X9
403-932-6422

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).

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

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

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

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and 2-bedroom
options available.



500 MIDPARK WAY SE
CALGARY, AB

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

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

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

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

Verve Aspen Woods

ELIGIBILITY: 55+

RENT/LEASE: All-inclusive monthly rents

UNITS: 28 Assisted Living suites, 119 Independent Living suites. Studios, one bedroom, one bedroom + den and two bedrooms

EXTRA COSTS: Telephone & indoor heated parking \$250 non-refundable deposit pet fee, plus \$25/monthly fee

PET-FRIENDLY: Yes (\$500 pet deposit)

FEATURES: 3 Meals & Snacks Daily, Housekeeping, Fitness Centre, Private Dining Room, Plant Room, Salon/Spa, Salt Water Swimming Pool, Theatre, Library, Bistro/Pub, Shuttle Bus, Balconies, Landscaped Courtyard, Storage Lockers, Underground Parking & Walking Paths

SUPPORTS: 24/7 on-site health professionals, emergency response system, visiting foot care nurse

Verve Senior Living
verveseniorliving.com
info@verveaspenwoods.com
10 Aspenshire Dr. SW
Calgary, T3H 0T2
403-240-4404

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

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

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

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

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

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

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.
- 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
Intercarealberta.com
drosentreter@intercarecorpgroup.com

AgeCare McKenzie Towne

80 Promenade Way SE Calgary
403-508-9808
agecare.ca
mckenzie@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
Intercalealberta.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

Bethany Airdrie

1736 1 Avenue NW Airdrie
403-948-6022
bethanyseniors.com
info@bethanyseniors.com

Bethany Cochrane

1000, 32 Quigley Drive Cochrane
403-932-6422
bethanyseniors.com
info@bethanyseniors.com

Assisted: Long Term Care**NE Calgary****Bethany Harvest Hills****ELIGIBILITY:** Based on an assessment from AHS**ACCOMODATION FEES:** Contact the site for more information**EXTRA COSTS:** Contact the site for more information**UNITS:** 6 bungalows housing 10 residents each, 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 foot professional, Denturist, Hairdresser, Visiting Physician, Dietitian, Pharmacist, Occupational Therapist, Recreational Therapist, Social Worker, Spiritual Care**Bethany Harvest Hills**

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**ACCOMODATION FEES:** Contact the site for more information**EXTRA COSTS:** Contact the site for more info.**UNITS:** Semi-private and private rooms**FEATURES:** Meals, Personal Laundry Services, Worship Services, Hairdresser, Atrium, Garden, Library, Internet Access, Access to Handi Bus**SUPPORTS:** 24-hour Professional Nursing Care, social worker, Visiting Physician, Dietitian, Pharmacist, Occupational Therapist, Recreational Therapist, Spiritual Care**Bethany Calgary**

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

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.

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

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

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

Assisted: Long Term Care

SW Calgary

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

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

Assisted: Long Term Care

SW Calgary

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

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

Assisted: Long Term Care

Out of Town

Bethany Airdrie

ELIGIBILITY: Based on an assessment from AHS

ACCOMODATION FEES: Contact the site for more information

EXTRA COSTS: Contact the site for more information

UNITS: Long-Term Care:74, Designated supportive living:22

FEATURES: Meals, personal laundry services, Recreation and social programs, Truck shop, Hairdressing services

SUPPORTS: Music Therapy, Foot care services, Audiologist service, Spiritual Care practitioner

Bethany Airdrie

bethanyseniors.com
info@bethanyseniors.com
1736 1 Avenue NW,
Airdrie, AB
403-948-6022

Assisted: Long Term Care

Out of Town

Bethany Cochrane

ELIGIBILITY: Based on an assessment from AHS

ACCOMODATION FEES: Contact the site for more information

EXTRA COSTS: Contact the site for more information

UNITS: Long-Term Care:78.

FEATURES: Personal laundry services, Outdoor Patios and Gardens, Recreation and social programs, Truck shop, Hairdressing services

SUPPORTS: Music Therapy, Professional therapy, Foot care services, Spiritual Care practitioner

Bethany Cochrane

bethanyseniors.com
info@bethanyseniors.com
1000 32 Quigley Drive
Cochrane, AB T4C 1X9
403-932-6422

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
seniorsupports@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 appointment only. Online directory available on the website <https://unisonalberta.com/resources-directory-tab?hsCtaTracking=3ec6dea0-d7b0-414e-b747-b002206ac088%7C153f0610-fe91-4ca1-ab46-dfcbdc67653b>
- Covers all the options for seniors' housing. Available free of charge for pickup from Unison at Kerby Centre or any Calgary Public Library,

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

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

9920 45TH Ave NW, Edmonton T6E 5J1
 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

Wood Centre - 200-2535 3rd Ave SW T2A 7W5
 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.

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.

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.

HOUSING ALTERNATIVE RESOURCES

THE MOLZAN REAL ESTATE TEAM

#201, 11450 29 Street SE Calgary, AB T2Z 3V5

P: 403-605-3774

info@TheMolzanTeam.com

themolzanteam.com

RE/MAX Complete Realty – Serving Calgary & Area Since 1991

- We're the real estate team that specializes in this local market – and has the reputation for putting you, the client, first. Any time you want information on the market or are ready to buy or sell a property – contact us. There's no obligation.

BUDGET BUILDERS

Serving Calgary & Area

P: 403-668-0668

info@budgetbuilder.ca

budgetbuilder.ca

- Budget Builder is a full-service contracting and renovation company that aims to provide customers with high-quality services within an affordable budget.

MORTGAGE CONNECTION

110 1121 Centre Street, NW Calgary, AB, T2E 7K6

P: 403-701-7878

Paul@mortgageconnection.ca

paultrapow.ca

- Where you Matter “Let your home PAY you... Ask me how”

PROACTIVE SENIORS – ADVISORY SUPPORT

P: 403-809-1971

info@proactiveseniors.ca

proactiveseniors.ca

- Elder Care Planning for aging at home
- Seniors Housing Support for retirement residence decisions
- Dementia Coaching for caregiver support

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

TTY Capable

unisonalberta.com



BUDGET BUILDER
WE BRING YOUR DREAM TO REALITY

BOOK APPOINTMENT

- DESIGN - PLAN - BUILD
- LEGAL BASEMENT SUITE
- FULL HOUSE RENOVATION
- BUILD NEW CUSTOM HOMES

Sales: 1-587-436-2333
info@budgetbuilder.ca
www.budgetbuilder.ca



- 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.

INN FROM THE COLD EMERGENCY FAMILY SHELTER

Suite 106, 110 11 Avenue SE T2G OX5

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 OX5

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@ywcacalgary.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!

Get connected to your **senior community** with a Unison membership. Locations throughout Southern Alberta and Online!



UnisonAlberta.com
403-265-0661

SUBSIDIZED HOUSING OPTIONS BY AGE REQUIREMENT

AGE 60-64

Trinity Place Foundation

Edwards Place SE	104
King Tower SE	105
Murdoch Manor SE	106

AGE 65+

Bertha Gold Jewish Seniors Residence SW	107
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Onward Homes

Columbus Manor NE.....	97
Crossroads Court NE	97
St Paul's Villa NE	99
Carroll Place NW	100
Francis Klein Centre SE	104
Anthonian Court SW	106
St James Court SW	111

Grace Bankview House Senior Citizen Residence Society

Bankview House SW	107
Grace Lutheran Manor SW	109

Silvera for Seniors

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McCann Court Townhomes NE	98
Mountview Apartments NE	98
Alder Court Townhomes NW	99
Dream Haven Apartments NW	101
Elmwood Court Townhomes NW	101
Shouldice Apartments NW	103
Beaverdam Townhomes SE	103
Austin Nixon Apartments SW	106
Boxwood Townhomes SW	107
Friendship Apartments SW	108
Queens Court Townhomes SW	110

Bethany Care Society

Rose Manor NE	98
Sharon Manor NE	99
Foothills Manor NW	101
Luther Place SE	105
Bethany Village SW	107
First Assembly Manor SW	108
Glenmore Manor SW	108
Menno Court SW	109
Menno Gardens SW	109

Calgary Heritage Housing

Cambrian Manor NW	100
Cathedral Manor Estates NW	100
General deLalanne Manor NW	101
Heritage Terrace NW	102
J.E Harris House NW	102
Kendale House NW	102
Richmond Park Manor SW	110
Robertson House SW	111
Spruce Cliff Downs SW	111

Trinity Place Foundation

Alex Walker Tower SE	103
Crowchild Manor NW	100
Edith Pink Residence SE	104
Grace Gardens SW	108
Grace Manor SW	109
Hamilton Manor SE	105
Jenkins Court SE	105
Mount Royal Manor SW	110
Oddfellow Rebekah Tower SW	110
Parkdale Manor NW	102
Parkview Village NW	103
Rhubarb Patch SE	106

Oi Kwan Foundation

Wai Kwan Manor SW	112
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Shalem

Shalem Manor SW	111
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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



403-234-6570
UnisonAlberta.com

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 Physically Fit
with Unison's Active
Aging Programs!**

**UnisonAlberta.com
Program@UnisonAlberta.com
403-705-3233**



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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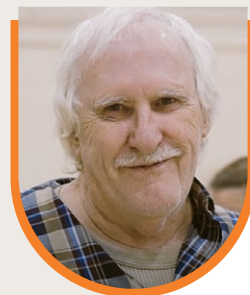
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