Community Health & Seniors Resource Guide

Stonewall & Area

South Interlake Seniors Resource Council, Inc.
204-467-2719

About This Guide (published February 2026)

The Community Health & Seniors Resource Guide is produced and distributed by the South Interlake Seniors Resource Council Inc. with the financial help of the Town of Stonewall and the RM's of Rockwood and Woodlands.

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For a copy of this guide, contact the South Interlake Seniors Resource center at 204-467-2719 or find it on our website at www.sisrc.ca

The South Interlake Seniors Resource Council Inc. is a not-for-profit organization which offers services for seniors and those with disabilities to help them remain independent, safe, and comfortable in their own homes and communities.

These services are available with the help of volunteers and fee-for-service workers and are provided for those who live in the Town of Stonewall and the R.M.'s of Rosser, Woodlands and the southern portion of Rockwood.

For more information regarding the services that we provide, please call our office at 204-467-2719.

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Emergency Numbers

DIAL 911

For Fire, Ambulance or Police Emergency Service

STONEWALL RCMP – 204-467-5591

Dial 211 to find services related to:

- **Mental Health Support**
- **Home Health Care for an Aging Parent**
- **Domestic Violence Shelters**
- **Addictions Treatment**
- **Parenting Resources**
- **Food and Clothing**
- **Income Tax Clinics**
- **And so much more!**

FREE - CONFIDENTIAL - 150+ LANGUAGES

24/7-mb.211.CA

Municipal Offices

Town of Stonewall www.stonewall.ca	204-467-7979
Rural Municipality of Rockwood www.rockwood.ca	204-467-2272
Rural Municipality of Rosser www.rmofrosser.com	204-467-5711
Rural Municipality of Woodlands www.rmwoodlands.info	204-383-5679

Financial and Legal Services

Federal Income Security Programs 1-800-277-9914 (English)
www.servicecanada.gc.ca 1-800-277-9915 (French)

Human Resources and Social Development Canada
Income Security Program

Old Age Security (OAS)

- A monthly pension payable to all eligible persons.
- To receive OAS, you must meet the residency requirements and be over 65.
- Monthly cheques are tied to the cost-of-living index.
- To avoid any delays in receiving benefits you can apply as soon as you turn 64.

Guaranteed Income Supplement (GIS)

- This is a program that ensures that every senior has a guaranteed minimum income.
- Based on previous year's income. If married or living in a common-law relationship, the combined income of the pensioner and spouse must be considered.
- This is not taxable income.

Allowance

- The Allowance is paid to the spouse or common-law partner of an Old Age Security pensioner.
- It is paid on an income-tested basis to applicants who are 60-65 and have the required legal residence in Canada.
- The is not a taxable income.
- On death of the pensioner, the Allowance will be continued, based on the survivor's income, until age 65 (you must re-apply annually)

Allowance for the Survivor

- If you are a widow or widower, you may qualify for an Allowance for the Survivor.
- The benefit is paid on an income test to applicants who are 60 to 64 and have the required legal residence in Canada.
- This is not a taxable income.

Canada Pension Plan (CPP)

Retirement Pension

- The CPP is a monthly payment for people who have contributed to the Canada Pension Plan and are at least 60 years of age.
- Your retirement pension is based on how much and for how long you contributed to the Plan.
- You must apply for your retirement pension 6 months prior to when you wish the benefit to begin.

Pension Sharing

If you are married or in a common-law relationship, you may be able to save on income tax by pension sharing. If you and your spouse/common-law partner are both at least 60, you can apply to share your CPP retirement pensions equally. Both must be at least 60 and have applied for any CPP pensions to which they are entitled.

Credit Splitting

If you are separated or divorced, CPP contributions made by you or your spouse/common-law partner can be divided equally. This division applies to contributions you both made during your marriage or common-law relationship. You may be entitled to retirement, disability, or other benefits higher than those for which you would qualify on your own.

Disability Benefit

- Disability benefits are payable to disabled contributors who have paid into the Plan for the required number of years, are disabled within the meaning of the Plan and are under age 65.
- The CPP Disability benefit includes a fixed amount, plus an amount based on how much an individual has contributed to the CPP.
- These benefits are converted to retirement pensions at age 65.

Death Benefit

- A lump sum payment to the estate of deceased contributors.

Survivor's Benefit

- A monthly benefit payable to the surviving spouse or common-law partner of the deceased contributor.
- The amount depends on the age of the surviving spouse or common-law partner and the contributions of the deceased.

Other Federal Benefits

Bureau Of Pensions Advocates 1-866-522-2122

The Bureau of Pensions Advocates is an independent federal division of Veterans Affairs Canada. It is comprised of qualified lawyers and represents veterans, peacetime military servicemen and/or women, and RCMP officers and their widows at appeal board hearings under the Pension Act and the RCMP Superannuation Act.

Compassionate Care Leave
www.servicecanada.gc.ca/en/sc/ei/benefits/compassionate.shtml

Human Resources and Social Development Canada 1-800-206-7218

If you are eligible for Employment Insurance and you wish to care for a sick or dying family member you may be eligible for Compassionate Care Leave. This new program provides temporary financial compensation and job security for a certain period of time.

Employment Insurance
www.servicecanada.gc.ca/eng/ei/application/employmentinsurance.shtml

Workers of any age may apply for Employment Insurance if they lose their jobs or become unable to work due to illness. To be entitled to regular benefits, you must be ready, willing and able to work. You can now apply for benefits online at:

Goods And Services Tax Credit
www.cra-arc.gc.ca/bnfts/gsthst/menu-eng.html 1-800-387-1193

- The Goods and Services Tax Credit is paid quarterly to eligible individuals to offset the cost of federal tax on goods purchased.

The Manitoba Pension Commission
www.gov.mb.ca/labour/pension/index.html 204-945-2740

The Pension Commission of Manitoba is a regulatory agency responsible for the administration of The Pension Benefits Act. The mandate of the Pension Commission is to promote the establishment, extension and improvement of pension plans. If you would like more information about the Commission's services, employer-sponsored pension plans or *The Pension Benefits Act of Manitoba* and Regulation, contact:

Lions Foundation of Manitoba

204 7841650
1 800 552 6820

320 Sherbrooke St.
Winnipeg, MB
info@lionsfoundation.org

Our Mission is to support individuals with financial assistance in purchasing adaptive devices, transportation and accommodation which may not be entirely funded by provincial health. We aid in identifying and supporting the need for diagnostic services and improving quality of life.

Programs available:

- Lions Vision
- Helping Hands
- Hearing
- Serenity suite

Veterans Affairs Canada

www.vac-acc.gc.ca 1-866-522-2122

- Provides several programs that provide financial, health care and treatment benefits to qualifying veterans, disability pensioners and their families.
- To qualify for assistance, a person must have a permanent disability arising directly out of service in the Canadian Military.
- Any veteran requiring assistance should contact veteran affairs.

Provincial Income Security Programs

Fifty - Five Plus (A Manitoba Income Supplement) 1-877-587-6224
www.gov.mb.ca/fs/assistance/55plus 204- 948-7368

A quarterly income supplement is available to eligible Manitobans who are:

- 55 and over, not receiving Old Age Security program benefits and have an income within a specified range (an annual application is required); or
- Receiving certain levels of Federal Guaranteed Income Supplement or Spouse's Allowance Benefits under the Old Age Security Program. In this case, an application is not necessary as benefits are paid based on the application for federal benefits.

Other Provincial Benefits

School Tax Assistance for Tenants/Homeowners 55+

www.gov.mb.ca/finance/tao

- School Tax Assistance for tenants and homeowners, aged 55 plus, provides annual assistance to offset the school tax portion of municipal taxes or rental costs.
- These benefits are paid to eligible applicants once a year.
- Tenants must apply by annual application. Homeowners must apply on Form MB 479 of the income tax return.

Homeowners 1-800-782-0771
Manitoba Tax Assistance Office 204- 948-2115

Tenants
Provincial Services Consumer Affairs 1-877-587-6224
Family Services and Housing 204-948-7368
Provincial Services Branch

Rent Aid

Department of Families 1-877-587-6224
204- 945-2197

Financial Services

Income Tax Program (Fifty-five Plus) 204-467-2582

- In Stonewall, trained volunteers are available to complete returns at no charge for people who meet the eligible income requirement.

HR Block 204-467-2877
358 Main St.
Stonewall, MB

Talbot and Associates
380 Main St. Stonewall, MB 204-467-5566

Community Financial Counselling Service

www.cfcs.mb.ca 204- 989-1913

Provides financial assessment, credit counselling and information on money management to individuals and families.

- The agency can negotiate with creditors and set up repayment plans.
- Provides welfare education and can advocate where appropriate.
- Provides income tax return completion.
- Provides counselling for people with gambling addictions.
- Nominal fees, based on income, are charged.

Consumers' Bureau

1-866-626-4862
www.gov.mb.ca/finance/cca/consumb 204-945-3744

- Provides information on consumer rights and responsibilities.
- Hears, mediates and investigates consumer related complaints.

Legal Services

Law Phone-In and Lawyer Referral Program

204- 943-2305

- Provides legal information, not advice, to callers.
- Refers individuals to lawyers or other legal agencies.

Legal Aid Manitoba

www.legalaid.mb.ca 1-800-261-2960
204-985-8500

- Assists individuals and groups who require the services of a lawyer and who do not have the means to obtain those services.
- General legal advice and information are available at selected centres in Winnipeg as a service of the Age and Opportunity Centre on a cost-recovery basis with the assistance of Legal Aid Manitoba.
- Does not handle real estate transactions, wills and estates, adoptions, corporate and commercial matters, or civil litigation matters such as people suing each other.

The Public Trustee

www.gov.mb./publictrustee 204- 945-2700

- The public trustee provides trustee services for a fee to the people of Manitoba in situations where no one else is capable, suitable or willing to do so.

Local Lawyers

Grantham Law Offices
1-278 Main St. Stonewall, MB 204- 467-5527

COUNSELLING SUPPORT

Abuse Support

Klinic Crisis Line 24/7 204-786-8686
1-888-322-3019

Domestic Violence Crisis & Information Line
Interlake Region – Nova House 1-877-977-0007

- Offers 24 hour residential and non-residential counselling for abused women and children.

A women's shelter is available for short-term emergency shelter for women of all ages and their children who are abused or fear abuse by husbands or partners.

Elder Abuse – Seniors Abuse Line 1-888-896-7183

- The Seniors Abuse Line is a confidential information resource.
- If you need help, **call NOW!**

Elder Abuse Resource Centre (Age and Opportunity) 1-888-333-3121

Designed to respond to situations of suspected abuse of persons 60 years of age or older.

- Provides counselling to victims and their families, support groups, information and referral, public awareness and training workshops.

Sexual Assault Line 204-786-8631
1-888-292-7565

Manitoba Suicide Line 1-877-435-7170

Addictions

Addictions Foundation of Manitoba
www.afm.mb.ca 1-855-662-6605
24 hour Problem Gambling Helpline 1-800-463-1554

Interlake Region 204-785-2354

- Assists individuals with problems involving the misuse of alcohol, drugs or gambling addictions.

Alcoholics Anonymous

Alcoholics Anonymous Manitoba 204-942-0126
Rural Manitoba 1-877-942-0126

Manitoba Addictions Help Line 1- 855-662-6605

Gambling Help Line 1-800-463-1554

PHONE FRAUD 1-888-495-8501

If you did not suffer a financial loss and are reporting a telephone, letter or internet fraud, there is no need to contact the Winnipeg Police Service, report directly to the Canadian Anti-Fraud Centre

Seniors Information Line

204-945-6565

- Provides seniors and their families with quick, easy access to information about seniors' programs and services.
- Enables callers to have concerns and questions handled by the Manitoba Seniors and Healthy Aging Secretariat.

Health Services

Alzheimer Services

Alzheimer Society of Manitoba 1-800-378-6699
www.alzheimer.mb.ca 204- 943-6622

- Programs include: a helpline, support groups, wandering registry, home activity program, family education, professional education, community outreach, advocacy, resource materials and research.

Arthritis Services

Arthritis Society- Manitoba Division 1-800-321-1433
www.arthritis.ca

- Information on all types of arthritis, medications and management
- Arthritis Self-Management course available.

Cancer Services

Canadian Cancer Society 1-888-939-3333
www.cancer.ca

Cancer Society Wheels of Hope Ride Program 1-888-939-3333

- Registration and Bookings
- Bookings require 3 business days advance notice
- All rides are Donor Subsidized

Smokers' Helpline (Talk Tobacco) 1-877-513-5333

Cancer Care Manitoba 204-787-2197
www.cancercare.mb.ca

Breast Screening Program
5-25 Sherbrook Street 204-788-8000
Winnipeg, MB

Cancer Connection 1-888-939-3333
Place to connect, learn and share your experiences with cancer.

Cervical Cancer Screening Program 1-855-952-4325
5-25 Sherbrook Street
Winnipeg, MB

Colon Check Manitoba
691 Wolseley Avenue 204-788-8635
Winnipeg, MB

Local Cancer Support

Palliative Care Psychosocial Specialist 204-886-4315
www.ierha.ca Ext. 315

Interlake – Eastern RHA Cancer Navigation Services 1-855-557-2273

- Can help you to meet your needs, make informed decisions and provide guidance and support for you and your family in your cancer journey.
- Consists of Nurse Navigators and Psychosocial Oncology Clinicians who provide information and support for patients and families in a timely manner, helping to reduce distress and anxiety.

Chiropractic Services

Back 2 Health Chiropractic and Wellness Centre 204-467-2222
4 B 408 Main St.
Box 4347
Stonewall, MB

Stonewall Chiropractic Centre 204-467-5523
425 Main St.
Stonewall, MB

Warren Chiropractic and Health Centre 204-322-5097
206 MacDonald Ave
Warren, MB

Dental Centres

Brightside Dental Centre 204-467-2746
310 1st St. W.
Stonewall, MB

Quarry Dental Centre 204-467-2177
345 Main St.
Stonewall, MB

Diabetes Services

Canadian Diabetes Association/Information 1-800-226-8464
www.diabetes.ca 204-925-3800

- Promotes the health of Canadians through diabetes research, service, education and advocacy.

Diabetes & Heart Education (IERHA) 204-861-0589
www.ierha.ca

Foot Care

Quarry Physiotherapy In Stonewall 204-467-9101
3-347 Main Street
Stonewall, MB

- Offers Nursing Foot Care & Custom Foot Orthotics

Health Care Directives

As a Manitoba citizen you have the right to accept or refuse medical treatment at any time. The Health Care Directives Act allows you to express your wishes about the amount and type of health care and treatment you want to receive should you become unable to speak or otherwise communicate this yourself. It also allows you to give another person the power to make medical decisions for you should you ever be unable to make them yourself.
To obtain a Health Care Directive, call Seniors Resource. 204-467-2719

Health Insurance Information

Manitoba Blue Cross 1-800-873-2583
www.mb.bluecross.ca 204-891-6489
204-774-1761

- Offers a full range of out-of-province travel coverage and extended health benefits.
- Offers Guaranteed Issue Life Insurance for persons aged 85 and younger.

Manitoba Health – Insured Benefits 1-800-392-1207
www.gov.mb.ca/health/mhsip/index.html 204-786-7101

- Provides general health insurance programs for all Manitobans including prosthetic and orthotics, pharmacare and eyeglass program for seniors.
- Covers most medical services and hospital ward services.
- Establishes, monitors and ensures standards in personal care homes and hospitals.

Health Links 1-888-315-9257

204-788-8200

- Quick, free health advice 24 hours a day, 7 days a week.
- Registered nurses are available to answer questions; offer advice and help you find health care resources in your community.

Hearing Services

Hearing Audiology Services – Interlake Region 204-785-7577
Selkirk Public Health Office
203-237 Manitoba Ave
Selkirk, MB.

- Provides services to individuals and families to help identify and overcome hearing disorders.
- Phone the above number in Selkirk for an appointment.

Beltone Hearing Care Centre 204-977-8300

Living with Hearing Loss Program 1-866-282-8041
(Manitoba Possible) 204-975-3010

Helps people develop speech-reading skills and coping strategies to adapt in difficult communication situations.

- Provides information on available technical devices designed to meet the needs of hard of hearing people and ideas to manage hearing loss related to stress.
- Classes for hard of hearing, oral deaf and late-deafened adults are available.

Canadian Hard of Hearing Association 204-975-3037

www.chha-mb.ca

A not-for-profit organization run by and for people who are hard of hearing. CHHA Manitoba Chapter is committed to addressing the needs of people with hearing loss in Manitoba.

Heart & Stroke Services

Heart & Stroke Foundation of Manitoba 204-949-2000

www.heartandstroke.mb.ca

Stroke Recovery Association of Manitoba, Inc. 204-942-2880

www.strokerecovery.ca

- Offers services and programs to stroke survivors and their families at its centre and in the community.

Hospitals (Local)

Stonewall

Stonewall & District Health Centre 204-467-5514
Dr. Evelyn Memorial Hospital
589 3rd Ave. Stonewall, MB
Lab & X-Ray 204-467-8111

Interlake Eastern Regional Health Authority 204-467-4400

www.ierha.mb.ca
Stonewall, MB

- Interlake Regional Heath Authority Community Health Programs include Public Health Nursing, Home Care Services, Mental Health Services, and Support Services to Seniors. A number of these services are offered in each district and some are offered regionally.

Home Care Services Stonewall 204-467-4413
204-467-4414

- Includes personal care services, nursing services and provision of some equipment, in order to help individuals to continue living at home.
- Provides referrals and assessments to access needed services.

Mental Health Programs Stonewall 204-467-4411

- Provides individuals and families with assessments, treatment and therapy for all major psychiatric disorders and emotional and anxiety-based problems.
- See also Mental Health

Public Health Services Stonewall 204-467-4400

- Serves the needs of individuals and families by providing information, guidance and support.
- Provides classes and clinics on various health topics, as well as immunization and resources.

Services to Seniors (IERHA) 1-431-343-0222

Assists communities in developing services for seniors to help them remain in their own homes and communities for as long as possible.

- These services include: Adult Day Programs, Congregate Meal Programs, Seniors Resource Councils, and Special Projects.

Lung Association – Manitoba

www.mb.lung.ca 204-774-5501

- Programs and services provide support for persons suffering from lung diseases such as asthma and emphysema, helps people to quit smoking, promotes awareness of the health effects of second-hand smoke and supports respiratory research in Manitoba.

Massage Therapy Services

310 Wellness on Main 204-404-3100
325 Main St. Stonewall, MB

Quarry Physiotherapy – Massage 204-467-9101
3-347 Main St. Stonewall, MB

Complete Physiotherapy – Massage 204-467-8900

Stonewall Chiropractic/Massage 204-467-5523
425 Main St. Stonewall, MB

Prairie Zen 204-467-5905
336 Main St. Stonewall, MB

Roka 204-404-7681
366 1st St. W. Stonewall, MB

Cherish 204-930-2240
310 1st St. W Stonewall, MB

Warren Wellness Center 204-806-5263
Unit – C 260 Railway Ave, Warren, MB

Warren Chiropractic & Health Centre 204-322-5097
206 MacDonald Ave., Warren, MB

Medical Clinics (Local)

Stonewall Medical Group 204-467-5509
589 3rd Ave. S. Stonewall, MB

Interlake Medical Clinic (Walk-Ins) 204-467-5717
2 – 330 3rd Ave S Stonewall, MB

Quarry Ridge Medical Clinic 204- 467 9707
469 1st St. W Stonewall, MB

- Nurse Practitioner available

Stony Mountain Medical Clinic 204-344-6005
5 Main St.
Stony Mountain, MB

Woodlands Medical Clinic 204-383-5970
78 Porteous Ave
Woodlands, MB

Health Care Services

Health Links 1-888-315-9257

- Registered nurses are available to answer your non-urgent health care questions 24 hrs. a day.

Walk-in Clinics

- Visit www.ierha.ca for a list of walk-in clinics.

Family Doctor Finder 1-866-690-8260

Wellness or Chronic Disease Prevention 1-888-315-3257

- Access wellness and chronic disease (diabetes, hypertension or heart disease) prevention health care providers, healthy eating, tobacco reduction, free classes and more.

Mental Health Services

Stonewall Counselling Centre 204-404-0063

www.stonewallcounsellingcenter.com

- Stonewall Counselling Center is a collaborative team of private practice professionals with comprehensive knowledge in evidence-based care.

Anxiety Disorders Association of Manitoba 1-800-805-8885
204-925-0600

A & O: Support Services for Older Adults 204-956-6440

This Full House – Hoarding Behaviours www.aosupportservices.ca

It is a voluntary program that helps individuals experiencing hoarding behaviours to live safely in their home. The program provides a Registered Social Worker to help older adults make difficult choices about belongings in their home, and to decrease the anxiety they may feel about letting go of their belongings.

Selkirk – Mental Health Crisis Line 1-866-427-8628
204-482-5419

- Provides education and support for individuals suffering from panic and anxiety disorder.
- Provides awareness of panic and anxiety disorders to health service providers and the public.

Canadian Mental Health Association – Manitoba 204-982-6100
http://www.cmhaacrossmb.ca

- Promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

Canadian Mental Health Association – Interlake Region 204-482-9723

- Offers Supported Housing program, Residential Care program, advocacy, and Mental Health promotion.

Crisis Stabilization Unit 204-482-5361

- An 8-bed residential unit for adults or adolescents, 15 years of age or older, in psychiatric crisis.
- The program aims to provide short term (up to 14 days) intensive care and treatment to voluntary clients who require specialized services in the community but do not need hospitalization.
- Referral or inquiries are made directly to the CSU nurse at the above phone number.
- 24-hour crisis line.

The Hope for Wellness Help Line (First Nations and Inuit) 204-942-6568
1-855-242-3310

Klinic Crisis Line (24/7) 1-888-322-3019
204-786 8686

- The Klinic Crisis Program operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope. If you are suicidal, in crisis or struggling to cope, we are here for you. Our team is a call away. Klinic offers 24/7 confidential counselling through our Crisis Line and MB Suicide Prevention & Support Line. We also offer support

to farm, rural and northern communities through phone and online counselling.

Mental Health Services for the Elderly

1-866-757-6205
204-785-7752

- The Interlake-Eastern Regional Health Authority's Mental Health Services for the Elderly Program is a multi-disciplinary program that aims to provide assessment and treatment recommendations for older adults with mental health concerns and/or cognitive difficulties affecting their daily life activities. Consultation and collaboration occurs with the individual, family, and other service providers involved to offer the best person-focused care possible and who reside within the Interlake-Eastern Regional Health Authority.

Mental Health Education Resource Centre

1-855-942-6568
www.mherc.mb.ca 204-942-6568

- Centre provides materials (books, journals, pamphlets, cd roms, presentation kits, videos, articles) on mental health and related issues to service providers, consumers, families, caregivers, educators and the general public.
- Resources are available to all Manitobans free of charge. Call first and speak with their representative.

Mobile Crisis Team – Selkirk

1-877-499-8770
204-482-5376

- To assist in the stabilization of situations for adults and adolescents, 15 years of age or older, experiencing an apparent mental health crisis.
- Services are voluntary in nature and are provided in a manner that respects an individual's rights, choices, and confidentiality.

Mood Disorders Association of Manitoba

1-800-263-1460
www.moodmb.ca 204-786-0987

- The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with mental health illnesses.

Obsessive Compulsive Disorder Centre Manitoba

www.ocdmanitoba.ca 204-942-3331

- Provides support, education, information and outreach services

Peer Connections **(formerly Schizophrenia Society – Manitoba)** 1-800-263-5545
www.peerconnectionsmb.ca 204-786-1616

Selkirk Mental Health Hospital 204-482-3810
825 Manitoba Ave. Selkirk, MB.

- Selkirk Mental Health Centre (SMHC) is a 252-bed facility that provides specialized inpatient mental health and acquired brain injury treatment and rehabilitation services to residents of Manitoba whose challenging needs cannot be met elsewhere in the provincial health care system.

Multiple Sclerosis Society of Canada – MB Division
www.mssociety.ca 1-800-268-7582
204-943-9595

- Provides information and services, such as support counselling, referrals, support groups, social and recreational activities for persons with MS and their families.

Osteoporosis Society of Canada – MB Chapter 1-800-463-6842
www.osteoporosis.ca 204-772-3498

- A not-for-profit organization committed to raising awareness province wide about the prevention and treatment of osteoporosis.
- Supplies educational materials, including brochures, books and audio-visual resources.
- Assists in forming support and self-help groups.
- Holds regular information sessions in Winnipeg.
- Newly diagnosed group one-time meeting to help familiarize new patients with osteoporosis and OSC services.

Manitoba Possible **(formerly Society for Manitobans with Disabilities)** 1-866-282-8041
www.manitobapossible.ca 204-975-3010

- Develops, maintains and delivers services that assist in the development of individual independence and community support for persons with disabilities.

- Provides long – term loans, as well as the maintenance and repair, of wheelchairs.
- Applications for parking permits for people with physical disabilities.

Interlake-Eastern RHA Palliative Care Program

Palliative Care Nursing Team 204-886-4304

Palliative Care is a type of health care that focuses on a philosophy of care that aims to provide comfort and quality of life for individuals and families facing a life-limiting non-curative illness. Palliative Care does not take place within four walls - services and support are provided for people where they are living: hospitals, personal care homes and in your own home by a variety of caregivers including physicians, nurses, pharmacists, home care workers, volunteers, pastoral care, families and friends. Palliative Care helps individuals to achieve the best possible quality of life right up until end of life.

Components of this program include:

Palliative Care Resources

- Pain and symptom management
- Interdisciplinary team approach
- Volunteer services
- Grief and bereavement support
- Information services
- Education
- Community care and involvement
- Care-giver support
- Links with other programs/services
- Resources for comfort care (e.g. specialized equipment)

Mail Donations (Palliative Care):
Interlake – Eastern Foundation
Box 5000, Selkirk, MB R1A 2M2

Parkinson Services

Parkinson Canada – Winnipeg 1-800-565-3000

www.parkinson.ca

Provides support services to families and educates the public, organizations and individuals about Parkinson's disease.

Personal Care Homes

A personal care home provides long-term personal and health services.
People are eligible for residency in a personal care home if they are a Manitoba resident with a Manitoba Health card and need day-to-day help and on-going health services. A local Home Care Case Co-ordinator will provide an initial assessment and help you apply.

Stonewall

Rosewood Lodge 204-467-5257

513 1st Ave. N.
Stonewall, MB

- Rosewood Lodge is operated by the Interlake Regional Health Authority.
- It has 50 long term personal and extended care beds (includes one respite bed).
- Rosewood Lodge also has a special unit for the cognitively impaired.
- Activity and recreation programs are provided to suit the needs and interests of the residents.
- Occupational therapy and physiotherapy services are provided on a weekly basis, upon referral by a family physician.
- Application for admission is initiated by contacting a Home Care Case Co-ordinator at 467-4413 or 467-4414.

Respite Care

Respite Care provides periods of relief for family caregivers by allowing the person they care for to spend some time in a personal care home.

There is a fee to cover part of this service.
Contact a local Home Care Case Co-ordinator in Stonewall
at 204-467-4413 or 204-467-4414

Protection for Persons in Care 1-866-440-6366

www.gov.mb.ca/health/protection/index.html 204-788-6366

If you have concerns that you or someone else in a personal care home, hospital or other medical facility may be subject to physical, sexual, mental, emotional or financial mistreatment, you have a responsibility to report the situation to the Protection for Persons in Care office at the above numbers.

Pharmacies & Medication Information

Interlake Rexall Pharmacy 204-467-8137
1-330 3rd Ave S fax: 204-467-9123
Stonewall, MB

IDA Stonewall Pharmacy Ltd. 204-467-8385
17-333 Main St (Westside Plaza) fax: 204-467-5320
Stonewall, MB

Quarry Ridge Parmacy 204 467 7333
469 1St W fax: 204 467 7322
Stonewall, MB

Stony Mountain Pharmacy 204 513 1818
5 Main St.
Stony Mountain, MB

All of the local pharmacies provide the following services:

- Complete drug information and patient counselling on prescription, non-prescription, and herbal products.
- Year-round safe disposal of expired and unneeded medications.
- Unit-dose blister-packs available.
- Delivery service on request.
- Aids for independent living (walkers, bath benches, etc.).

Palliative Care Drug Access Program 1-800-297-8099
204-786-7141

Patients in the final days of their lives can have their eligible drug costs completely covered under the Palliative Care Drug Access Program.

- There is no deductible and the program is available to palliative care patients in any setting, from a hospital to their own residence.

Pharma Care 1-800-297-8099
www.gov.mb.ca/health/pharmacare 204-786-7141

- Pharmacare is a benefit program designed to help protect Manitobans from high drug costs.
- The deductible is the amount you pay before Pharmacare starts to cover your drug cost.
- There is a minimum deductible of $100.00 per Pharmacare benefit year (April 1 - March 31).
- The deductible amount will depend on income amount.
- Applications can be made annually or through a one-time enrolment plan.

Physiotherapy/Occupational Therapy

Physiotherapy and Occupational Therapy Services

Stonewall & District Health Centre 204-467-5514

- Provides physiotherapy and occupational therapy services to persons in their homes, in personal care homes and in hospital.
- Services are provided locally through Stonewall & District Health Centre and Hunter Memorial Hospital in Teulon.
- Ask for a referral from your physician or through a Home Care Case Co-ordinator.
- There is no charge for these services.

Quarry Physiotherapy

Sports Injury and Rehab clinic 204-467-9101
3-347 Main St.
Stonewall, MB

- Provides consultation and treatment regarding the prevention and alleviation of movement dysfunction and pain resulting from physical injuries.
- This would include acupuncture, exercise programs, work ergonomics, back care, posture, sports injuries and post-surgical rehabilitation.
- Referrals from physicians are not required.
- Therapeutic Massage Therapy services available.
- Walk-ins welcome; home visits can also be arranged.
- Costs of services are covered by Blue Cross, private insurance, MPIC, WCB and DVA.
- Nursing Foot Care- Diabetic Foot and nail Care, Nail and Foot assessment, Callous Care, Ingrown Nail Care & Thickened Nail Care

Complete Physiotherapy 204-467-8900
375 Main St.
Stonewall, MB

Complete Physiotherapy is a multi-disciplinary clinic in Stonewall that offer extensive knowledge and skills in advanced orthopaedic physiotherapy, vestibular (balance and dizziness) rehabilitation, concussion management and upper extremity therapy. Making it truly the complete rehabilitation experience.

Speech – Language Therapy 204-785-7730

- Provides services to individuals and families to help identify and overcome communication disorders.

Vision & Eye Care

Canadian National Institute for the Blind 1-800-563-2642
www.cnib.ca 204-774-5421

- Demonstrates and sells visual aids and other appliances to assist blind and visually impaired persons.
- Provides talking book services and transcription to Braille and audiotape.
- Provides many rehabilitation services that assist blind and visually impaired people to achieve their independence.

Manitoba Eyeglass Program 1-800-297-8099
www.gov.mb.ca/health/mhsip/eyeglasses.html 204-786-7365

- Manitoba Health provides financial assistance to those 65 and older towards the purchase of new eyeglasses.
- Seniors may claim this benefit once every three years or more often if a doctor diagnoses a change in their vision.
- You must pay for your glasses up front and then apply for the benefit (ask for the claim form when you buy your glasses).
- You must pay the first $50.00 and Manitoba Health will reimburse you for 80% of the remaining allowable total.

Doctors Vision Centre 204-467-8044

384 Main St.
Stonewall, MB

- Comprehensive eye exams.
- Great selection of frames, over 1000 to choose from.
- Contact Lens fitting and training.
- Competitively priced with superior service.
- Expanded hours of operation.

Optometrists check the health of your eyes, not only the vision. A person's eyes should last a lifetime. Remember to bring a list of your medications.

Clarity Vision Centre 204-507-0390

Unit 3 411 3rd Ave S
Stonewall, MB

By staying current with the latest developments in eye care, prescription lenses and advances in contact lens technology, our vision center can provide you with the best vision, advice and fit today—and in the years to come. We take pride in building lasting relationships with our patients, which is why we take the time to get to know you, your vision requirements and your lifestyle needs. Contact our eye care clinic today to find out how we can help.

Housing

For information on privately owned apartments, please call
Seniors Resource Council - Stonewall – **204 467-2719**

- See also Personal Care Homes

Manitoba Housing Authority- District Office

Portage, MB	1-204-239 3680
Selkirk, MB	1-204-785-5228
Maintenance Issues	1-800-778-4311

- Maintains a central registry and management office for subsidized housing operated by the provincial government.
- Rents are based on income and a client's ability to pay.

Balmoral

Sprucewood Place 1-800-441-5514

Balmoral, MB

- Sprucewood Place is a senior's residence in the village of Balmoral that has 12 self - contained suites.
- Laundry room and a common room are available for the tenants to use.
- For more information contact Manitoba Housing at the above number.

Stonewall

Crocus Manor 1-866-440 4663

570 Centre Ave 204-239-3680

Stonewall, MB

- There are 28 self - contained bachelor and 1-bedroom suites.
- A laundry room and a common room are available to use.

Kinsmen Apartments **contact:** Kerri Holm 204-461-2816

487 4th Ave. N., Stonewall, MB

- There are 10 self-contained suites available in Kinsmen apartments - six bachelor and four - 1 bedroom.
- A laundry room and a common room are available for tenants to use.

Lions Manor – Stonewall & District 204-467-8531

www.stonewallmanor.ca

622 Centre St.

Stonewall, MB

- Independent senior apartment complex
- Lions Manor has a total of 194 suites: 78 – 1BR & 116 - 2BR
- Utilities such as Shaw cable, heat & water included
- Air conditioning & a private balcony in every suite.
- Suites include appliances and in-suite laundry
- Library, exercise room, courtyards & 2 large multi-purpose rooms are available for tenants use.
- A noon congregate meal is available Monday – Friday.
- A 100% refundable life lease entrance fee is required.

Renaissance 204-942-7744

600 3rd Ave S.
Stonewall, MB

Stonewall's newest 50+ Rental Community. Suite sizes range from 800 – 1180 square feet with open floor plans and spacious balcony.

- Five floor plans to choose from. Two bedroom and two bath suites.
- Wide, wheelchair friendly bathroom and hallways.
- Large storage room and in-suite laundry.
- Large private, covered balcony/patio space.
- Secure indoor heated garage parking available. Large outdoor parking lot with visitor's stalls. Gardening space, grass cutting provided. Professional property Management.

Stonewood Place 204-268 7421

286 5th St. W.
Stonewall, MB

- Stonewood place offers a housing alternative for seniors with 30 well designed suites.
- Each suite consists of a kitchen/dining room, living room, bedroom, bathroom, storage room, and ample closet space.
- Two of the suites are accessible for tenants in wheelchairs.
- Each suite has an ensuite emergency call system.
- Other features include laundry rooms on each floor, mail delivery and the option to purchase your noon and/or evening meal which is served in the common room.
- Application forms and additional information are available in the business office at Rosewood Lodge.

Stony Mountain

Hilltop Manor 1-866-440-4663

37 Main St. 204-239 3680
Stony Mountain, MB

- Hilltop has 12 self - contained suites.
- A laundry room is available for tenants use and a full course noon meal may be purchased Monday to Friday.
- For more information contact Manitoba Housing at the above number.

Woodlands

Oak Park Lodge 204-383-0720

75 Railway Ave.
Woodlands, MB

- Oak Park Lodge is a senior's residence in the village of Woodlands.
- There are 4 -1 bedroom and 20 bachelor suites.
- A full- course noon meal may be purchased and is served in the multi-purpose room.
- This meal is also available for seniors in the community by giving prior notification to the cook at the above number.

Oak Park Estates 1-780-951-9596

Railway Ave
Woodlands, MB

- Oak Park Estates is a senior's residence in the village of Woodlands
- There are 12 units: 7 one-bedroom units and 5 two-bedroom units (2 of these units have a garage)

HOMEOWNER EMERGENCY LOAN PROGRAM (HELP)

This provincial government program is designed to help low-income homeowners improve their housing conditions. Interest-free loans to a maximum of $3,000 are available. Repairs must be of an urgent nature and pose a threat to the health and safety of the occupants to qualify.

EMERGENCY REPAIR PROGRAM (ERP)

The Emergency Repair Program (ERP) is a federal/provincial cost shared program that assists eligible low-income homeowners or occupiers in rural and remote areas to undertake emergency repairs for the continued safe occupancy of their houses. It targets homes in communities of 2,500 or less. Assistance is in the form of a forgivable loan. Income, location and the nature of repair determine eligibility and amount of the loan.

For more information on **HASI**, **HELP**, and **ERP** contact: 1-800-661-4663
1-866-689-5566
204-945-5566

The Manitoba Housing and Renewal Corporation 204-945-4663

www.gov.mb.ca/housing
Affordable Housing Initiative
Main Floor, 280 Broadway Avenue
Winnipeg, MB R3C 0R8

INDEPENDENT LIVING SUPPORTS

Adult Day Programs

Adult Day Programs are available to individuals who may benefit from being actively involved in social and recreational activities in a community setting. People wishing to participate should contact their local Home Care Case Co-ordinator who can assess eligibility.

Day Programs provide the opportunity to:

- Participate in recreational activities and to socialize in a group setting.
- Enjoy a well-balanced meal.
- Provide much needed respite to informal caregivers.
- Referrals can come from any source: family, a friend, doctor, Home Care Case Co-ordinator, senior's resource, etc.
- A home care assessment will be done to determine if admission to the Adult Day Program would be beneficial for the applicant.
- A nominal fee is charged.

Adult Day Programs are available in the following areas:

Stonewall 204-467-3364
513 1st Ave. N.
Rosewood Lodge & Stonewood Place
Held 5 days per week Monday-Friday

Association for Community Living (ACL)

Interlake Branch
307 Main St. 204-467-8419
Stonewall, MB

ACL is a community based non-profit organization committed to providing supports and services for people with developmental disabilities.

Family Services & Housing

Interlake Regional Office	1-866-345-9241
Stonewall District Office (Respite)	1-866-475-0215
After Hours Emergency	1-866-559-6778

Services offered through Family Services include:

Child and Family Services

- Provides protective services for children as well as support to individuals and families facing personal or marital difficulties.

Children's Special Services

- Provides support and services to families of children with physical or mental disabilities.

Community Living Program

- Provides a wide variety of services including prevocational training, on the job training, housing, protection, economic support and counselling to adults with a mental disability.
- These services are provided under the Vulnerable Persons Living with a Mental Disability Act.

Employment and Income Assistance 1-866-475-0215

Intake Office Winnipeg 204-948-4000
Selkirk 204-785-5106

- A provincial program of last resort for people who need to meet basic personal and family needs.
- Wherever possible, the program is aimed at helping people find a job or get back to work.

- Eligibility criteria is:
  - People with a mental or physical illness or disability that is likely to last more than 90 days and keep them from earning enough money.
  - Single parents raising children.
  - People living in an area where there is no municipal government.
  - People staying in a women’s crisis shelter.
  - Dependent children whose parents are deceased or unable to help meet their basic needs.

Vocational Rehabilitation Services

- Provides employment supports to adult individuals with a mental disability, learning disability, physical disability or psychiatric disability.

Handi-Van Services

Stonewall and Area Mobility Services (SAMS) 204-467-9446

- Provides transportation for seniors and people who are mobility disadvantaged.

- Serving the Town of Stonewall, RMs of Rosser, Woodlands and the southern portion of Rockwood.
- Rides are available Monday - Friday, 8 am to 4 pm.
- Weekend and evening trips may be arranged with sufficient notice.

Lifeline, (Victoria)

- Lifeline is a personal emergency response system, which links you to 24-hour emergency assistance at the push of a button.

Stonewall Contact: Seniors Resource 204-467-2719

Mobility Aids

Medical Equipment Rental Program

The following organizations provide a lending/rental service of crutches, canes, walkers and wheelchairs, bath seats, bed rails, etc.
A donation of new or used equipment is always appreciated.

- **South Interlake Seniors Resource Council** 204-467-2719
  There is a 3-month non-refundable rental fee (amount is depending on item required) at the time that the item is needed and picked up. (If out of district a higher rental fee is required depending on the item) The non-refundable rental fee is for a 3-month period and if needed longer will have to be renewed, after the first 3 months and so on.

Wheelchairs are also available to borrow from:

- **The Royal Canadian Legion** in Stonewall 204-467-2261
- **Manitoba Possible** 1-866-282-8041
  204-975-3010
  If you need a wheelchair on a permanent basis and you meet the qualifications required, you can get a wheelchair by contacting

Wheelchair Services (Manitoba Possible) 1-800-836-5551
204-975-3257

- Mobility aids are available to purchase at your local pharmacies and hardware stores.
- For more information on where to purchase Mobility Aids, contact your local Seniors Resource Program.

Nutrition

Congregate Meal Programs

- Congregate Meal Programs are hot, nutritious, full-course meals that are available to **all seniors in the community.**
- Meals are available at the following locations at a minimal cost.
- Phone at least 24 hours in advance to book a meal.

Stonewall Lions Manor 204-467-8531
622 Centre Ave. 204-467-2198

- A noon meal is available from Monday to Friday.
- 48 hours' notice is required for a meal.

Stony Mountain Hilltop Manor *204-461-2065*
37 Main St.

- A noon meal is available from Monday to Friday.

Woodlands Oak Park Lodge 204-383-5903
75 Railway Ave.

- A noon meal is available 7 days a week

Dieticians

Rosewood Lodge 204-467-5257
Stonewall Community Clinic 204-785-3517

- Dietary counselling offered on an in-patient and out-patient basis as referred from physician.

Food Banks

Interlake Food Bank - Stonewall 204-467-9118
293 Main St. Stonewall, MB (basement of Town Hall)

- The Interlake Food Bank collects and distributes food, clothing and household items for families in need and is open every 2nd Thursday.

Manitoba Agriculture, Food & Rural Initiatives 204-467-4700

336 Main St.
Stonewall, MB

- Provides consumer awareness about food: where it comes from, quality and safety controls and how to keep it safe.
- Provides food safety training for community organizations and food processors.
- Promotes Manitoba food products and processors.

Meals on Wheels

South Interlake Seniors Resource – Stonewall 204-467-2719

- Seniors and individuals with temporary disabilities who meet the eligible requirements within the Town of Stonewall can receive a nutritious meal Monday to Friday at a reasonable cost.
- Meals are prepared at Rosewood Lodge and delivered by volunteers from South Interlake Seniors Resource or can be picked up.

PARKING PERMIT PROGRAM

Manitoba Possible 1-866-282-8041
204-975-3257

If you or a friend or family member has difficulty walking more than 50 metres, which is roughly the distance from the mall's parking lot to its entrance, you can apply for a Parking Permit.
This parking permit allows you to park in specially designated spots at a close distance from the entrance.

Applications can be obtained from:

- Society for Manitobans with Disabilities regional office
- Doctor's office
- Driver and vehicle licensing branch or
- Local municipal office
- Seniors resource office

PERSONAL IDENTIFICATION:

Vital Statistics 1-800-282-8069

www.gov.mb.ca/cca/vital 204-945-3701

BIRTH, MARRIAGE AND DEATH CERTIFICATES

You may obtain a copy of birth, marriage or death certificates by notifying the Vital Statistics office in the province that you were born. Copies of the Manitoba application are available online. If you prefer to do this process in person, visit the Vital Statistics office. Completed applications may be mailed or faxed to the Vital statistics office.

Seniors Resource Program

South Interlake Seniors Resource Council

www.sisrc.ca 204-467-2719
144 – 622 Centre Ave, (Lions Manor Entrance 4)
Stonewall, MB

- Seniors Resource Programs provide services for seniors and people who are handicapped which enable them to remain independent, safe and comfortable in their own homes or apartments.
- These programs are funded by the Interlake Regional Health Authority and the communities they serve.
- Resource offices are available in Stonewall and serve the areas surrounding these communities.

Services offered with each include:

Driver/Escort Program

- If you require assistance with transportation, either locally or out of town, arrangements can be made for a volunteer driver to pick you up and take you to and from your destination.
- A rate schedule is available that outlines the amount needed to reimburse the driver for gas and parking expenses.

E.R.I.K. (Emergency Response Information Kit)

- E.R.I.K. is a plastic folder that magnets to your fridge and contains pertinent information that aids emergency response personnel to assist quicker and more efficiently in an emergency situation.

Form Completion

- A resource co-ordinator can help you to complete forms or applications.

Friendly Visitor

- Arrangements can be made to have a volunteer visit on a regular basis.
- Time can be spent sharing mutual interests or discussing everyday affairs.

At Home Hair Care

- For seniors, we provide hairdressers who can come into your home if you are unable to get out.

Handy Helper and Housecleaning Program

(Home Maintenance, Odd Jobs, Snow Removal & Yard Work)

- Help is available to find reliable people to do yard work, snow removal, housecleaning, odd jobs and home maintenance.

Lifeline, (Victoria)

- Lifeline is a personal emergency response system, which links you to 24-hour emergency assistance at the push of a button.

Meals on Wheels

- Seniors and individuals with temporary disabilities who meet the eligible requirements within the Town of Stonewall can receive a nutritious meal Monday to Friday at a reasonable cost.
- Meals are prepared at Rosewood Lodge and delivered by volunteers from South Interlake Seniors Resource or can be picked up.

Medical Equipment Rental Program

- This is a service that rents out crutches, canes, walkers and wheelchairs, bath seats, bed rails, etc. for a non-refundable fee dependant on item (If out of district a higher non-refundable fee is applied)
- A donation of new or used equipment is always appreciated.

Resource Information

- Information on a large variety of resources is available in office and on request.

Telechek

- For someone who lives alone arrangements can be made to have a cheery volunteer phone someone on a regular basis to provide comfort and reassurance. It can be done daily.

Volunteers

- All the above listed programs are available because of volunteer power and fee-for-service workers. If you would like to share your time and talents to assist, please call the resource program in your area.

Supports to Seniors in Group Living (SSGL) 431-381-4002

SSGL provides a range of free enhanced support services in group living/elderly people housing buildings.
These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place". Instrumental Activities of Daily Living are life management skills which allow an individual to remain independent in the community.

Services Provided by SSGL:

- **Communication**-using a telephone to make and receive calls, reading & writing assistance, assistance with forms, preparing and ailing a letter.
  Shopping-assistance with purchasing groceries, clothing and other items, memory for grocery items, selecting items with a list, reviewing flyers, making correct change.
- **Navigation**-assisting with maps, giving directions
- **Financial Skills**-assistance with paying bills (arranging transportation to financial institution), identifying currency, counting change
- **Transportation**-assistance with securing transportation for medical and personal use, i.e. handi-van, volunteer driver, cab
- **Home Maintenance**-assistance with light house maintenance, changing a bulb/battery, hanging a picture, watering plants, changing time on clocks etc.
- **Meal Planning**-assistance with healthy food choices and meal planning, assistance with following cooking instructions, and appliances e.g. microwave, assistance opening jars, bottles etc., food prep & food safety – checking expiry dates etc.
- **Light Housekeeping**-assistance with bed making, assistance with laundry – moving wet clothes from washer to drier, help with the machines, folding etc., assistance with keeping living space free from clutter and dirt, referral to fee for service person where needed.

Seniors Groups & Organizations

Interlake – Eastern RHA Community Wellness Team 1-877-979-9355

Our community wellness team of health experts is composed of wellness facilitators, registered dietitians, exercise consultants and people trained to help motivate you to live a healthier life,
Our wellness team visits communities for events, and they deliver **free classes and programs all over the region. We offer something for everyone!** So, explore what community wellness can offer and make a commitment to do the best thing you can do for yourself. Live a healthy life.
The community wellness team focuses on the following areas:

- Healthy Eating
- Physical Activity
- Tobacco Reduction
- Mental Wellness
- Falls Prevention

Age- Friendly

- Age Friendly's vision is to create communities that value and support the contributions of older people; celebrate diversity, refutes ageism and reduces inequities; and provides age-friendly environments and opportunities for healthy choices that enhance independence and quality of life. The goal of Age-Friendly Manitoba Initiative is simple: To make Manitoba the most age-friendly province in Canada.
- For more information about Stonewall and the Age Friendly Initiative, please see their website **http://www.gov.mb.ca/seniors//afmb/index.html**

Age and Opportunity 204-956-6440

www.ageopportunity.mb.ca
Email: info@ageopportunity.mb.ca
200-280 Smith St.
Winnipeg, MB R3C 1K2

- Provides a variety of health-related, educational & recreational programs and onsite social work counselling.
- Other services include, resources for caregivers, retirement planning, legal assistance and Friendly Visiting (Winnipeg).

Manitoba Seniors & Healthy Aging Branch 1-866-626-4862
www.gov.mb.ca/seniors/ 204-945-6565

- Promotes the interests of seniors by ensuring policies, programs and services are sensitive to seniors' needs and concerns.
- Provides a central source of information and referral for seniors and their families, seniors' organizations and government departments.

South Interlake Fifty-Five Plus Inc 204-467-2582
www.si55plus.org
374 1st St. W. (Odd Fellows Hall)
Stonewall, MB

This is a non-profit organization in Stonewall that provides educational, recreational, health and social opportunities for seniors

- A newsletter is published monthly listing upcoming events and activities. Newsletters are free and may be picked up at the Odd Fellows Community Centre or downloaded from the website.
- Volunteer opportunities available.

ORGANIZATIONS & RECREATION

Local Clubs

For contact name, phone number and more information
about clubs in your area, please call
South Interlake Seniors Resource Council at 204 467-2719

Stonewall

Dr. Evelyn Memorial Hospital Auxiliary – Stonewall	204-467-5514
Independent Order of Odd Fellows – Branch #49	n/a
Royal Canadian Legion – Stonewall – Branch #52	204-467-2261
Royal Canadian Legion Ladies Auxiliary	204-467-2261
Stonewall & District Lions Club	n/a
Stonewall Kinettes	n/a
Stonewall Kinsmen	204-461-2023
Stonewall Knights of Columbus	n/a

Stony Mountain

Masonic Lodge #134 – Stony Mountain	204-792-7252

Warren – Woodlands

Royal Canadian Legion – Woodlands - Branch #248	204-383 5541
Royal Canadian Legion Ladies Auxiliary – Woodlands - Branch #248	204-383 5541
Warren and District Horizons Lions Club	n/a
Warren and District Lions Club	n/a

Recreation

- See also Seniors Groups page

Bowling

Quarry Bowling Lanes

369 1st St. E. 204-467-8218
Stonewall, MB R0C 2Z0

- Seniors Bowling Leagues (September through May).

Curling

Argle Curling Club	204 467-5730
Stonewall Curling Club	204-467-5542
Stony Mountain Curling Club	204-344-5419
Warren Curling Club	204-322-5620

Education

Interlake School Division #21 - Continuing Education

192 2nd Ave. N.
Stonewall, MB 204-467-5100

- Offers classes in all areas of life: health, fun and fitness, computers and skill sharpeners, as well as many personal interest courses.
- Some examples are, Alzheimer and Diabetes informational evenings, exercise classes, computer classes for seniors, first aid and CPR training, quilting, painting and drawing for beginners.

Fitness

Adrenaline Fitness Inc. 204-218-5477

2 Dolomite Ave
Stonewall, MB R0C 2Z0

- This is a 24/7 unsupervised fitness centre
- Has cardio, strengthening and toning equipment
- Suitable for all ages
- Hours – Tuesday 5:00pm – 8:00pm
  Thursday 5:00pm – 8:00pm
  Sunday 1:00pm – 4:00pm

Floor Shuffle

Argyle Contact: Laurie 204-792-0474
Sharon 204-886-2034

- All ages are welcome to meet on Tuesdays at 7:00 pm at the Argyle Curling Club for floor shuffle.
- Runs from May – mid Sept.
- Light lunch served following game.

Golf Courses

- The following golf courses all contain and a driving range which are open to the public.

Bel Acres Golf & Country Club 204-632-8337

R.M. of Rosser, Sturgeon Rd

Whispering Winds Golf & Country Club 204-322-5104

Warren, MB

Oke Doke's Driving Range 204 467 2361

Provincial Rd 236, Stonewall

EXTRAS

Libraries

South Interlake Regional Library 204-467-8415
419 Main St.
Stonewall, MB

- Multi-purpose room available for non-profit groups

Driver Training

- The following people are available to provide driver training and to refresh and update driving skills.
    - Joan Nolan 204-383-5984

Stonewall Teulon Tribune/Interlake Graphics (Printing)

#74 Patterson Drive, Box 39 204-467-5836
Stonewall, MB R0C 2Z0

- A community newspaper published weekly which provides Information on current news and recent upcoming events.
- Features monthly 'Seniors News' page.

Places of Worship

Stonewall United Church 204-467-5469
www.stonewallunited.ca
369 – 1st Ave. N.,
Stonewall, MB

Anglican Church of the Ascension 204-467-8466
435 1st Ave N.,
Stonewall, MB

Alive Family Church 204-467-2870
www.alivefamilychurch.ca
Sunova Auditorium, Quarry Park Interpretive Centre
Stonewall, MB

New Life Church 204-467-5529
6106 MB 67
Stonewall, MB

Christ the King Catholic Church 204-467-9016
315 2nd St. E
Stonewall, MB

Balmoral United Church 204-467-9070
teulonpastoralcharge@mymts.net

Warren & Meadow Lea United Church Services 204-322-5752
Call for location of service.

Woodlands Gospel Chapel 204-383-0248
Hwy 6 & Rd 82 Woodlands, MB

Church of the Annunciation 204 646 2249
Woodlands

Christ Church Anglican 204 992 4200
Stony Mountain, MB

Stony Mountain & Lilyfield United Churches 204-344-5426
Call for our shared worship location.

St. Joseph's Roman Catholic Church 204-467-9016
Stony Mountain, MB

Full House Movers
Alex Fotty 204 467 2419
Cell: 204 467 2352

Nothing Beats A Full House Move!

Funeral Services

MacKenzie Funeral Services 204-467-2525

433 Main St.
Stonewall, MB

- Chapels in Stonewall, Teulon and Arborg.
- Serves all faiths.

Ken Loehmer Funeral Services 204-886-0404

55 Main St.
Teulon, MB
Serves all Faiths

Groceries

Many grocery retailers will deliver groceries to your home.
For more information contact your local grocer.

Argyle

- Argyle General Store 204-467-8591

Balmoral

- Balmoral General Store 204-467-2659

Stonewall

- Stonewall Family Foods 204-467-5553
- Stonewall Co-op Food Store 204-467-8469

Stony Mountain

- Pick 'N' Pay 204-344-5328

Warren

- Market 6 Food/Liquor Store 204-322-5587

Woodlands

- CCL Woodlands Ltd/Liquor Store 204-383-5545

Hairdressers

Stonewall

- Korner Kuts 204-467-5222
- Stonewall Hair and Tanning Source 204-467-7486
- Rita's Salon 204-513-1288

Stony Mountain

- Mountain Do or Dye 204-344-5446
-

Warren

- Lillies Locks 204-322-5000

In Home Hair Care 204-467-2719

- For those unable to go to a hairdresser due to mobility or other health reasons, Seniors Resource offers this service. For more information call South Interlake Seniors Resource Centre.

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