

WINNIPEG HOUSING DIRECTORY FOR OLDER ADULTS



2020



A&O

Support Services for Older Adults

A & O: Support Services for Older Adults

With roots that trace back to 1957, the focus of A & O: Support Services for Older Adults' operations is identifying and addressing many of the issues facing older adults. Hand in hand with older adults, and through partnerships with community groups, the agency takes action to improve the quality of life for older adults in Manitoba through advocacy, education and service delivery.

A & O strives to involve older adults in decision-making. Their expertise is an important contribution to building a healthy community in which older adults play a vital role.

MISSION

To offer specialized programs and services that are accessible to older Manitobans and support and enhance their social, emotional, physical, intellectual and spiritual lives and promote active participation in all aspects of community life.

In fulfillment of its Mission, A & O will:

- develop and provide high quality, evidence-based services and programs that support the health & well-being of older adults
- enhance and share the skills of older adults
- educate the community in all aspects of aging
- advocate for appropriate policy and program development on behalf of older adults and an aging population

VISION

To develop and deliver innovative programs and services that improve the quality of later life.

Winnipeg Housing Directory for Older Adults

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

Funding for A & O's Housing Program is provided by



A & O also receives funding from



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

A & O:SUPPORT SERVICES FOR OLDER ADULTS

PROGRAMS & SERVICES

SAFETY & SECURITY

Elder Abuse Prevention Services

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

Safe Suite Program

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

Older Victim Services

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

SafetyAid: Falls Prevention for Older Manitobans

SafetyAid is a FREE Fall Prevention program offered in partnership with the province of Manitoba. Older adults 65+ are eligible to have a falls prevention audit of their home. Older adults whose income is under \$25,000 (single) and \$30,000 (couple) are eligible to receive falls prevention items. The Coordinator can install and provide smoke alarm batteries, non-slip bath mats, night-lights and flashlights.

This Full House

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

SOCIAL ENGAGEMENT

Senior Centre Without Walls

This program is the first of its kind in Canada and offers a unique opportunity for Manitobans, 55 years of age and older, to join interactive educational and recreational programs from the comfort of their own homes via teleconference format. The free programs are accessed through a toll-free number and are offered during the day and evenings.

Programming topics may include:

- Educational presentations
- Historical presentations
- Language classes
- Book clubs and short stories (books and stories are read aloud)
- Language Lessons
- Travelogues
- Support groups

Connect Program

Registered Social Workers assist socially isolated older adults living within the community in Winnipeg by connecting them to resources that will facilitate independent living. Participants of the program will be provided information that encourages social activity and participation within the community and may be matched with a volunteer visitor. Volunteers and participants engage in a one-hour visit, once a week, which occurs on a date and time that is agreeable to both parties. Visits take place in the participant's home.

Senior Immigrant Settlement Services

The program offers a wide range of settlement services for newcomers 55 years of age and over. Our Entry for Seniors program is a group orientation where participants learn about important settlement topics such as law, health and safety, housing, transportation, money and banking and community information. Upon completing Entry for Seniors, participants are referred to The Winnipeg English Language Assessment and Referral Centre (WELARC) for a language assessment appointment. They may then register for our English Language Program for seniors or are welcome to join one of our English Conversation Circles.

A settlement worker is also available to provide additional information about community programs and services, to assist with forms and documents and offer opportunities to connect with other older adults in the community.

COUNSELLING SERVICES

Counselling

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

Information and Referral

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

Intake

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

Housing Program

A & O: Support Services for Older Adults' Housing Program and related services are evolving to suit the needs of older adults. One-on-one consultations with the Housing Consultant are available by appointment. The Housing Consultant will provide clients and their families with information to assist them with the selection of an appropriate housing options.

Legal Services

Boni Singbeil Stienstra LLP provides legal services on-site to individuals 55 years of age and older on matters such as wills, powers of attorney and health care directives.

A & O: Support Services for Older Adults

200 - 280 Smith St.
Winnipeg, MB R3C 1K2
Phone: 204-956-6440
Fax: 204-946-5667

Email: info@aosupportservices.ca
Website: www.aosupportservices.ca

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FOREWORD

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

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

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

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A & O: Support Services for Older Adults

200 - 280 Smith St.

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

Housing Directory Correction Form

One building per form please

Change(s) effective immediately as of: _____

Change(s) effective as of: _____

Name / Address of Building: _____

Contact Name: _____

Telephone / Fax Number: _____

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

(Please Sign Here)

TIPS FOR RENTERS

1. **Start by deciding what area(s) of Winnipeg you could see yourself living in:**

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

2. **Review your financials, you need to know what you can afford:**

- Decide on how much you are able to spend on rent, be aware of utility costs.
- Ask the right questions about extras such as parking, storage, emergency pull cord costs, and activity fees, so that you can better judge how much you will need.
- There are programs available to help such as the Rent Assist (see page 12).

3. **Decide what your housing needs are:**

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

4. **Select the places that meet your needs and explore those options:**

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

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

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

6. Waiting List Information:

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

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

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

SAMPLE CHECKLIST FOR VISITING POTENTIAL RENTAL PROPERTIES

(Add or change this checklist to suit your personal needs)

	Apartment #1	Apartment #2	Apartment #3
ADDRESS	_____	_____	_____
VIEWING TIME	_____	_____	_____
CONTACT PERSON	_____	_____	_____
PHONE NUMBER	_____	_____	_____
BASIC INFORMATION:			
Monthly rent	\$ _____	\$ _____	\$ _____
Parking	\$ _____	\$ _____	\$ _____
Type of parking	_____	_____	_____
INCLUDED IN RENT:			
Cable	_____	_____	_____
Heat	_____	_____	_____
Hydro	_____	_____	_____
Internet	_____	_____	_____
Telephone	_____	_____	_____
Water	_____	_____	_____
APPLIANCES			
Dishwasher	_____	_____	_____
Fridge	_____	_____	_____
Stove	_____	_____	_____
Laundry on-site	_____	_____	_____
• In suite	_____	_____	_____
• Included in rent	_____	_____	_____
• Coin operated	_____	_____	_____
• Smart Card	_____	_____	_____
EXTRAS:			
Activities	_____	_____	_____
Air Conditioning	_____	_____	_____
Balcony / Patio	_____	_____	_____
Exercise Facilities	_____	_____	_____
Meals	_____	_____	_____
Party Room	_____	_____	_____
Pool	_____	_____	_____
Sauna	_____	_____	_____
Storage	_____	_____	_____
Shuttle bus	_____	_____	_____
RESTRICTIONS			
No pets	_____	_____	_____
No smoking	_____	_____	_____
No wheelchair access	_____	_____	_____
CONSIDERATIONS			
Close to bus route	_____	_____	_____
Close to amenities	_____	_____	_____

RENT ASSIST

Financial assistance is available to eligible persons who rent their living accommodation in the private market and who are required to spend a large portion of their income on rent. The benefit is based on your income and your family size.

Eligibility

- are a renter in Manitoba and
- are a Canadian citizen, landed immigrant or refugee claimant
- pay rent or room and board for unsubsidized housing
- are a person who qualifies for Disability Tax Credit or receive Canada Pension Plan Disability Benefits: or
- are a single renter (55+ years of age or older) with an annual net household income less than \$24,120 or
- are a couple with an annual net household income less than \$27,360

(Please note: amounts listed are 2019 rates and are subject to change)

Ineligibility:

- If you rent from your home from Manitoba Housing
- If you own your own home
- If you, or the unit you live in, gets any other kind of housing benefit or subsidy
- If you receive Employment and /or Income Assistance*
- If you reside in a personal care home, hospital or residential care facility**
- If you live on a First Nations Community

*If you are on EIA you may already be receiving Rent Assist

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

Additional information, assistance and applications are available at:

Provincial Services

(8:30 am - 4:30 pm Monday to Friday)

Department of Families

102 - 114 Garry St.

Winnipeg, MB R3C 1G1

Phone: 204-948-7368

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

E-mail: incsup@gov.mb.ca

Website: www.gov.mb.ca/fs/eia/rent_assist.html

Download an application: www.gov.mb.ca/fs/eia/pubs/rentassist_appform.pdf

DEFINITION OF SYMBOLS



Indicates the percentage of older adults within the building



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



Indicates building is not wheelchair accessible.



Indicates there is shuttle bus to grocer available.



Indicates there is a meal program available.



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



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

Abbreviations used in this book:

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

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

INDEPENDENT LIVING

Definition of Independent Living

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

Independent Living Offers:

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

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

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

Cost of Independent Living Facilities

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

Accessing Independent Living

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

ASSINIBOINE SOUTH

HAVEN TWO

1 Boulton Bay R3N 1Z5

21 Boulton Bay R3N 1Z8

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

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



Rent: Bach: \$462 - \$492 (320 sq/ft)
1 BR: \$623 (430 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & cable

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

Safety: Cameras, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x per week

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

Structure: Built in 1974 & elevator

Bus Stop: On Kenaston Blvd route 78

COLUMBUS COURTS INC.

253 Edgeland Blvd R3P 0S1

Phone: 204-982-2000

Managed by: Murdoch Management
204-982-2000



Rent: Bach: \$669 (327 sq/ft)
1 BR: \$964 (431 sq/ft)
1 BR large: \$964 (654 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitors parking on street

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

Activities: Yes > call for more info

Shuttle: No

Features: Party room, lounge & tile flooring

Structure: Built in 1975, 14 floors & elevator

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

SWEDISH CANADIAN HOME FOR SENIOR CITIZENS

5419 Roblin Blvd R3R 0G8

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

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



Rent: Bach: \$542 - \$665 (350 sq/ft)
1 BR: \$712 - \$812 (475 - 700 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

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

Safety: Alarm system, enterphone system & on-site resident manager

Activities: No

Shuttle: No

Features: Common room, recreation room, storage locker / room, coin-op laundry, carpet & vinyl flooring

Structure: Built in 1965 & 1 level

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

MANITOBA EASTERN STAR CHALET, INC.

13-525 Cathcart St R3R 0S6

Phone: 204-889-3687

E-mail: chalet@oesmanitoba.ca

Website: www.oesmanitoba.ca



Rent: 1 BR: \$519 - \$594
(340 - 440 sq/ft)

Included: Heat, hydro, water & basic cable

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

Safety: Alarm system & enterphone system

Activities: Yes > see website or call

Shuttle: To grocer every Monday morning

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

Structure: 1 level

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

Meals: Mon - Fri, Dinner \$7 / meal
Delivery to apartment - \$7.50 / meal

ASSINIBOINE SOUTH

BRAMBLE ESTATES

3901 Grant Ave

R3R 2Z4

50%



Phone: 204-837-2243

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



Rent: 1 BR: \$950+ (648 sq/ft)
1 BR: \$1165+ (960 sq/ft) (with den)
2 BR: \$1175 - \$1235
(986 - 1042 sq/ft)

Included: Heat, hydro, & water

Parking: Surface lot regular \$17 / month
Covered \$22 / month
Visitor parking available

Safety: Camera, enterphone system
& on-site caretaker

Activities: No

Shuttle: No

Features: A/C, balcony / patio, laundry facility,
carpet & vinyl flooring, pet friendly -
cats

Structure: Built in 1980, 9 floors & 2 elevators

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

BRIDGWATER HEIGHTS

225 North Town Rd

R3Y 0P5

10%



Phone: 866-736-8515

Managed by: Broadstreet Properties Ltd.

Website: www.broadstreet.ca

E-mail: info@broadstreet.ca



Rent: 1 BR: \$1348 (604 - 676 sq/ft)
2 BR: \$1368+ (859 - 971 sq/ft)
3 BR: \$1598+ (971 sq/ft)

Included: Heat, water & in-suite laundry

Parking: Powered parking \$60 / month
Visitor parking available

Safety: Secured building entry, on-site
management & maintenance

Activities: No

Shuttle: No

Features: A/C, balcony / patio, party room,
In-suite washer & dryer, BBQ
friendly, dog run, hardwood, carpet &
vinyl flooring

Structure: Built in 2013, 4 floors & elevators

Bus Stop: On Bridgeland at Oakland route 163

BOULTON ESTATES

690 Kenaston Blvd

R3N 1Z3

50%



Phone: 204-489-1098

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



E-mail: info@marwest.ca

Rent: 1 BR: \$1030 - \$1057 (650 sq/ft)
2 BR: \$1095 - \$1229
(750 - 900 sq/ft)

Included: Heat, hydro & water

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

Safety: Camera, enterphone system
& on-site caretaker

Activities: No

Shuttle: To grocer weekly

Features: A/C, balcony / patio, smart card
laundry, in suite storage, seasonal
pool, carpet & hardwood flooring
pet friendly- cats

Structure: Built in 1978, 14 floors & 2 elevators

Bus Stop: On Kenaston Blvd route

Internet Resource list

- www.aosupportservices.ca - look under the Housing tab for all areas of the city of Winnipeg, view the Housing Directory for free
- www.kijiji.ca - user friendly, can also place an ad for an apartment www.rentcanada.com - type in city and follow the links
- www.winnipegrentnet.ca
- www.gov.mb.ca/seniors/housing.html will bring you to Healthy Aging Manitoba government website for Housing & Aging in Place
- www.virtualhospice.ca info on palliative care

Rent:	Bach: \$1743 - \$2096 (342 - 467 sq/ft) 1 BR: \$1989 - \$2584 (405 - 605 sq/ft) Extra person: add \$500 / month
Included:	Heat, hydro, water, cable, laundry & meals
Parking:	Surface lot, 1 stall included in rent Visitor parking available
Safety:	Enterphone system, key-card entry, on-site caretaker & Victoria Lifeline
Activities:	Yes > call for more information
Shuttle:	To grocer
Features:	Party room, storage, carpet & vinyl flooring, designated outdoor smoking area
Structure:	Built in 1922 (renovated in 2001), 3 floors & elevator
Bus Stop:	On Roblin Blvd routes 67 & 79
Meals:	Breakfast, lunch, dinner & snacks

[illegible]

Website: www.reveraliving.com

Rent:	1 BR: \$3450+ (655 sq/ft) 2 BR: \$4650+ (800 - 1000 sq/ft) Extra Person: add \$660 / month
Included:	Heat, hydro, water, cable, phone, laundry & meals
Parking:	Surface lot \$34 / month Visitor parking available
Safety:	Alarm system, cameras, emergency pull cords & emergency pendant response system, enterphone system, 24/7 onsite staff First Aid/ CPR certified, night security
Activities:	Yes > call or visit website
Shuttle:	To grocer 3x / week & outings
Features:	A/C, balcony / patio, exercise facilities, party room, tuck shop, storage locker / room, personal laundry service available, valet service & carpet flooring Short term & respite care available Recently renovated suites
Structure:	Built in 1988, 4 floors & elevator
Bus Stop:	On Grant Ave routes 65, 66 & 98
Meals:	Flexible dining options



ASSINIBOINE SOUTH

SHAFTESBURY PARK RETIREMENT RESIDENCE (*Assisted Living*)

905 Shaftesbury Blvd R3P 0Y3

Phone: 204-885-7272

Managed by: All Seniors Care Living Centre

E-mail: cholmes@allseniorscare.com

Website: www.allseniorscare.com



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

PORTSMOUTH RETIREMENT RESIDENCE (*Assisted Living*)

125 Portsmouth Blvd R3P 2M3

Phone: 204-259-2004

Managed by: Revera Retirement Residences

Website: www.reveraliving.com

E-mail: retirementinfo@reveraliving.com



- Rent:** Bach: call for current prices (417 - 482 sq/ft)
1 BR: call for current prices (508 - 780 sq/ft)
2 BR: call for current prices (855 - 1120 sq/ft)
- Included:** Heat, hydro, water, laundry, meals cable and telephone
- Parking:** Surface lot \$32 / month, valet services available
Garages \$74 / month
Visitor parking available
- Safety:** Alarm system, emergency pull-cord, enterphone system, CPR certified staff, on-site caretaker & 24 hr security
- Activities:** Yes > call or visit website
- Shuttle:** To grocer & medical appointments 4x / week
- Features:** A/C, balcony / patio, exercises, party room, recycling, carpet & vinyl flooring, outdoor smoking area
- Structure:** Built in 2001, 3 floors & 2 elevators
- Bus Stop:** On Taylor Ave route 95
- Meals:** Breakfast, lunch, dinner & snacks every day

CENTRAL

195 YOUNG ST

195 Young St R3C 3S8

Apply to: Manitoba Housing
204 945-4663

25%

Rent: Bach: 30% of gross income (450 sq/ft)
2 BR: rent geared to income (650 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Features: Vinyl flooring

Structure: 12 floors & elevator

Bus Stop: On Broadway routes 17, 20 & 29

340 PRINCESS ST

340 Princess St R3B 3L2

Apply to: Manitoba Housing
204-945-4663

15%

Rent: 1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

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

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

Activities: No

Shuttle: No

Features: Vinyl flooring

Structure: 12 floors & elevator

Bus Stop: On Princess St route 44

385 CARLTON ST

385 Carlton St R3B 3A1

Apply to: Manitoba Housing
204-945-4663

30%



Rent: Bach: 30% of gross income
1 BR: 30% of gross income
2 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

Safety: Alarm system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors & elevator

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

444 KENNEDY ST

444 Kennedy St R3B 2Z1

Apply to: Manitoba Housing
204-945-4663

10%



Rent: Bach: 30% of gross income
1 BR: 30% of gross income
2 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars in bathrooms

Structure: 14 floors, elevator

Bus Stop: On Kennedy St route 15

Meals: Lunch, 5 days / week, \$6.00 / meal

CENTRAL

470 PACIFIC AVE

470 Pacific Ave R3A 1R6

Apply to: Manitoba Housing
204-945-4663

Rent:	Bach: 30% of gross income 1 BR: 30% of gross income Subsidized rent available
Included:	Heat, hydro, water & laundry
Parking:	Surface lot \$24 / month No visitor parking available
Safety:	Enterphone system & locked building
Activities:	No
Shuttle:	No
Features:	Grab bars in bathrooms
Structure:	14 floors & elevator
Bus Stop:	On Isabel St routes 17 & 38

515 ELGIN AVE

515 Elgin Ave R3A 1N9

Apply to: Manitoba Housing
204-945-4663

Rent:	Bach: 30% of gross income 1 BR: 30% of gross income Subsidized rent available
Included:	Heat, hydro, water & laundry
Parking:	Surface lot \$24 / month No visitor parking available
Safety:	Enterphone system & locked building
Activities:	Yes > call for more info
Shuttle:	No
Features:	Grab bars in bathrooms
Structure:	14 floors & elevator
Bus Stop:	On Isabel St routes 17 & 38
Meals:	Every day, \$6.00 / meal

15%




ARLINGTONHAUS INC.

(Independent, Assisted Living & Supportive Housing)

880 Arlington St R3E 3H2

Phone: 204-783-3752

Managed by: The Bethania Group
204-667-0795

Rent:	Bach: 30% of gross income (367 sq/ft) 1 BR: 30% of gross income (490 sq/ft) Subsidized rent available	
Included:	Heat, hydro, water & laundry	
Parking:	Surface lot \$24 / month Visitor parking available	
Safety:	Cameras, alarm system, enterphone system, & on-site caretaker	
Activities:	Yes > call for more info	
Shuttle:	To grocer	
Features:	Carpet & vinyl flooring	
Structure:	Built in 1973, 11 floors & elevator	
Bus Stop:	On Arlington St routes 12, 19 & 71	
Meals:	Lunch, dinner & snack, every day, extra cost	



Notes

[illegible]

CENTRAL

BLUEBIRD LODGE

97 Keewatin St. R3E 3J1

Phone: 204 949-2880

Managed by: Winnipeg Housing Rehabilitation Corporation



Rent: Bach: 30% of gross income (379 - 404 sq ft)
1 BR: 30% of gross income (506 sq ft)
Subsidized rent available

Included: Heat, hydro & water

Parking: No resident parking
Visitor parking on street

Safety: Cameras, enterphone system, locked building, on site caretaker, key card entry

Activities: Yes > call for more info

Shuttle: No

Features: Elevator, exercise facilities, hairdresser, recycling program, roof top terrace / solarium, tile flooring, renovated in 2017

Structure: 11 floors & elevator

Bus Stop: On Keewatin route 19, & 31

LAR SANTA ISABEL

857 Wall St R3G 2T9

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

Website: www.lifelease.ca



Rent: 1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro & water

Parking: Surface lot \$24 / month
Visitor parking available

Safety: Locked building

Activities: Yes > call for more info

Shuttle: No

Features: Balcony, common room, gazebo & lounge, carpet, coin-op laundry & vinyl flooring

Structure: 3 floors & elevator

Bus Stop: On Ellice Ave route 14

ST ANDREWS PLACE

425 Elgin Ave R3A 1P2

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

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



Rent: Bach: 30% of gross income
1 BR: 30 % of gross income
Subsidized rent available

Included: Heat, water, laundry & basic cable

Parking: No resident parking
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: No

Features: Onsite café, pharmacy & clinic, laundry room, vinyl flooring

Structure: Built in 1975, 11 floors & elevator

Bus Stop: On Isabel St route 17 & 38

VILLA HEIDELBERG INC.

33 Edmonton St R3C 1P8

Phone: 204-942-7633

E-mail: villaheidelberg@shaw.ca



Rent: Bach: 30% of gross income (400 sq/ft)
Plus \$11/ month hydro
Subsidized rent available

Included: Heat, water & laundry

Parking: Surface lot \$24 / month
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / month

Features: Exercise facilities, party room, carpet & vinyl flooring

Structure: Built in 1976, 9 floors & elevator

Bus Stop: On Edmonton St route 43

CENTRAL

SEK ON TOI

289 Pacific Ave R3B 3B7

Phone: 204-947-1705

Managed by: Armour Management
204-515-6411

Rent: Bach: 30% of gross income
Plus \$11 / month hydro
1 BR: 30% of gross income
Plus \$12 / month hydro

Included: Heat & water

Parking: On street

Safety: Enterphone system, locked building

Activities: Yes > call for more info

Shuttle: No

Features: Laundry included in rent, lounge,
exercise room, recycling program &
tile floors

Structure: Built in 1978, 12 floors & elevator

Bus Stop: On Logan Ave route 26



ARMS OF THE CROSS HOUSING INC.

555 Burnell St R3G 3L7

Phone: 204-774-6664

Rent: Bach: \$322 (430 sq/ft)
1 BR: \$469 - \$479 (517 sq/ft)
2 BR: \$648 (902 sq/ft)

Included: Heat, hydro & water

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

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

Activities: Yes > call for more info

Shuttle: To grocer weekly

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

Structure: Built in 1976, 9 floors & elevator

Bus Stop: On Ellice Ave route 14



VILLA FEL RODRIGUEZ HOUSING CO - OP

442 William Ave R3A 0J6

Phone: 204-982-2000

Managed by: Murdoch Management Inc.

Website: www.lifelease.ca

Rent: 1 BR: 30% of gross income
2 BR: 30% of gross income
Co-op shares \$610
Subsidized rent available

Included: Heat, hydro, & water

Parking: \$24 / month

Safety: Locked building

Activities: Call for more information

Shuttle: No

Features: Multipurpose room

Structure: 3 floors & elevator

Bus Stop: On William routes 12 & 17

15%

LIONS MANOR

320 Sherbrook St R3B 2W6

Phone: 204-784-1239

Website: www.lhc.ca

Rent: Bach: \$632 (300 sq/ft)
1 BR: \$850 (490 sq/ft)

Included: Heat, hydro, water & laundry

Parking: Surface lot \$65 / month
Visitor parking available

Safety: Camera & key-card entry

Activities: Yes > call for more info

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

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

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

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



CENTRAL

KEYSTONE SENIOR CITIZENS HOUSING

224 Colony St R3C 3X9
Managed by: Brydges Property Management
 204-489-9510



Rent: 1 BR: \$690
 Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot \$45 / month
 Visitor parking available
Safety: Enterphone system, key-card entry & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Exercise facilities, party room, coin-up laundry, vinyl plank flooring
Structure: Built in 1978, 6 floors & elevator
Bus Stop: On Memorial Blvd routes 1, 2, 10, 17, 20, 32, 34, 43, 44 & 45

AUTUMN HOUSE INC.

790 Wellington Ave R3E 3K9
Phone: 204-772-5929
Managed by: The Bethania Group
 204-667-0795



Rent: Bach: \$597
 1 BR: \$788
 2 BR: \$1011
Included: Heat, hydro & water
Parking: Surface lot \$45 / month
 No visitor parking available
Safety: Enterphone system, locked building & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, exercise facilities, party room, storage, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1968, 6 floors & elevator
Bus Stop: On Wellington Ave routes 12 & 77

BETELSTADUR HOUSING CO-OP LTD.

1061 Sargent Ave R3E 3M6
Phone: 204-772-7164
Managed by: S.A.M Management Inc.
 204-942-0991
E-mail: betelstadur@shaw.ca
Website: www.sam.mb.ca



Rent: 1 BR: \$619 - \$700
 2 BR: \$720 - \$761
 Co-op shares \$1000
 Subsidized rent available
Included: Heat, water & laundry
Parking: Surface lot \$30 / month
 Visitor parking available
Safety: Alarm system, cameras, enterphone system & key-card entry
Activities: Yes > call or visit website
Shuttle: To grocer on Thursdays
Features: A/C, exercise facilities, hairdresser, multipurpose room, non-profit store, party room, & carpet
Bus Stop: On Sargent Ave route 15
Meals: Dinner, Mon, Wed & Fri, extra cost

WESTLANDS HOUSING CO-OP

50 Oddy St R2R 0L2
Phone: 204-982-2000
Managed by: Murdoch Management Inc.
Website: www.lifelease.ca



Rent: 1 BR: \$750 (570 sq/ft)
 2 BR: \$995 (770 sq/ft)
 Co-op share \$1000
 Subsidized rent available
Included: Heat, hydro, water & cable
Parking: Surface lot \$24 / month
Safety: Locked building
Activities: Call for more information
Shuttle: No
Features: Multipurpose rooms
Structure: Built in 2013, 2 floors & elevator
Bus Stop: On King Edward routes 26, 28 & 77

CENTRAL

MCCLURE PLACE INC.

533 Greenwood Pl R3G 3M1
Managed by: S.A.M. Management Inc.
 204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent: 1 BR: \$827
 2 BR: \$986
Included: Heat, hydro, water & laundry
Parking: Surface lot \$32 / month
 Visitor parking on street
Safety: Alarm system, cameras & enterphone system
Activities: Yes > call for more info
Shuttle: To grocer weekly
Features: Party room, balconies & coin-op laundry
Structure: 8 floors & elevator
Bus Stop: On Portage Ave route 11
Meals: Dinner, Mon, Wed, Thurs & Fri, extra cost



LIONS PLACE

610 Portage Ave R3C 0G5
Phone: 204-784-1273 Ext 2
Website: www.lhc.ca

Rent: 1 BR: \$831 - \$896
 (515 - 536 sq/ft)
 2 BR: \$1048 (725 sq/ft)
 Add \$20 for double occupancy
Included: Heat, hydro, water & laundry
Parking: Surface lot & covered \$65 / month
 Visitor parking available
Safety: Cameras, enterphone system, key-card entry
Activities: Yes > call for more info
Shuttle: Yes
Features: A/C, garden patio, dining room, exercise facilities, green house, on-site grocery store, party room, carpet & vinyl flooring
Structure: Built in 1983, 18 floors & elevator
Bus Stop: On Portage Ave routes 11 & 29
Meals: On-site restaurant serves lunch & dinner daily, extra cost



COLONY CREEK

250 Colony St R3C 3L8
Phone: 204-775-3855
Managed by: Sussex Realty
 204-488-4444
Website: www.sussexrealty.ca

Rent: Bach: \$750+
 1 BR: \$920+
 2 BR: \$1000+
Included: Heat, hydro & water
Parking: 1 stall included in rent
 Visitor parking on street
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: Coin-op laundry, carpet & vinyl flooring
Structure: 7 floors, elevator
Bus Stop: On Memorial Blvd routes 1, 10, 17, 20, 34, 43 & 44



PAMELA APTS

761 Wolseley Ave R3G 1C5
Phone: 204-416-5552
Managed by: Globe Property Management
 204-956-2233
E-mail: info@globepm.ca
Website: www.globepm.ca

Rent: Bach: \$617+ (327- 406 sq/ft)
 1 BR: \$902+ (598 sq/ft)
 2 BR: \$990+ (722 - 736 sq/ft)
Included: Heat & water
Parking: Surface lot \$45 / month
 Visitor parking available
Safety: Secure entrance & manager on-site
Activities: No
Shuttle: No
Features: Recycling, Smart Card laundry, storage locker, vinyl & hardwood flooring
Structure: 5 floors & elevator
Bus Stop: On Wolseley Ave route 1



CENTRAL

COLONY SQUARE

425-555 St Mary Ave R3C 4C4

Phone: 204-808-5393

Managed by: Timbercreek Communities

Website: www.timbercreekcommunities.com

Rent: Bach: \$898+ (600 sq/ft)
1 BR: \$900+ (700 sq/ft)
2 BR: \$1439+ (881 sq/ft)
Rent cost subject to change

Included: Water

Parking: Underground: Impark 204-943-3578
Visitor parking on street

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

Activities: No

Shuttle: No

Features: A/C, balcony / patio, exercise
facilities, pool, sauna, Smart Card
laundry, convenience store, squash
court, carpet & vinyl plank flooring

Structure: Built in 1980, 17 floors on Eastside,
18 floors on Westside & elevators

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

25%



EASTRY HOUSE

61 Edmonton St R3C 1P9

Phone: 204-955-9999

Managed by: JC Property Management
204-943-1720

E-mail: rentals@jcproperties.ca

Rent: Bach: \$840+
1 BR: \$1061+
2 BR: \$1197+

Included: Heat, hydro, water, laundry & cable

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

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

Activities: No

Shuttle: No

Features: Storage lockers on every floor, pet
friendly – cats, & parquet flooring

Structure: 7 floors & elevator

Bus Stop: On Edmonton St route 43

10%



RONEY PLAZA

10 Edmonton St R3C 1P7

Phone: 431-999-7943

Managed by: JC Property Management
204-943-1720

E-mail: info@jcproperties.ca

Rent: Bach: \$670+
1 BR: \$810+
2 BR: \$930+

Included: Heat, water, laundry & cable

Parking: Surface lot \$73 / month
Visitor parking on street

Safety: On-site manager, security doors &
cameras

Activities: No

Shuttle: No

Features: Storage lockers on each floor, pet
friendly – cats, drapery included &
parquet floors

Structure: 6 floors & elevator

Bus Stop: On Edmonton St route 43

10%



FORT GARRY PLACE III

20 Fort St R3C 4L3

Phone: 204-940-3475

Managed by: Edison Properties
204-940-3450

E-mail: 20fort@edisonproperties.ca

Rent: 1 BR: \$905 - \$1277 (588 - 696 sq/ft)
2 BR: \$1264 - \$1433 (910-1142 sq/ft)
2 BR: \$2106 (newly renovated)

Included: Water & in suite laundry

Parking: Underground, inquire
Visitor parking available

Safety: Alarm system, cameras, enterphone
system, key-card entry, on-site
management & security building

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

Features: A/C, balcony, exercise facilities,
activity room, hot tub, pool, sauna,
carpet & ceramic tile flooring

Structure: Built in 1990, 21 floors & elevator

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



CENTRAL

KELLY HOUSE

15 Carlton St R3C 1N8
Phone: 204-942-5005
Managed by: Globe Property Management
 204-956-2233
Website: www.globepm.ca

40%



Rent: 1 BR: \$1075 - \$1323
 (690 – 820 sq/ft)
 2 BR: \$1375+
 3 BR: \$1649+ (1085 sq/ft)
Included: Heat, hydro & water
Parking: Call for pricing
 Visitor parking available
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, indoor pool, laundry, dishwasher, w/c accessible into building, carpet & vinyl flooring
Structure: 10 floors, elevator
Bus Stop: On Carlton St route 43

RIDEAU TOWER

90 Garry St R3C 4J4
Phone: 204-947-9732
Managed by: Crystal Properties Ltd.
 204-957-6350
Website: www.crystalproperties.ca

55%



Rent: 1 BR: \$962+ (671 - 682 sq/ft)
 2 BR: \$1385+ (1051 - 1513 sq/ft)
 Penthouse: \$1900+
Included: Water & laundry (mostly in suite)
Parking: Surface lot \$40 / month
 Covered \$60 / month
 No visitor parking available
Safety: Alarm system, cameras, enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, storage locker / room, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1986, 18 floors & elevator
Bus Stop: On Garry St routes 2 & 34
 On Donald St route 66

PLACE PROMENADE

400 Webb Pl R3B 3J3
 410 Webb Pl R3B 3J5
 420 Webb Pl R3B 3J6
 44 The Promenade R3B 3H9
Phone: 204-988-6880
Managed by: Cityscape Residence Corp.

35%

Rent: Bach: \$750+
 1 BR: \$860+
 2 BR: \$950+
 2 BR: \$1050+ (2 Bathrooms)
Included: Heat & water
Parking: \$78 / month underground
 Visitor parking available
Safety: Security entrance, on-site management, on premise security
Activities: No
Shuttle: No
Features: A/C, balcony, exercise facilities, pool, storage in suite, Smart Card Laundry & skywalk to mall
Structure: Multi-floor building & elevators
Bus Stop: On Vaughan St route

KIRKBY TERRACE

393 Kennedy St R3B 3H2
Phone: 204-794-4372
Managed by: Sussex Realty
 204-488-4444

45%

Rent: 1 BR: \$778+
 2 BR: \$908+
Included: Water
Parking: Call for pricing
 Visitor parking on street
Safety: On-site management, security entrance & enterphone
Activities: No
Shuttle: No
Features: Exercise room, Smart Card laundry, fireplace, dishwasher, carpet & vinyl floors
Structure: 7 floors & elevator
Bus Stop: On Kennedy St route 15

CENTRAL

CHATEAU 100

72 Donald St R3C 1L7

Phone: 204-452-0110 ext 115

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

E-mail: winnipeg@qualitymanagement.net

Website: www.qualitymanagement.net

Rent: Bach: \$850+ (415 sq/ft)
1 BR: \$964+ (517 & 650 sq/ft)
2 BR: \$1149+ (786 - 900 sq/ft)

Included: Heat, hydro & water

Parking: Parkade \$88 / month
No visitor parking available

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

Activities: No

Shuttle: No

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

Structure: Built in 1977, 22 floors & 3 elevators

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

10%



ELLICE PLACE (Assisted Living)

555 Ellice Ave R3B 3C4

Phone: 204-948-2328

Managed by: Manitoba Housing
204 945-4663

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Plus service charge

Included: Heat, hydro, water, laundry & meals

Parking: Limited, call for more information
No visitor parking available

Safety: CCTV monitoring, in suite medical alarms, cameras, enterphone system, key-card entry & 24 hr security on site.

Activities: Yes > call for more info

Shuttle: No

Features: Outdoor garden, patio

Structure: Built in 1981 (renovated in 2015)
14 floors & elevator

Bus Stop: On Ellice Ave route 14

Meals: Lunch & dinner every day



DOWNTOWN COMMONS

320 Colony St R3C 0S8

Phone: 204-988-7678

Managed by: University of Winnipeg
Community Renewal Corp

Email: tenantliving@uwinnipeg.ca

Website: www.downtowncommons.ca

Rent: 1 BR: \$1095+ (517- 646 sq/ft)
1BR barrier free: \$1260 (646 sq/ft)
2 BR: \$1450+ (797-904 sq/ft)
3 BR: \$1750+ (990-1098 sq/ft)

Included: Heat, hydro, & water

Parking: Surface lot \$120 / month
No visitor parking available

Safety: Alarm system, security, cameras, enterphone system

Activities: No

Shuttle: No

Features: A/C, balcony, terrace, BBQ area, multipurpose room, meeting room, all apts w/c accessible with roll in showers in bathrooms, Smart card laundry, free wifi, Peg City Car on location, carpet & laminate flooring

Structure: Built in 2016, 14 floors & elevator

Bus Stop: On Portage Ave & Colony / Vaughn multiple routes
Downtown Spirit Portage & Colony Routes 1, 2,

10%



Notes

FORT GARRY

FORT GARRY ROTARY VILLA

528 Hudson St R3T 4E3

Managed by: Fort Garry Services Inc.

204-284-7228

E-mail: rvilla@mymts.net



- Rent:** Bach: 30% of gross income
(367 sq/ft) Plus \$11/month hydro
1 BR: 30 % of gross income
(457 sq/ft) Plus \$12/month hydro
Subsidized rent available
- Included:** Heat, hydro, water & laundry
- Parking:** Surface lot \$24 / month
Visitor parking available
- Safety:** Enterphone system & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / week
- Features:** Balcony / patio on ground floor,
guest suite available & tile flooring
- Structure:** Built in 1974, 2 floors & elevator
- Bus Stop:** On Chevrier Blvd route 94
On Pembina Hwy routes 60 & 62
- Meals:** Brunch & dinner, Mon - Fri, extra cost

VILLA NOVA SENIOR HOME

1035 Wilkes Ave R3P 1T1

Phone: 204-489-8648

E-mail: villanova@shaw.ca



- Rent:** 1 BR: 30% of gross income
(625 sq/ft)
Subsidized rent available
- Included:** Heat & water
- Parking:** Surface lot \$24 / month
Visitor parking available
- Safety:** Alarm system, enterphone system & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / week
- Features:** Party room, coin-op laundry & vinyl flooring
- Structure:** Built in 1993, 5 floors & 2 elevators
- Bus Stop:** On Wilkes Ave route 86

RICHMOND GARDENS

Greater Winnipeg Senior Citizen Non- Profit Housing

2900 Pembina Hwy R3T 3Z3

Phone: 204-942-0991

Managed by: S.A.M. Management Inc

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



- Rent:** Bach: \$451 (378 sq/ft)
1 BR: \$556 (525 sq/ft)
2 BR: \$790 (656 sq/ft)
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Surface lot \$35 / month
Visitor parking available
- Safety:** Cameras, enterphone system & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer every Monday
- Features:** A/C, party room, coin-op laundry,
carpet & tile flooring
- Structure:** Built in 1974, 6 floors & elevator
- Bus Stop:** On Pembina Hwy routes 37, 62, 70,
91 & 109

COOPERATIVE CHALET ST NORBERT LTD.

80 St. Pierre St R3V 1J8

Phone: 204-942-0991

Managed by: S.A.M. Management Inc.

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca



- Rent:** 1 BR: \$770 - \$810 (562 - 645 sq/ft)
2 BR: \$840 - \$922 (732 - 807 sq/ft)
Co-op share \$500
- Included:** Heat, hydro, water & laundry
- Parking:** Surface lot \$30 / month
Visitor parking available
- Safety:** Alarm system, emergency pull-cord,
enterphone system
- Activities:** Yes > call for more info
- Shuttle:** To grocer every Monday
- Features:** Balcony / patio, party room, storage,
fridge, stove, carpet & vinyl flooring
- Structure:** Built in 1989, 3 floors & elevator
- Bus Stop:** On St. Pierre St routes 37,

FORT GARRY

ARIZONA PLAZA

1650 Pembina Hwy R3T 2G3
Phone: 204-275-0884
Managed by: W.R.E. Development Ltd.
 204-889-5409

E-mail: wredev@mts.net

Website: www.wredevelopment.ca

Rent: Bach: \$845+ (500 sq/ft)
 1 BR: \$1100+ (900 sq/ft)
 2 BR: \$1292+ (1300 sq/ft)
Included: Heat, water & A/C
Parking: Included in rent
 Visitor parking available
Safety: Cameras, enterphone system,
 locked building & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, games/party room, smart card
 laundry on every floor, recycling,
 storage locker, carpet & vinyl flooring
Structure: Five floors & elevator
Bus Stop: On Pembina Hwy routes 60 & 70

DELTA MANOR

100 Adamar Rd R3T 3X6
Phone: 204-940-3480
Managed by: Edison Properties
 204-940-3450

E-mail: 100adamar@edisonproperties.ca

Rent: 1 BR: \$1067 (720 sq/ft)
 2 BR: \$1189 (810 sq/ft)
Included: Heat, hydro & water
Parking: Underground \$45 / month
 Visitor parking available
Safety: Alarm system, cameras, enterphone
 system, key-card entry & on-site
 caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, exercise
 facilities, party room, pool, sauna,
 coin-op laundry, carpet
 & vinyl flooring
Structure: Built in 1973, 12 floors & elevator
Bus Stop: On Pembina Hwy routes 60 & 70
Meals: Lunch, Mon, Wed & Fri, extra cost

30%



SUMMERLAND APTS

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

E-mail: summerlandwredev@mts.net

Website: www.wredevelopment.ca

Rent: 1 BR: \$1100+ (520 sq/ft)
 1 BR: \$1200+ (800 sq/ft)
 2 BR: \$1400+ (950 sq/ft)
 3 BR: \$1740+ (1200 sq/ft)
Included: Heat, hydro, water & A/C
Parking: Underground \$37 / month
 Visitor parking available
Safety: Alarm system, cameras, enterphone
 system, key-card entry, night security
 & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, fitness centre,
 party room, pool, sauna, tropical
 atrium, smart card laundry, carpet,
 vinyl & ceramic tile flooring
Structure: Built in 1975, 16 floors & elevator
Bus Stop: University Cres routes 60, 75 & 76

40%



Manitoba Residential Tenancies Board

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

Residential Tenancies Branch
 302-254 Edmonton St.
 Winnipeg, MB
 R3C 3Y4

Ph: **204-945-2476**
 Toll Free: **1-800-782-8403**
 Email: rtb@gov.mb.ca

Website: www.residentialtenancies.mb.ca

FORT GARRY

THE PARKWAY II

95 Paget St R3P 1E8

Phone: 204-487-8500

Website: www.theparkway.ca

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



Rent: Bach: \$1005 (543 sq/ft)
1 BR: \$1560 (730 sq/ft)
2 BR: \$2014 (1087 sq/ft)

Included: Heat, hydro, water & in suite laundry

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

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

Activities: Yes>call

Shuttle: To grocer 2x /month

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

Structure: Built in 2012, 4 floors & 2 elevators

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

WESTMINSTER COURT

2945 Pembina Hwy R3T 3R1

Phone: 204-275-5614

Managed by: Globe Property Management
204-956-2233

E-mail: info@globepm.ca

Website: www.globepm.ca

30%



Rent: 1 BR: \$1045+
2 BR: \$1250+

Included: Heat, hydro & water

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

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

Activities: No

Shuttle: No

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

Structure: 6 floors & elevator

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

SILVERVIEW ESTATES

2141, 2145, 2149 Pembina Hwy R3T 5S9

Phone: 204-275-5644

Managed by: Laurence Management Group
204-831-9960

E-mail: silverview@imgproperties.com



Rent: 1 BR: \$1300+ (1000 sq/ft)
2 BR: \$1450 - \$1550 (2 baths)
(1022 - 1067 sq/ft)

Included: Water & in-suite laundry

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

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

Activities: Yes > call for more info

Shuttle: To mall 1x / week

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

Structure: Built in 1989, 3 floors & elevator

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

SOUTHVIEW PLAZA

2080 Pembina Hwy R3T 2G9

Phone: 204-269-8078

Managed by: Globe Property Management
204-956-2233

E-mail: info@globepm.ca

Website: www.globepm.ca

10%



Rent: 1 BR: \$1104+ (619 sq ft)
2 BR: \$1314+ (839 sq ft)
3 BR: \$1490+ (1040 sq ft)

Included: Heat, hydro, & water

Parking: Indoor \$38 / month
Second stall \$65 / month

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

Activities: No

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

Structure: 12 floors & elevator

Bus Stop: On Pembina Hwy routes 78, 162, 170 & 183

FORT GARRY

BRIGHTWATER SENIOR LIVING OF TUXEDO (Assisted Living)

721 Sterling Lyon Pkwy R3P 2S9

Phone: 204-272-8132

Website: www.brightwaterseniorliving.com

Rent:	Bach: \$3040+ 1 BR: \$3545+ 2 BR: \$4495+
Included:	Heat, hydro, water, cable, laundry & meals
Parking:	Inquire Visitor parking available
Safety:	Alarm system, cameras, enterphone system, key-card entry, 24 hour security on-site & emergency pendant
Activities:	Yes > call or visit website
Shuttle:	Yes to community & outings
Features:	A/C, fitness centre, library & technology centre, party room, theatre, garden/patio, barber & beauty salon, vinyl & carpet flooring Personal healthcare services available. Respite and short stay available
Structure:	Built in 2016, 3 floors & elevator
Bus Stop:	At Walmart / Kenaston route 84 At Kenaston outlet collection route 74
Meals:	Breakfast, lunch, dinner & snacks every day



LINDENWOOD MANOR (Assisted Living)

100-475 Lindenwood Dr E R3P 2P3

Phone: 204-475-9990

E-mail: info@lindenwood.ca

Website: www.lindenwood.ca



Rent:	1 BR: \$2212- \$2581 (557+ sq/ft) 2 BR: \$2731 (826 sq/ft) Extra person: add \$400 / month
Included:	Heat, hydro, water, laundry, meals & cable
Parking:	Surface lot \$35 / month Visitor parking available
Safety:	Cameras, enterphone system, alarm system, locked building & 24 hr staff on-site
Activities:	Yes > call or visit website
Shuttle:	To grocer every Thurs
Features:	A/C, balcony / patio, exercise facilities, party room, carpet & vinyl
Structure:	Built in 2000 & elevator
Bus Stop:	On Lindenwood Dr E routes 84, 86 & 94
Meals:	Lunch, dinner, snacks every day

DID YOU KNOW?

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

FORT GARRY

THE PARKWAY (Assisted Living)

85 Paget St R3P 0Y8

Phone: 204-487-8500

Website: www.theparkway.ca

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



- Rent:** 1 BR: \$2770 - \$3008 (626 -760 sq/ft)
2 BR: \$3600 (913 sq/ft)
Extra person: add \$400 / month
- Included:** Heat, hydro, water, in-suite laundry & meals
- Parking:** Surface lot \$50 / month
Covered \$95 / month
Visitor parking available
- Safety:** Camera, enterphone system, 24 hr security & manager on-site
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x / week
- Features:** A/C, balcony / patio, chapel, exercise facilities, games room, party room, private dining room, lounge, café, store, hair salon, carpet & vinyl
- Structure:** Built in 2007, 4 floors & 4 elevators
- Bus Stop:** On Waverley St routes 64, 84 & 86
- Meals:** Breakfast, dinner, snacks, every day

Senior Centre Without Walls

This program offers a variety of recreational and educational classes to Manitobans 55+ over the phone. You can participate from the comfort of your home through telephone conference calls.

No special equipment is needed and the calls are free. Call **204-956-6440** OR toll-free **1-888-333-3121** to find out more.

LINDENWOOD TERRACE (Assisted Living)

490 Lindenwood Dr E R3P 0Y5

Phone: 204-489-2112

E-mail: info@lindenwood.ca

Website: www.lindenwood.ca



- Rent:** 1 BR: \$2390 - \$2497 (609+ sq/ft)
2 BR: \$2932 - \$2942 (836 sq/ft)
Extra person: add \$400 / month
- Included:** Heat, hydro, water, meals, laundry, cable & telephone
- Parking:** Surface lot \$35 / month
Visitor parking available
- Safety:** Cameras, enterphone system, 24 hr staff on-site, locked building & alarm system
- Activities:** Yes > call or visit website
- Shuttle:** To grocer bi-weekly
- Features:** A/C, balcony / patio, exercise facilities, party room, carpet & vinyl
- Structure:** Built in 2008 & elevator
- Bus Stop:** On Lindenwood Dr E routes 84, 86 & 94
- Meals:** Lunch, dinner, snacks every day

STERLING HOUSE (Assisted Living)

909 Wilkes Ave R3P 2S5

Phone: 204-489-4745

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadmanitoba.ca



- Rent:** 1 BR: \$2600+ (640 - 811 sq/ft)
2 BR: \$3100+ (909 sq/ft)
Extra person: add \$350 / month
- Included:** Heat, hydro, water, laundry, & meals
- Parking:** Surface lot \$50 / month
Visitor parking available
- Safety:** Alarm system, cameras, enterphone system & health care aides
- Activities:** Yes > call or visit website
- Shuttle:** To grocer 1x / week
- Features:** A/C, balcony / patio, exercise facilities, party room, storage room in suite, carpet & vinyl flooring
- Structure:** Built in 2004, 4 floors & elevator
- Bus Stop:** On Wilkes Ave routes 64, 84 & 86
- Meals:** Brunch & dinner, every day

FORT GARRY

RIVERWOOD SQUARE - THE LANDING (Assisted Living)

1778 Pembina Hwy R3T 2G2

Phone: 204-275-7632

Email: Isherrin@riverwoodsquare.com

Managed by: Riverwood Square

Website: www.riverwoodsquare.com



Rent: 1 BR: \$3295+ (552 - 654 sq ft)
2 BR: \$3995+ (832 - 912 sq ft)

Included: Heat, hydro, water, cable, A/C, appliance maintenance repair, housekeeping & laundry

Parking: Surface lot \$65 / month
Covered parking \$90 / month
Visitor parking available

Safety: 24/7 on-site security staff, authorized card access, cameras in building & bath room safety features
Sara Lifeline

Activities: Yes > call or visit website

Shuttle: Yes > call or visit website

Features: Library, multi-use private dining room, 2 BR units have A/C in two rooms with separate controls, lounge with a licensed bar, guest suite available at \$135 / night, carpet & tile flooring, all suites are wheelchair friendly

Structure: Built in 2008, 6 floors, elevator & interconnected buildings

Bus Stop: On Pembina Hwy routes 60 & 70

Meals: Breakfast, lunch, dinner, every day

THE PARKWAY II (Assisted Living)

95 Paget St R3P 0Y8

Phone: 204-487-8500

Website: www.theparkway.ca

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



Rent: 1 BR: \$2848 (650 sq/ft)
2 BR: \$3538 (970 sq/ft)
Extra person: add \$400 / month

Included: Heat, hydro, water, in suite laundry, & meals

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

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

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, chapel, exercise facilities, games room, party room, private dining room, lounge, café, store, hair salon, carpet & vinyl flooring

Structure: Built in 2012, 4 floors & 2 elevators

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

Meals: Breakfast, dinner, snacks, every day

Signs of a good moving company:

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

FORT GARRY

THE WAVERLEY RETIREMENT COMMUNITY
(Assisted Living)

857 Wilkes Ave

R3P 2M2



Phone: 204-487-9600

E-mail: thewaverley@reveraliving.com

Managed by: Revera Inc.

Website: www.reveraliving.com



Rent: Bach: ask for current rent price
(403 sq/ft)

1 BR: ask for current rent price
(593 sq/ft)

2 BR: ask for current rent price
(761 - 851 sq/ft)

Included: Heat, hydro, water, cable, phone, laundry & one meal (dinner)

Parking: Surface lot \$46 / month
Visitor parking available

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

Activities: Yes > call or visit website

Shuttle: To grocer 2x per week & scheduled outings

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

Structure: Built in 1999, 3 floors & elevator

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

Meals: Breakfast & lunch (optional) extra cost

Notes

[illegible]

POINT DOUGLAS

ST. JOSAPHAT SELO-VILLA

114 McGregor St R2W 5J7

Phone: 204-586-4346

Managed by: Knights of St. Josaphat Inc.

E-mail: selovilla@mymts.net



Rent: Bach: 30% of gross income
Plus \$11.00 / month hydro
1 BR: 30% of gross income
Plus \$12.00 / month hydro
Subsidized rent available

Included: Heat, water & laundry

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

Safety: Camera, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: No

Features: Party room & tile flooring

Structure: Built in 1977, 8 floors & elevator

Bus Stop: On McGregor St route 17

CANADIAN POLISH MANOR

300 Selkirk Ave R2W 5H7

Apply to: Winnipeg Housing
Rehabilitation Corporation
204-949-288 0



Rent: Bach: 30% of gross income
(340 sq/ft) plus
\$11/ month hydro
1 BR: 30% of gross income
Plus \$12/month hydro
Subsidized rent available

Included: Heat, water & laundry

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

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

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: A/C, storage, convenience store, grab bars & tile flooring

Structure: Built in 1987, 8 floors, elevator

Bus Stop: On Selkirk Ave route 16

Meals: Breakfast & lunch extra cost

CGS MANOR INC.

595 Mountain Ave R2W 5L7

Apply to: Winnipeg Housing Rehabilitation
Corporation
204-949-2880



Rent: 1 BR: 30% of gross income
Plus \$11/ month hydro
2 BR: 30% of gross income
Plus \$12/month hydro

Included: Heat, water & laundry

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

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

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony / patio, party room, vinyl & tile flooring

Structure: Built 1986, 11 floors & elevator

Bus Stop: On Mountain Ave routes 15 & 97

KEKINAN CENTRE INC.

100 Robinson St R2W 5M8

Apply to: Winnipeg Housing Rehabilitation
Corporation
204-949-2880

Rent: 1 BR: 30% of gross income
Subsidized rent available

Included: Heat & water

Parking: Surface lot, call for price
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Features: Party room, Smart Card laundry & vinyl flooring

Bus Stop: On Dufferin Ave route 97

POINT DOUGLAS

LORD SELKIRK TOWERS

269 Dufferin Ave R2W 2X8

Apply to: Manitoba Housing
204-945-4663

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
2 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

Safety: Cameras & night security

Activities: Yes > call for more info

Shuttle: No

Structure: Elevator

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

55%

POINT DOUGLAS MANOR

817 Main St R2W 5J2

Phone: 204-945-3431
Apply to: Manitoba Housing
204-945-4663

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
2 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro & water

Parking: Surface lot \$24 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Structure: 10 floors & elevator

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

65%

FRED DOUGLAS APTS

1280, 1290 & 1300 Aberdeen Ave R2X 0X3

Phone: 204-586-8541 ext 163
Managed by: Fred Douglas Society
204-586-8541

Website: www.freddouglassociety.com

Rent: Bach: \$439 - \$559 (300 sq/ft)
1 BR: \$586 - \$688 (440 sq/ft)

Included: Heat, hydro, water & laundry

Parking: Surface lot \$40.00 / month

Safety: Cameras, enterphone system, locked building

Activities: Yes > call for more info

Shuttle: To grocer 1x week

Features: Recycling program, lounge, hairdresser, a/c unit can be installed, newly renovated suites & wheelchair ramps available

Structure: Built 1964, 1 & 2 floors

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

Meals: Breakfast \$6.00, lunch & dinner \$10.00 / meal



WILLOW CENTRE

61 Tyndall Ave R2X 2T4

Phone: 204-632-5940
Managed by: The Willow Centre

Rent: Bach: \$494 - \$566 (400 sq/ft)

Included: Heat, hydro, water & basic cable

Parking: Surface lot \$15 / month
Visitor parking on street

Safety: Camera System, enterphone system, key fob system, locked building, on-site caretaker & stand-alone A/C

Activities: Yes > call for more info

Shuttle: No

Structure: Built 1972, 2 floors & elevator

Bus Stop: On Tyndall Ave route 16



POINT DOUGLAS

ST. MARY THE PROTECTRESS UKRAINIAN ORTHODOX MILLENNIUM VILLA INC.

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



Rent: 1 BR: \$600 (520 sq/ft)
2 BR: \$900 (700 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

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

Safety: Cameras, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony / patio, storage, vinyl plank flooring

Structure: Built in 1989, 5 floors & elevator

Bus Stop: On Arlington St route 71

FRED DOUGLAS COURTS

1286 Aberdeen Ave R2X 0X3
Phone: 204-586-8541 ext 163
Managed by: Fred Douglas Society
204-586-8541
Website: www.freddouglassociety.com



Rent: Bach: \$617
1 BR: \$723
2 BR: \$944 - \$999

Included: Heat, hydro, water & laundry

Parking: Surface lot \$40.00 / month

Safety: Cameras, enterphone system, locked building

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Recycling program, lounge, gift shop, hairdresser, renovated suites with walk-in shower stall

Structure: Built 1964, renovated in 2011, 2 floors & elevator

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

Meals: Breakfast \$6.00, lunch & dinner \$10.00 / meal

IVAN FRANKO MANOR

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

Rent: 1 BR: \$730 (500 sq/ft)
2 BR: \$845 (600 sq/ft)

Included: Heat, hydro, water & laundry

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

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

Activities: No

Shuttle: No

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

Structure: Built in 1984, 7 floors & elevator

Bus Stop: On McGregor St routes 17 & 97

FLORA PLACE

1 Flora Place R2X 0A9
Apply to: Winnipeg Housing Rehabilitation Corporation
204-949-2880

75%

Rent: 1 BR: \$748 (600 sq/ft)
2 BR: \$989 (720 sq/st)
3 BR: \$1123 (880 sq ft)
Subsidized rent available

Included: Heat, hydro, & water

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

Safety: Cameras, grab bars in bathrooms

Activities: No

Shuttle: To grocer

Features: Balcony/patio, storage locker/room, smart card laundry, some units have back yards, in- suite storage, carpet & vinyl flooring

Structure: Built 2007, one floor

Bus Stop: On Sinclair St route 71

RIVER EAST

53 STADACONA ST

53 Stadacona St R2L 1P8

Apply to: Manitoba Housing
204-945-4663

40%

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24/ month
Visitor parking available

Safety: Enterphone system & locked building

Activities: No

Shuttle: No

Features: Common room, carpet & tile

Structure: 11 floors & elevator

Bus Stop: On Stadacona St route 44

KILDONAN HORIZONS

505 Munroe Ave R2K 3Z2

Phone: 204-669-0754

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

Safety: Enterphone system & locked building
& caretaker on site

Activities: Yes > call for more info

Shuttle: Yes to grocer

Features: Common room, tile flooring

Structure: Built in 1983, 15 floors & elevator

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

BETHANIAHAUS INC.

1060 Kimberly Ave R2K 4J7

Phone: 204-654-5041

Managed by: The Bethania Group
204-667-0795

Rent: 1 BR: 30% of gross income
(564 sq/ft)
2 BR: 30% of gross income
(724 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

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

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

Activities: Yes > call for more info

Shuttle: To grocer weekly

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

Structure: Built in 1989, 6 floors & 2 elevators

Bus Stop: On Molson St route 77

Meals: Dinner every day, \$8.00 / meal

KILDONAN MANOR

1607 Henderson Hwy R2G 4B7

Phone: 204-334-9537

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

Rent: 1 BR: 30% of gross income
(600 sq/ft)

Included: Heat & water

Parking: Surface lot \$24 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

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

Structure: Built in 1991, 9 floors & 2 elevators

Bus Stop: On Henderson Hwy routes 11 & 41



RIVER EAST

CANADIAN LEGION GARDENS

675 Talbot Ave R2L 0R9

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



Rent: 1 BR: \$579 - \$588
Included: Heat, hydro & water
Parking: Surface lot \$25 / month
Visitor parking on street
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: To grocer 1x / week
Features: A/C & coin-op laundry
Structure: Built in 1950's, 1 level
Bus Stop: On Talbot Ave route 45

HOUSING CONSULTATIONS

If you are overwhelmed at the prospect of moving and find it difficult to know where to start, call **204-956-6440** to arrange for a Housing consultation.

Our Housing Consultant can arrange to meet with you at our central office to help provide information and direction for your move. These consultations are provided free of charge and can help link you to services you might need.

Family members or support persons are allowed to be part of the consultation. Contact can be made via phone, or via email: info@aosupportservices.ca.

Be proactive, not reactive. Call before there is a crisis.

KIWANIS HOMES OF EAST KILDONAN

821 Golspie St R2K 2V5
735-749 Golspie St R2K 2V3
602-614 Kimberly Ave R2K 0Y2
Phone: 204-668-0076



Rent: Bach: \$475
1 BR: \$550 - \$600
Included: Heat & water
Parking: Surface lot \$35 / month
Visitor parking on street
Safety: Alarm system & locked building
Activities: Yes > call for more info
Shuttle: No
Features: Party room, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1963 & 1 floor
Bus Stop: On Kimberly Ave Route 90

COSMO PLACE APARTMENTS

541-561 Cosmo Pl R2L 1J2
570-574 Herbert Ave R2L 1E9

Phone: 204-915-8057

Managed by: D-7 Property Management
204-989-4210

25%



Rent: Bach: \$565+
1 BR: \$800+
Included: Heat & water
Parking: Surface lot \$89 / month
Visitor parking available
Safety: Locked building & on-site caretaker
Activities: No
Shuttle: No
Features: Party room, coin-op laundry carpet & vinyl flooring
Structure: 1 floor and 2 floors
Bus Stop: On Talbot Ave routes 44 & 45

RIVER EAST

DONWOOD SOUTH

1245 Henderson Hwy R2G 1M1

Phone: 204-338-8688

E-mail: donwoodsouth@donwoodmanor.org



Rent: 1 BR: \$821 (650 sq/ft)
2 BR: \$1036 (800 sq/ft)

Included: Heat, hydro, water & laundry

Parking: Surface lot \$40 / month
No visitor parking available

Safety: Alarm system, cameras, enterphone system, & locked building

Activities: Yes > call for more info

Shuttle: To grocer 2X / week

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

Structure: Built in 1982, 14 floors & elevator

Bus Stop: On Henderson Hwy routes 11, 40, 41, 77 & 90

COLUMBUS CENTENNIAL SENIORS CO-OP HOUSING

404 Desalaberry Ave R2L 2G3

Managed By: Murdoch Management
204-982-2000



Rent: 1 BR: \$811 - \$890 (600 - 700 sq/ft)
2 BR: \$986 (858 - 887 sq/ft)
\$1003 (954 sq/ft)
Plus co-op share \$1500
Subsidized rent available

Included: Heat, hydro, water & laundry

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

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

Activities: Yes > call for more info

Shuttle: To grocer weekly

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

Structure: Built in 1989, 6 floors & elevator

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

KINGSFORDHAUS CO-OP LTD.

426 Kingsford Ave R2G 0J8

Phone: 204-663-2233

Managed by: The Bethania Group
204-667-0795



Rent: 1 BR: \$730 (625 sq/ft)
2 BR: \$905 (825 sq/ft)
Plus \$1000 co-op share
Subsidized rent available

Included: Heat, hydro & water

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

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

Activities: Yes > call for more info

Shuttle: To grocer on Tues & Fri

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

Structure: Built in 1968, 3 floors & elevator

Bus Stop: On Edison Ave routes 11, 40 & 90

Meals: Lunch, Mon - Fri \$7.00 / meal

RIVER EAST

PARKWOOD SQUARE

365 Thames Ave R2L 2B7

Phone: 204-654-4672

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

E-mail: winnipeg@qualitymanagement.net

Rent: Bach: \$799+ (420 sq/ft)
1 BR: \$849+ (760 - 1060 sq/ft)
2 BR: \$1095+ (1080 sq/ft)
3 BR: \$1481+ (1300 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$62 / month,
Underground \$64 / month
Visitor parking available

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

Activities: No

Shuttle: No

Features: Balcony / patio, exercise facilities,
party room, sauna, coin-op laundry,
carpet & vinyl flooring

Structure: Built in 1954, 5 floors & 2 elevators

Bus Stop: On Watt St route 43

20%

SUNRISE TOWERS

225 Arby Bay R2G 0P1

Phone: 204-940-3491

Managed by: Edison Properties
204-940-3450

E-mail: 1335henderson@edisonproperties.ca

Website: www.edisonproperties.ca

Rent: Bach: \$680 (400 sq/ft)
1 BR: \$945 (700 sq/ft)
2 BR: \$1127 (850 sq/ft)

Included: Hydro, water, A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1966, 6 floors & elevator

Bus Stop: On Henderson Hwy routes 11, 41

90%



HOW YOU CAN MAKE A DIFFERENCE

GIVE BACK TO A & O

You can support the Agency in several ways:

- Donate \$25 or more and receive a tax receipt
- Make a donation in honour or memory of someone
- Contribute to the Endowment Fund
- Designate your donation towards any of our programs

HELP SUPPORT OLDER ADULTS IN MANITOBA

A & O relies heavily on community support to ensure these services continue to be available for older Manitobans today and in the future. Donations to this vital social service agency assist in many ways, from helping to provide innovative programs and services to making research projects and specialized initiatives possible.

Make a donation by calling A & O at (204) 956-6440 or e-mailing info@aosupportservices.ca, or donate online at aosupportservices.ca!

RIVER EAST

RIVERSIDE VILLAGE B TOWNHOUSES

1600-1650 Henderson Hwy R2G 1N7

Phone: 204-940-3494

Managed by: Edison Rental Agency
204-940-3450

E-mail: 1660henderson@edisonproperties.ca



35%

Rent: Bach: \$855 - \$1152
3 BR: \$1722 - \$2555
4 BR: \$2603

Included: Water & in-suite laundry

Parking: Underground \$65 / month
Visitor parking available

Safety: On-site management, security bldg

Activities: Organized senior group, seniors committee, social club

Shuttle: To grocer 3x / week

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

Structure: Built in 1972 & townhouses

Bus Stop: On Henderson Hwy routes 11 & 41

L & B TOWERS

415 Edison Ave R2G 0M3

Phone: 204-940-3487

Managed by: Edison Properties
204-940-3450

E-mail: 415edison@edisonproperties.ca

25%

Rent: Bach: \$923 - \$1054
1 BR: \$1340
2 BR: \$1557 - \$1586
3 BR: \$1695

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

Safety: On-site management

Activities: Yes > call or visit website

Shuttle: To grocer

Features: Indoor pool, sauna, balcony, elevator organized senior group activities & smart card laundry

Structure: 12 floors & elevator

Bus Stop: On Edison Ave routes 11, 40, 90 & 77

OAKLAND GARDENS I & II

210 Oakland Ave

R2G 3G6

220 Oakland Ave

R2G 3G7

Phone: 204-940-3484

70%



Managed by: Edison Properties
204-940-3450

E-mail: 210oakland@edisonproperties.ca

Rent: Bach: \$662 - \$666
1 BR: \$820 - \$866
2 BR: \$1062 - \$1103
2 BR: \$1433+ (in-suite laundry)

Included: Water

Parking: Underground \$60 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer

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

Structure: Built in 1978, 12 floors & elevator

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

RIVER EAST

RIVERSIDE VILLAGE A TOWNHOUSES

1600-1644 Henderson Hwy R2G 1N7

Phone: 204-940-3493

Managed by: Edison Rental Agency
204-940-3450

E-mail: 1660henderson@edisonproperties.ca

Rent: Bach: \$855 - \$1152
3 BR: \$1722 - \$2555
4 BR: \$2603

Included: Water & in suite laundry

Parking: Underground \$65 / month
Visitor parking available

Safety: On-site management, security bldg

Activities: Organized senior group, seniors committee, social club

Shuttle: To grocer 3x week

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

Structure: Built in 1972 & townhouses

Bus Stop: On Henderson Hwy routes 11 & 41



GABLE ARMS

1590 Henderson Hwy R2G 2B8

Phone: 204-940-3492

Managed by: Edison Properties
204-940-3450

E-mail: 1590henderson@edisonproperties.ca

Rent: 1 BR: \$760 - \$935

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes

Shuttle: To grocer 3x / week

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

Structure: Built in 1972, 12 floors & elevator

Bus Stop: On Henderson Hwy routes 11 & 41

Meals: Lunch, Tues, Thurs & Fri, \$8.00 / meal



GRANITE HOUSE

1100 Henderson Hwy R2G 1L2

Phone: 204-940-3489

Managed by: Edison Properties
204-940-3450

E-mail: 1100henderson@edisonproperties.ca

Rent: 1 BR: \$885 - \$1073

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

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

Structure: Built in 1970, 10 floors & elevator

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

Meals: Lunch, Mon, Wed & Fri, \$8 / meal



SARINA TOWERS

1335 Henderson Hwy R2G 1M6

Phone: 204-940-3491

Managed by: Edison Properties
204-940-3450

E-mail: 1335henderson@edisonproperties.ca

Rent: Bach: \$778 (400 sq/ft)
1 BR: \$1001 - \$1034 (700 sq/ft)
2 BR: \$1202 - \$1231 (850 sq/ft)

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1969 & 10 floors

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



RIVER EAST

NORWAY HOUSE

1301 Rothesay St R2G 1T9

Phone: 204-940-3487

Managed by: Edison Properties
204-940-3450

E-mail: 1301rothesay@edisonproperties.ca

Rent: Bach: \$883 (536 sq/ft)
1 BR: \$1133 (680 sq/ft)
2 BR: \$1288 - \$1324 (880-910 sq/ft)
3 BR: \$1359 (1000 sq/ft)

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1967, 6 floors & 2 elevators

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

45%

RIVERSIDE PLAZA

1660 Henderson Hwy R2G 1H7

Phone: 204-940-3494

Managed by: Edison Properties
204-940-3450

E-mail: 1660henderson@edisonproperties.ca

Rent: 1 BR: \$1153 - \$1313 (700 sq/ft)
2 BR: \$1371 - \$1530 (800 sq/ft)
3 BR: \$1428 (900 sq/ft)

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1971, 12 floors & elevator

Bus Stop: On Henderson Hwy routes 11 & 41

90%



PARKSIDE PLAZA

1630 Henderson Hwy R2G 2B9

Phone: 204-940-3493

Managed by: Edison Properties
204-940-3450

E-mail: 1630henderson@edisonproperties.ca

Rent: 1 BR: \$1102 - \$1394 (700 sq/ft)
2 BR: \$1292 - \$1606 (800 sq/ft)
3 BR: \$1368 (900 sq/ft)

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1973, 14 floors & elevator

Bus Stop: On Henderson Hwy routes 11 & 41

Meals: Lunch, Tues, Thurs & Fri \$8.00 / meal

90%



FORT AGASSIZ

1080 Henderson Hwy R2G 1H3

Phone: 204-940-3488

Managed by: Edison Properties
204-940-3450

E-mail: 1080henderson@edisonproperties.ca

Rent: 1 BR: \$969+

Included: Hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, whirlpool, sauna, recreation room, games room, coin-op laundry, carpet & tile flooring

Structure: Built in 1971, 12 floors & 2 elevators

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

Meals: Lunch Tues, Thurs & Fri, \$8.00 / meal



RIVER EAST

CRESCENT RIDGE TOWERS I & II

15 Reay Cres R2K 3X6

35 Reay Cres R2K 3X7

Phone: 204-663-3530

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

Website: www.crystalproperties.ca

Rent: 1 BR: \$990+ (718 sq/ft)
2 BR: \$1130+ (857 - 1018 sq/ft)

Included: Heat, hydro, water & A/C

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

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

Activities: Yes > call or visit website

Shuttle: No

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

Structure: Built in 1976, 6 floors & elevator

Bus Stop: On London St route 44



PARK GLEN MANOR

120 Prevette St R2K 3L4

Phone: 204-667-2342

Managed by: WRE Developments

E-mail: wredev@mts.net

Rent: 1 BR: \$923+
2 BR: \$1064+

Included: Heat, hydro, water & A/C

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

Safety: Enterphone system, on-site
management, key-card entry &
locked building

Activities: No

Shuttle: No

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

Structure: 5 floors & elevator

Bus Stop: On Prevette St routes 43, 44 &



KIMBERLY GARDENS

710 & 720 Grey St R2K 3W9

Phone: 204-668-5549

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

Website: www.crystalproperties.ca

Rent: 1 BR: \$1000+ (718 sq/ft)
2 BR: \$1100+ (857 sq/ft)

Included: Heat, hydro & water

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

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

Activities: No

Shuttle: No

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

Structure: Built in 1976 & 3 floors

Bus Stop: On Gateway Rd route 90



WINWOOD GARDENS

1150 Munroe Ave R2K 3S4

1152 Munroe Ave R2K 3V5

1154 Munroe Ave R2K 3V6

Phone: 204-668-4700

Managed by: Globe Property Management
204-956-2233

E-mail: info@globepm.ca

Website: www.globepm.ca

Rent: 1 BR: \$993+ (675 sq/ft)
1 BR: \$1200+ (765 sq/ft)
2 BR: \$1197+ (&65 sq/ft)

Includes: Heat, hydro & water

Parking: Surface lot included in rent
Visitor parking on street

Safety: Enterphone, manager on-site &
locked building

Activities: No

Shuttle: No

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

Structure: 6 floors & elevator

Bus Stop: On Munroe Ave routes 43 & 44



RIVER EAST

EAST CONCORDIA LANDING

525 / 535 / 545 Peguis St R3W 0G7
R3W 0G8

Phone: 204-415-3600 R3W 0G9

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

Website: www.broadstreet.ca

Email: info@broadstreet.ca

Rent: 1 BR: \$1178+ (676 sq/ft)
2 BR: \$1328+ (859 - 971 sq/ft)
3 BR: \$1408+ (971 sq/ft)

Included: Water, in-suite laundry

Parking: Surface lot \$60 / month
Visitor parking available

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

Activities: No

Shuttle: No

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

Structure: Built in 2013, 3 buildings, 4 floors &
elevator

Bus Stop: On Concordia Ave Route 44

10%



EAST CONCORDIA MANOR

1350 Concordia Ave E R3W 0C8

Phone: 204-415-3600

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

Website: www.broadstreet.ca

E-mail: info@broadstreet.ca

Rent: 2 BR: \$1298+ (852-922 sq/ft)
2 BR: \$1358+ (923-943 sq/ft)

Included: Water & In-suite laundry

Parking: surface lot \$60 / month
Visitor parking available

Safety: Cameras, locked building & on-site
management,

Activities: Yes>call for more info

Shuttle: No

Features: Balcony / patio, club room, dog run,
carpet, tile & vinyl flooring

Structure: Built in 2009, 4 floors & elevator

Bus Stop: On Molson St routes 77 & 90

10%



RUTH GARDENS

1167 Rothesay Street R2G 1T6

Phone: 204-515-5529

E-mail: RuthGardens@EdisonProperties.ca

Managed by: Edison Properties

Website: www.edisonproperties.ca

30%



Rent: 1 BR: \$1385+ (628 -790 sq/ft)
2 BR: \$1604+ (815-1200 sq/ft)

Included: Water & in-suite laundry

Parking: Inquire limited spaces available

Safety: Cameras, locked building & on-site
management

Activities: Inquire

Shuttle: To grocer

Features: A/C, balcony, gym, fitness room,
party room, carpet & vinyl plank
flooring

Structure: Built in 2015, 9 floors, elevator

Bus Stop: On Rothesay & Edison routes 11, 40,
41, 77, 90

On Rothesay & Springfield route 85



SAFETYAID: FALLS PREVENTION FOR OLDER MANITOBBANS

What is the SafetyAid program?

SafetyAid is a FREE Fall Prevention program offered in partnership with the province of Manitoba.

Who is eligible ?

Older adults whose income is under \$25,000 (single) and \$30,000 (couple) are eligible to receive falls prevention items. The Coordinator can install and provide smoke alarm batteries, non-slip bath mats, night-lights and flashlights.

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

RIVER EAST

EDGEWOOD ESTATES

60 Whellams Lane

R2G 2G7

30%



Phone: 431-800-0450

E-mail: edgewood@devonshire-inc.com

Website: www.devonshire-inc.com



- Rent:** Bach: \$700+ (400 sq ft)
1 BR: \$1071+ (665-700 sqft)
2 BR: \$1440+ (806-992 sqft)
3 BR: \$1500+ (1175 sqft)
- Included:** Heat, hydro, water
- Parking:** Underground \$60 / month
- Safety:** Cameras, alarm system, enterphone system, night security, maintenance staff on site
- Activities:** Yes >call for more information-
- Shuttle:** to grocer 2 x / week & activities
- Features:** A/C, balcony/patio, party room, exercise facilities, sauna, seasonal pool, in-suite storage smart card laundry, community gardens, pet friendly at 60 Whellams
- Structure:** Built in 1977, 60 Whellams 17 floors, 70 Whellams 12 Floors
- Bus Stop:** On Whellams & Henderson routes 11,41,85,90
- Meals:** on-site restaurant, eat-in, take out, & delivery

THIS FULL HOUSE: CHANGE TAKES A TEAM

This Full House is a voluntary program that helps individuals experiencing hoarding behaviours to live safely in their home. The program can provide you with a Registered Social Worker to help you make difficult choices about the belongings in your home, and to decrease the anxiety you may feel about letting go of your belongings. The goal of This Full House is to learn skills that will help to create change in your home environment and your life. Throughout this program, we work to develop a plan, of which you are in control.

Even if you just want to find out more information before you ask for help, you can seek the assistance of understanding professionals.

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

RIVER EAST

DONWOOD MANOR (Assisted Living)

165 Donwood Dr R2G 2H9

Phone: 204-668-4410

Rent: Bach: 30% of gross income (350 sq/ft)
1 BR: 30% of gross income (485 - 700 sq/ft)

Plus service charge

Included: Heat, hydro, water, laundry & meals

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

Safety: Alarm system, cameras, emergency pull-cord, enterphone system, key-card entry, 24 personnel, locked building & security

Activities: Yes > call for more info

Shuttle: to grocer 3 X / week

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

Structure: Built in 1974 (renovated in 2016) 8 floors & elevator

Bus Stop: On Donwood Dr. routes 11 & 85

Meals: Lunch & dinner every day



CONCORDIA VILLAGE I & II (Assisted Living)

1125 Molson St R2K 0A7

Phone: 204-667-6479

Managed by: Wellness Projects Inc.

E-mail: ecunningham@concordiavillage.ca



Rent: 1 BR: \$2106 - \$2413 (625- 760 sq/ft)
2 BR: \$2574 - \$2713 (900 sq/ft)
Extra person: add \$482 / month

Included: Heat, hydro, water, laundry & meals

Parking: Surface lot \$43 / month

Visitor parking available

Safety: Cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

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

Structure: Built in 2006, 3 floors & elevator

Bus Stop: On Molson St routes 77 & 90

Meals: Breakfast & dinner every day

CONCORDIA VILLAGE III (Assisted Living)

1115 Molson St R2K 0A7

Phone: 204-667-6479

Managed by: Wellness Projects Inc.

E-mail: ecunningham@concordiavillage.ca



Rent: 1 BR: \$2339 - \$2531 (625-760 sq/ft)
2 BR: \$2845 (900 sq/ft)

Extra person: add \$482/ month

Included: Heat, hydro, water, laundry & meals

Parking: Surface lot \$43 / month

Visitor parking available

Safety: Cameras, locked building & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer every 2 weeks

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

Structure: Built in 2006, 3 floors & elevator

Bus Stop: On Molson St routes 77 & 90

Meals: Breakfast & dinner every day

KILDONAN HOUSE (Assisted Living)

216 Edison Ave R2G 4H7

Phone: 204-338-8182

E-mail: info@homesteadkildonanhouse.ca

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadkildonanhouse.ca



Rent: 1 BR: \$2600+ (598 -622 sq/ft)
2 BR: \$3100+ (865 sq/ft)

Extra person: add \$350 / month

Included: Heat, hydro, water, laundry & meals

Parking: Surface lot \$50 / month

Visitor parking available

Safety: Enterphone system

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

Features: A/C, balcony / patio, exercise facilities, party room, carpet, vinyl flooring & guest suite \$60 / day

Structure: Built in 2002, 4 floors & elevator

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

Meals: Brunch & dinner every day



RIVER HEIGHTS

285 PEMBINA INC. DEAF CENTRE MANITOBA

285 Pembina Hwy R3L 2E1

Phone: 204-284-0802

E-mail: Ashley.derkacz@bethania.ca

Managed by: The Bethania Group
204-667-0795

60%



Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro & water

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

Safety: Alarm system, night security & 24 hr security

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony / patio, daycare, party room, resource centre, Smart Card laundry, carpet & linoleum flooring

Structure: Built in 1975, 6 floors & elevator

Bus Stop: On Pembina Hwy routes 37, 62, 65, 66 & 70

Meals: Breakfast, lunch & dinner, every day, extra cost

FORT ROUGE ECUMENICAL APTS INC.

400 Stradbrook Ave R3L 2P8

Phone: 204-284-5801



Rent: Bach: 30% of gross income
(380 sq/ft) + \$11 / month hydro
1 BR: 30% of gross income
(450 sq/ft) + \$12 / month hydro
Subsidized rent available

Included: Heat, water & laundry

Parking: Surface lot \$24/month
limited number spots available
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: No

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

Structure: Built in 1973, 14 floors & elevator

Bus Stop: On Osborne St routes 16, 18, 58, 60, 61, 63, 64, 80 & 81

FRED TIPPING PLACE

601 Osborne St R3L 2P9

Phone: 204 453-8273

Managed by: The Bethania Group
204-667-0795

Website: www.bethania.ca

60%



Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

Safety: Cameras & key-card entry

Activities: Yes > call for more info

Shuttle: No

Features: A/C, exercise facilities, lounge area, kitchen, access to computers, Wi-Fi, & vinyl flooring

Structure: Built in 1974, 18 floors & 2 elevators

Bus Stop: On Osborne St routes 16 & 58

Meals: Lunch, Mon - Fri, \$6.00 / meal

RIVERBORNE SENIORS PLACE

324 Stradbrook Ave R3L 0J6

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

E-mail: info@whrc.ca

Website: www.whrc.ca



Rent: 1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro & water

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

Safety: Enterphone system

Activities: No

Shuttle: No

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

Structure: Built in 1991, 3 floors & elevator

Bus Stop: On Stradbrook Ave routes 62, 65, 66 & 70

RIVER HEIGHTS

KOREAN CANADIAN HOUSING CO-OP

160 River Ave R3L 0A9
Managed by: Murdoch Management Inc.
 204-982-2000

Website: www.lifelease.ca

10%

Rent: 1 BR: 30% of gross income
 2 BR: 30% of gross income
 Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot
Safety: Call for more information
Activities: Call for more information
Shuttle: Call for more information
Features: Multi-purpose rooms
Structure: 6 floors & elevator
Bus Stop: Osborne & River Routes 16, 18, 39, 60 & 68

SOUTH OSBORNE PLACE HOUSING CO-OP

360 Osborne St R3L 2V6
Phone: S.A.M. Management Inc.
 204-942-0991

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: 1 BR: \$825
 2 BR: \$964 - \$1103
 Co-op share \$1000
Included: Heat, hydro, water & A/C
Parking: Surface lot \$35 / month
 Visitor parking available
Safety: Alarm system, cameras, enterphone system, key-card entry & on-site resident manager
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, party room, exercise room, library, coin-up laundry & carpet flooring
Structure: 7 floors & elevator
Bus Stop: On Osborne St route 16

LEGION CREST APTS

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



Rent: 1 BR: \$532 - \$831
Included: Heat, hydro & water
Parking: Surface lot \$25 / month
 Visitor parking on street
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: To grocer
Features: A/C & coin-op laundry
Structure: 2 floors & elevator
Bus Stop: On Grant Ave route 66

ST. JOHN'S HAVEN INC.

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



Rent: 1 BR: \$777 (580 sq/ft)
 2 BR: \$946.50 (750 sq/ft)
Included: Heat, hydro, water & laundry
Parking: Surface lot \$35 / month
 Visitor parking on street
Safety: Alarm system, camera, & enterphone system
Activities: Yes > call for more info
Shuttle: To grocer 6x / month
Features: Balcony / patio, exercise equipment, 5 apts are wheelchair accessible, carpet & vinyl flooring
Structure: Built in 1986, 6 floors & elevator
Bus Stop: On Grant Ave routes 64, 66, 84 & 86

RIVER HEIGHTS

64 NASSAU ST

64 Nassau St N

R3L 2T2

Managed by: Murdoch Management Inc.

204-982-2000

Website: www.lifelease.ca



Rent: 1 BR: \$776 (598 sq/ft)
2 BR: \$914 (690 sq/ft)

Included: Heat, hydro, water & laundry

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

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

Activities: Yes > call for more info

Shuttle: To grocer weekly

Features: A/C, storage in suite, grab bars, balcony, garden with screened in gazebo & carpet flooring

Structure: Built in 1975, 16 floors & elevator

Bus Stop: On River Ave route 68

Meals: Dinner Mon, Weds, Fri, \$9.00 / meal

VILLA CABRINI

433 River Ave

R3L 2V1

Phone: Murdoch Management Inc.

204-982-2000

Website: www.villacabrini.ca



Rent: 1 BR: \$964 (554 sq/ft)
Inquire about rent discounts

Included: Heat, hydro & water

Parking: Underground \$55 / month
Visitor parking on the street

Safety: Cameras, enterphone, locked building & on-site security

Activities: Various call for more info
\$33 monthly program & services fee

Shuttle: Yes > call for more info

Features: Regular foot care visits, eight w/c accessible suites, on-site church services & 2nd floor has garden terrace

Structure: 8 floors & elevator

Bus Stop: On Osborne St routes 16, 18, 58, 60, 61, 63 & 64

Meals: Dinner: Mon to Fri, \$9.00 / meal
Lunch: Mon to Fri, \$7.00 / meal

BETHEL PLACE

445 Stafford St

R3M 3V9

Managed by: Bethel Mennonite Care Services

204-284-3762

E-mail: bethelplace@shaw.ca

Website: www.bethelplace.ca



Rent: 1 BR: \$792 (650 sq/ft)
2 BR: \$1011 (828 sq/ft)
Inquire about rent discount

Included: Heat, hydro, water & cable

Parking: Surface lot \$44 / month \$60 / month with car warmer
Visitor parking on street

Safety: Alarm system, cameras, enterphone system & 24 hr security

Activities: Yes > call for more info
\$42 monthly program & service fee

Shuttle: To grocer

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

Structure: Built in 1980, 5 floors & elevator

Bus Stop: On Stafford St routes 29 & 36

Meals: Lunch: Mon - Fri, \$7.50 / meal
Dinner: Tues & Thurs, \$10.00 / meal

SHALOM GARDENS HOUSING CO-OP LTD.

360 Wilton St

R3M 3X6

Phone: 204-452-1924



Rent: 1 BR: \$879 - \$951 (617 - 680 sq/ft)
2 BR: \$1001 - \$1074
(840 - 920 sq/ft)
Co-op share \$1000

Included: Heat, hydro, water & cable

Parking: Surface lot \$35 / month,
Underground \$45 / month
Visitor parking on street

Safety: Cameras, emergency pull-cord & enterphone system

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

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

Structure: Built in 1988, 7 floors & elevator

Bus Stop: On Grant Ave routes 64, 66, 84 & 86

RIVER HEIGHTS

GENERAL GRANT

1281 Grant Ave R3M 1Z6

Phone: 204-284-1144

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

E-mail: wredev@mts.net



Rent: Bach: \$856+
1 BR: \$1066+ (650 sq/ft)
2 BR: \$1299+ (850 sq/ft)

Included: Heat, hydro & water

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

Safety: Enterphone system & on-site management

Activities: No

Shuttle: No

Features: A/C, balcony / patio, seasonal pool, storage locker / room, Smart Card laundry, internet access, carpet & vinyl flooring

Structure: Built in 1966, 5 floors & 2 elevators

Bus Stop: On Grant Ave routes 64, 66, 84, 86 & 95

Moving Tips

- Don't wait for a crisis to happen
- Start looking at least a year in advance
- If you have a pet, start looking sooner and be open to various types of housing
- Get your name on as many waiting lists that appeal to you
- Be flexible, the more areas you are open to, the more likely you will find something sooner
- Be the renter they want
- Explore other methods for apartment hunting: internet, Renter's Guide, friends and family
- Attend public events or opportunities in the building of your choice to get an insider's view
- Talk to some of the residents whenever possible

RIVER CRESCENT GARDENS

595 River Ave R3L 0E6

Phone: 204-452-4047

Managed by: Globe Property Management
204-956-2233

E-mail: info@globepm.ca

Website: www.globepm.ca



Rent: 1 BR: \$950+
2 BR: \$1286+

Included: Heat & water

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

Safety: Security entrance, enterphone system & on-site management

Activities: No

Shuttle: No

Features: A/C, balcony, seasonal pool, smart card laundry on each floor, storage lockers, recycling program, window coverings, carpet, tile & hardwood flooring

Structure: 11 floors & elevator

Bus Stop: On River Ave route 68
On Osborne St routes 16, 18, & 60

CAMBRIDGE GARDENS

850 Cambridge St R3M 3W8

Phone: 204-475-0232

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

Website: www.homebase.ca



Rent: 1 BR: \$1065+ (742 - 757 sq/ft)
2 BR: \$1285+ (896 - 1178 sq/ft)

Included: Water, A/C

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

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

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

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

Structure: Built in 1984, 10 floors & elevator

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

RIVER HEIGHTS

CANTERBURY HOUSE

270 Roslyn Rd R3L 0H3

Phone: 204-452-6481

Managed by: Globe Property Management
204-956-2233

Website: www.globepm.ca

Rent: Bach: \$994+ (435 sq/ft)
1 BR: \$1135+ (689 sq/ft)
2 BR: \$1300+ (879 sq/ft)

Included: Heat, hydro, water & A/C

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

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

Activities: No

Shuttle: No

Features: Balcony/patio, exercise room, party/
common room, Smart card laundry &
hardwood floors

Structure: 12 floors & elevator

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

15%



HAREWOOD HOUSE

605 River Ave R3L 0E7

Phone: 204-284-4434

Managed by: Sussex Realty
204-488-4444

Rent: 1 BR: \$1100+ (780 sq/ft)
2 BR: \$1400+ (1030 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$74 / month
Visitor parking available

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

Activities: No

Shuttle: To grocer 1x / week

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

Structure: Built in 1968 -1969, 16 floors &
elevator

Bus Stop: On River Ave route 68

60%



WELLINGTON ARMS

277 Wellington Cres R3M 3V7

Managed by: Rivard Apartments
204-452-7388

Website: www.rentcanada.com

Rent: Bach: \$1010 - \$1040 (550 sq/ft)
1 BR: \$1275+ (755 & 770 sq/ft)
2 BR: \$1450 - \$1700
(800, 910, 915, 945 & 1100 sq/ft)

Included: Heat, hydro, water & laundry

Parking: Underground \$60 / month
Visitor parking available

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

Activities: No

Shuttle: No

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

Structure: Built in 1978, 19 floors & elevator

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

10%



HAMPTON HOUSE

333 Wellington Crescent R3M 0A1

Phone: 204-475-5169

Managed by: Akman Management
204-944-9721

E-mail: info@akmanmanagement.ca

Rent: 1 BR: \$1200+ (700-900 sq/ft)
2 BR: \$1411+ (1200 sq/ft)

Included: Heat, water & storage locker

Parking: Indoor 45/ month
Surface lot \$30 / month
Visitor parking on street

Safety: Secure building & management on-site

Activities: No

Shuttle: No

Features: A/C, Smart Card laundry, in suite
storage & hardwood flooring

Structure: Built in 1953, 6 floors & elevator

Bus Stop: On Corydon Ave route 18

30%



RIVER HEIGHTS

THE BOULTON (Assisted Living)

45 Boulton Bay

R3N 2C3



Phone: 204-475-4500

Managed by: Marwest Management Canada Ltd.

Website: www.theboulton.ca

E-mail: lsawatzky@theboulton.ca

Rent: 1 BR: \$2625+ (600/622 sq/ft)

2 BR: \$3400+ (865 sq/ft)

Extra person: Add \$400 / month

Included: Heat, hydro & water

Parking: Surface lot \$45 / month

Visitor parking available

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

Activities: Yes > call or visit website

Shuttle: Outings, appointments & grocer

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

Structure: Built 2005, 4 floors & elevator

Meals: Breakfast, dinner & coffee breaks 7 days/ week included in rent

Bus Stop: On Kenaston Blvd route 78

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

SEVEN OAKS

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

200 Watson St R2P 1Z6
Managed by: Murdoch Management Inc.
 204-982-2000
Website: www.lifelease.ca

20%



Rent: 1 BR: 30% of gross income
 2 BR: 30% of gross income
 3 BR: 30% of gross income
Included: Heat, hydro & water
Parking: 1 stall included in rent
 Visitor parking available
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Structure: Independent entrances
Bus Stop: On McPhillips St routes 18 & 71

MONASH MANOR INC.

865 Sinclair St R2V 3H3
Managed by: S.A.M. Management
 204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent: Bach: 30% of gross income
 (370 sq/ft)
 1 BR: 30% of gross income
 (560 sq/ft)
Included: Heat, hydro, water & laundry
Parking: Surface lot \$24 / month
 Visitor parking available
Safety: Enterphone system & on-site
 caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Common room, recreation room, 8
 suites are wheelchair accessible &
 tile flooring
Structure: Built in 1976, 9 floors & elevator
Bus Stop: On Sinclair St route 71

TEMPLETON PROPERTIES

250-300 Templeton Ave R2V 1S2
Phone: 204-334-0420
Managed by: W.R.E. Development Ltd.
 204-889-5409
E-mail: wredev@mts.net

Rent: Bach: \$503 (400-450 sq/ft)
 1 BR: \$649 (500 sq/ft)
 Subsidized rent available
Included: Heat, water & hydro (in select
 buildings)
Parking: Surface lot \$24 / month
 No visitor parking available
Safety: On-site management
Activities: No
Shuttle: No
Features: On site laundry, window
 coverings, carpet & vinyl flooring
Structure: Built in 1956 & 1966
Bus Stop: On Templeton Ave route 77



SINCLAIR GARDENS

1001 Sinclair St R2V 3E7
Phone: 204-990-1147
Managed by: Smith Agency Inc.
 204-287-2872

Rent: Bach: \$560
Included: Heat, hydro, water & laundry
Parking: Surface lot \$27 / month
 Visitor parking available
Safety: Enterphone system & on-site
 caretaker
Activities: No
Shuttle: No
Features: Party room, carpet & vinyl flooring,
 3 floors & elevator
Structure: 3 floors & elevator
Bus Stop: On Sinclair St route 71

90%



SEVEN OAKS

LUTHER HOME

1080 Powers St R2V 2G8
Phone: 204-338-4641
E-mail: rhardie@lutherhome.mb.ca
Website: www.lutherhome.com



Rent: 1 BR: 30% gross household income
Included: Heat & water
Extra cost: Hydro \$12 / month,
 Cable \$36 / month
 Flooring \$10 / month
Parking: Surface lot \$32 / month
 Visitor parking available
Safety: Cameras & enterphone system
Activities: Call for information
Structure: Built in 1994, 6 floor & elevator
 w/c accessible & liveable suites
Shuttle: To grocer every Wednesday
Features: Smart Card laundry, carpet & vinyl
 flooring
Bus Stop: On Leila Ave routes 18, 32 & 77
Meals: One meal per day required
 \$200 / month

LUTHER HOME

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



Rent: 1 BR: \$659 (650 sq/ft)
 2 BR: \$758 (750 sq/ft)
Included: Hydro, water, cable & A/C
Parking: Surface lot \$32 / month
 Visitor parking available
Safety: Cameras & enterphone system
Activities: Call for information
Shuttle: To grocer 1x / week
Features: Smart Card laundry, carpet & vinyl
Structure: Built in 1969, 3 floors & elevator
 8 w/c accessible 1 BR suites
Bus Stop: On Leila Ave routes 18, 32 & 77
Meals: Lunch & dinner, every day;
 \$200 / month for one meal / day or
 \$300 / month for two meals / day

GARDEN TOWERS

611 Jefferson Ave R2V 0P4
Phone: 204-339-4687
Managed by: Kay Four Properties
 204-339-0461
E-mail: info@kayfour.ca



Rent: 1 BR: \$765+ (440 sq/ft)
 1 BR: \$885+ (625 sq/ft)
 2 BR: \$965 - \$1050 (792 sq/ft)
Included: Heat & water
Parking: \$35 / month
 Visitor parking on street
Safety: Security entrance, on-site
 management
Activities: No
Shuttle: No
Features: A/C, Smart card laundry, storage
 room, carpet & vinyl flooring,
 pet friendly-cats
Structure: 7 floors & elevator
Bus Stop: On Jefferson Ave route 18

CARRIAGE HOUSE NORTH

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



Rent: Bach: \$565
 1 BR: \$855
 2 BR: \$955
Included: Heat, hydro & water
Parking: Surface lot \$40 / month
 Visitor parking available
Safety: Cameras, enterphone system,
 on-site caretaker & 24 hr security
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Features: A/C, balcony / patio, exercise
 facilities, party room, coin-op laundry,
 Shaw TV pkg., carpet & vinyl flooring
Structure: Built in 1980, 6 floors & elevator
Bus Stop: On Leila Ave routes 17, 18, 32 & 77

SEVEN OAKS

CRYSTALLITE APTS

445 Partridge Ave R2V 3H6

Phone: 204-338-1137

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

Website: www.crystalproperties.ca

Rent: 1 BR: \$910+ (644 - 651 sq/ft)
2 BR: \$1097+ (859 sq/ft)

Included: Heat, hydro, water & A/C

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

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

Activities: No

Shuttle: No

Features: Coin-op laundry, in-suite storage,
carpet & tile flooring,

Structure: Built in 1976, 6 floors & elevator

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



BEIT-AM B'NAY ABRAHAM

765 Aikins St R2V 3S2

Phone: 204-338-4671 ext 5

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

Rent: 1 BR: \$900
2 BR: \$1075

Included: Heat, hydro & water

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

Safety: Enterphone system, security video
camera & on-site caretaker

Activities: No

Shuttle: No

Features: Balcony / patio, in-suite storage,
coin-op laundry & plank flooring
Pet friendly- cats

Structure: 9 floors & elevator

Bus Stop: On Jefferson Ave route 18



ROSH PINA HOUSING CO-OP

133 Matheson Ave R2W 5M7

Phone: 204-338-4671 ext 5

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

Rent: 1 BR: \$938
2 BR: \$1100
Co-op Share \$1000
Subsidized rent available

Included: Heat, hydro & water

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

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

Activities: Yes > call for more info

Shuttle: No

Features: Balcony / patio, multi-purpose room,
coin-op laundry, plank flooring

Structure: Built in 1990, 5 floors & elevator

Bus Stop: On Matheson Ave route 88



OLYMPIC TOWERS

480 Charles St R2W 4B9

Phone: 204-898-7165

Managed by: Towers Realty Group
204-956-2739

Rent: 1 BR: \$820+ (640 sq/ft)
2 BR: \$1019+ (800 sq/ft)

Included: Heat, hydro, water & A/C

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

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

Activities: No

Shuttle: No

Features: Balcony, Smart Card laundry,
hardwood floors

Structure: 11 floors & 2 elevators

Bus Stop: On Main St routes 18 & 32



SEVEN OAKS

PARK ROYAL APTS

1050 McGregor St R2V 2J3

Phone: 204-336-0098

Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca

Rent: 1 BR: \$903+
2 BR: \$1025
Included: Heat, hydro, water & cable
Parking: Surface lot \$30 / month
Visitor parking available
Safety: Enterphone system & on-site caretaker, building security
Activities: No
Shuttle: No
Features: A/C, balcony, on-site laundry
Structure: Elevator
Bus Stop: On McGregor St route 17

50%

NORTHWOOD OAKS

1452 Jefferson Ave R2P 0Z2

Phone: 204-633-2708

Managed by: Globe Property Management
204-956-2233

Email: northwood@globepm.ca

Rent: 1 BR: \$1129+
1 BR: \$1149+ (includes den)
(916 sq/ft)
2 BR: \$1215+ (872 sq/ft)
Included: Water
Parking: Surface lot \$37 / month
Visitor parking on street
Safety: Security entrance & on-site manager
Activities: No
Shuttle: No
Features: A/C, seasonal pool, Smart Card laundry, in suite storage, recycling carpet & vinyl flooring
Structure: 6 Floors & elevator
Bus Stop: On Jefferson Ave routes 33, 34 & 36

10%



CONSULATE NORTH

595 Leila Ave R2V 3R7

Phone: 204-334-4357

Managed by: Laurence Management
204-831-9960

Rent: 1 BR: \$990 - \$1010 (865 sq/ft)
1 BR: \$1020 - \$1105 (den included)
(1310 sq/ft)
2 BR: \$1100 - \$1490 (970 sq/ft)
2 BR + loft: \$1170 - \$1270 (970 sq/ft)
Included: Water & in suite laundry
Parking: Surface lot \$30 / month
Visitor parking available
Safety: Alarm system, camera, enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer on Tuesday afternoons
Features: A/C, balcony / patio, carpet & vinyl flooring
Structure: Built in 1987, 3 floors & elevator
Bus Stop: On Leila Ave routes 17, 18, 32 & 77



THE VILLAGIO

1175 Leila Ave R2P 2Y1

Phone: 204-956-5284

Managed by: Weidner Apartment Home
E-mail: thevillagio@dweidner.com

Rent: 1 BR: \$1155+ (571-581 sq/ft)
2 BR: \$1280+ (823-827 sq/ft)
Included: Heat, water, A/C & in suite laundry
Parking: 1 stall included in rent
Visitor parking available
Safety: Enterphone system & locked building
Activities: No
Shuttle: No
Features: Patio/balcony, near Seven Oaks Hospital, Building for adults 45+
Pet friendly - cats
Structure: 5 floors & elevator
Bus Stop: On Leila Ave route 18

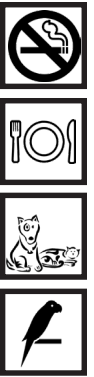
15%



Rent:	1 BR: \$1233+ (754 sq/ft) 1 BR: \$1350+ (den included) (980-1059 sq/ft) 2 BR: \$1340+ (1034 sq/ft)
Included:	Heat, hydro, water & A/C
Parking:	Covered lot \$42 / month Surface lot \$36 / month Visitor parking on street
Safety:	Security entrance & manager on-site
Activities:	No
Shuttle:	No
Features:	Balcony, seasonal pool, sauna, recycling, tennis court, in suite storage & sunken living room, dishwasher
Structure:	Two buildings 4 & 8 floors & elevator
Bus Stop:	On Adsum Dr routes 17 & 77



Rent:	Bach: call for current rent price 1 BR: call for current rent price 2 BR: call for current rent price
Included:	Heat, hydro, water, laundry, cable & meals
Parking:	Surface lot, 1 stall included, garage available (extra cost)
Safety:	alarm system, emergency pull cord, lifeline & 24 hour personnel
Activities:	Yes > see website or call
Shuttle:	To outings & community, 5 days / week
Features:	A/C, balcony / patio, exercise facilities, carpet & party room
Structure:	Built in 1999, 3 floors & elevator
Bus Stop:	On Pipeline Rd at Leila Ave route 77
Meals:	Breakfast, lunch, dinner & snack

[illegible]

SEVEN OAKS

RIVER RIDGE RETIREMENT RESIDENCE I

(Assisted Living)

50 Ridgecrest Ave R2P 2X5

Phone: 204-589-2273

Managed by: All Seniors Care Living
Centres

Website: www.allseniorscare.com



- Rent:** 1 BR: call for current rent costs
2 BR: call for current rent costs
- Included:** Heat, hydro, water, laundry & meals
- Parking:** Surface lot
Visitor parking available
- Safety:** Alarm system, emergency call system, 24 hr personnel & staff nurse
- Activities:** Yes > call
- Shuttle:** Yes > call for more information
- Features:** A/C, balcony / patio, exercise facilities, party room, games room & carpet
- Structure:** Built in 2012, 4 floors & elevator
- Bus Stop:** Ridgecrest route 32, Chief Peguis & Main St route 77
- Meals:** Breakfast, lunch, dinner & snacks every day included in rent

RIVER RIDGE RETIREMENT RESIDENCE II

(Assisted Living)

2701 Scotia St. R2V 5A5

Phone: 204- 586-2273

Managed by: All Seniors Care Living
Centres

Website: www.allseniorscare.com



- Rent:** 1 BR: call for current rent costs
2 BR: call for current rent costs
- Included:** Heat, hydro, water, laundry & meals
- Parking:** Surface lot included in rent
Visitor parking available
- Safety:** Alarm system, emergency call system, 24 hr personnel, & staff nurse
- Activities:** Yes > call
- Shuttle:** Yes > call for more information
- Features:** A/C, balcony / patio, exercise facilities, party room, games room & carpet
- Structure:** Built in 2016, 4 floors & 3 elevator
- Bus Stop:** Main St route 77
- Meals:** Breakfast, lunch, dinner & snacks every day included in rent

ST. BONIFACE

101 MARION ST

101 Marion St R2H 3C5

Phone: 204-945-4427

Apply to: Manitoba Housing
204-945-4663

Rent: Bach: 30% of gross income (350 sq/ft)
1 BR: 30% of gross income (580 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Features: Grab bars

Structure: Elevator

Bus Stop: On Marion St routes 19 & 57

Meals: \$6.00 / meal

65%



CHEZ NOUS

187 Rue de la Cathedrale R2H 3C6

Phone: 204-233-7761

Managed by: L'Accueil Colombien Inc.
204-233-0501

E-mail: dgaccueil@shaw.ca

Rent: Bach: 30% of gross income (380 sq/ft)
1 BR: 30% of gross income (500 sq/ft)
Subsidized rent available

Included: Heat, hydro & water

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

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / month

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

Structure: Built in 1973, 9 floors, elevator

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

Meals: Lunch, Mon - Fri, \$7.00 / meal



COLUMBUS MANOR

100-303 Goulet St R2H 3C4

Phone: 204-233-7080

Managed by: ASH Management
204-982-7973

Rent: Bach: 30% of gross income (360 sq/ft)
1 BR: 30% of gross income (480 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: To grocer 1-2 x / month

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

Structure: Built in 1971, 10 floors & 2 elevators

Bus Stop: On Goulet St routes 19 & 56

Meals: Lunch, Mon - Fri, \$6.00 / meal, 50 cents for delivery to room, frozen meals available

85%



875 ELIZABETH RD

875 Elizabeth Rd R2J 3K6

Apply to: Manitoba Housing
204-945-4663

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro, water & laundry

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

Safety: Enterphone system & on-site caretaker

Activities: Yes > call for more info

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

Features: Patio in backyard, garden & vinyl flooring

Structure: Built in 1975, 3 floors & elevator

Bus Stop: On Elizabeth Rd route 19

Meals: Lunch, Mon, Wed & Fri, \$6.00 / meal

75%



ST. BONIFACE

HOLY CROSS MANOR INC

266 Enfield Cres R2H 1B7
Managed by: Holy Cross Housing Inc.
 204-237-6177
 204-799-6150



Rent: Bach: \$563 (400 sq/ft)
 1 BR: \$639 (440 sq/ft)
Included: Heat, hydro, water & laundry
Parking: No resident or visitor parking available, street parking only
Safety: Cameras, enterphone system, locked building
Activities: No
Shuttle: No
Features: Party room & vinyl flooring
Structure: Built in 1972, 3 floors & elevator
Bus Stop: On Eugenie St DART stop 171 & route 10

LEGION TOWERS

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



Rent: 1 BR: \$637 - \$846
Included: Heat, hydro & water
Parking: Surface lot \$25 / month
 No visitor parking available
Safety: Intercom system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, recreation room & coin-op laundry
Structure: Built in 1969, 6 floors & elevator
Bus Stop: On Tache Ave route 10

FOYER VINCENT INC.

200 Horace St R2H 0W5
Phone: 204-233-1925
E-mail: foyer@shaw.ca



Rent: Bach: \$409 (377 sq/ft)
 1 BR: \$703 - \$791 (510 - 755 sq/ft)
Included: Heat, hydro, water, basic cable, A/C
Parking: Surface lot \$35 / month
 visitor parking available
Safety: Alarm system, emergency pull-cord, intercom system & on-site caretaker.
Activities: Yes > call for more info
Shuttle: To grocer every 2nd Thursday
Features: Chapel, exercise facilities, storage, smart card laundry, hairdresser, carpet & vinyl flooring
Structure: Built in 1969, 10 floors & 2 elevators
Bus Stop: On Marion St route 19, Dart 110
Meals: Dinner, Mon - Fri, \$8.00 / meal

CHATEAU GUAY

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



Rent: Bach: \$827
 1 BR: \$1103
 2 BR: \$1293
Included: Heat, hydro & water
Parking: Underground \$65 / month
 Visitor parking available
Safety: Cameras, enterphone system, key-card entry & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: A/C, balcony / patio, party room, pool, sauna, coin-op laundry, carpet, parquet & vinyl flooring
Structure: Built in 1969, 15 floors & elevator
Bus Stop: On Goulet St route 19

ST. BONIFACE

EIFFEL TOWER B

261 Goulet St R2H 0S3

Phone: 204-231-2215

Managed by: Globe Property Management
204-956-2233

Website: www.globepm.ca

Rent: Bach: \$890+
1 BR: \$1150+
2 BR: \$1600+

Included: Heat, hydro, & water

Parking: Covered \$51 / month
Visitor parking available

Safety: Security entrance & on-site manager

Activities: Call for more info

Shuttle: To mall 1x / month

Features: Balcony, A/C, party room, seasonal pool, storage, recycling, carpet, tile, vinyl flooring & Smart Card laundry

Structure: 4 floors & elevator

Bus Stop: On Goulet St route 19 & DART Service

30%



GRENOBLE MANOR

415 Rue St Jean Baptiste R2H 2X6

Phone: 204-257-5838

Managed by: Globe Property Management
204-956-2233

Website: www.globepm.ca

Rent: 1 BR: \$860+
2 BR: \$990+
3 BR: \$1115+

Included: Heat, hydro & water

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

Safety: Enterphone system & on-site manager, security entrance

Activities: No

Shuttle: No

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

Structure: 5 floors, elevator

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

65%



EIFFEL TOWER A

291 Goulet St R2H 0S4

Phone: 204-237-8013

Managed by: Globe Property Management
204-956-2233

Website: www.globepm.ca

Rent: Bach: \$890+
1 BR: \$1150+
2 BR: \$1600+

Included: Heat, hydro, & water

Parking: Covered \$51 / month
Visitor parking available

Safety: Security entrance & on-site manager

Activities: Call for more info

Shuttle: No

Features: Balcony, A/C, party room, seasonal pool, storage, carpet, vinyl & Smart Card laundry

Structure: 4 floors & elevator

Bus Stop: On Goulet St route 19 & DART service

20%



Organismes au services des aînés:

La Federation des aînes franco-manitobain

400, rue Des Meurons, bureau 123

204-235-0670

www.fafm.mb.ca

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

personne-resource

155, rue Carlton, bureau 822

204-945-6565

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

Conseil manitobain du vieillissement

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

ST. BONIFACE

DAWSON TRAIL APARTMENTS

5 - 55 Levesque St R2J 0T6

Phone: 204-256-1011

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

E-mail: wredev@mts.net

Website: www.wredevelopment.ca

Rent: 1 BR: \$1026+ (848 sq/ft)
2 BR: \$1316+ (980 sq/ft)
3 BR: \$1673+ (1229 sq/ft)

Included: Water & in suite laundry

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

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

Activities: Yes > Call or visit website

Shuttle: No

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

Structure: Built in 2007, 3 floors, elevator

Bus Stop: On Lagimodiere Blvd routes 50 & 19

CATHERINE PLACE (Assisted Living)

190 Raymond Pl R2H 1C8

Phone: 204-231-0999

E-mail: info@catherineplace.com

Website: www.catherineplace.com

Rent: Bach: \$1700 - \$1950
1 BR: \$2000 - \$2575
Extra person: add \$500 / month

Included: Heat, hydro, water, cable & meals

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

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

Activities: Yes > call or visit website

Shuttle: To mall on Tuesdays & outings

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

Structure: Built in 1990, 3 floors & 2 elevators

Bus Stop: On Enfield Cres route 10

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



MANOIR DE LA CATHEDRALE MANOR (Assisted Living)

321 Rue de la Cathedrale R2H 0A3

Phone: 204-231-2277

E-mail: rhonda@cathedralem Manor.ca

Managed by: Cupola Investments

Rent: Bach: \$1695 (268 sq/ft)
1 BR: \$2595 (416 sq/ft)
2 BR: \$3295 (707 sq/ft)
Extra person: add \$600 / month

Included: Heat, hydro, water, laundry & meals

Parking: Covered & garages \$65 / month
Visitor parking available

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

Activities: Yes > call or visit website

Shuttle: Trips to medical appointments, special outings & mall

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

Meals: Breakfast, lunch, dinner & snacks



SAFETYAID: FALLS PREVENTION FOR OLDER MANITOBIANS

What is the SafetyAid program?

SafetyAid is a falls prevention program that helps give seniors a greater sense of safety and security in their homes.

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

ST. BONIFACE

VILLA AULNEAU (*Assisted Living*)

601 Aulneau Street R2H 2V5

Phone: 204-594-6300

E-mail: glambert@despinscharities.ca

Managed by: Despins Charities

Website: www.villaalneau.ca



Rent: Bach: \$1795 - \$2135
(428 – 591 sq/ft)
1 BR: \$2030 - \$2640
(494 – 775 sq/ft)
2BR: \$2640 - \$3230
(793 – 814 sq/ft)
Extra person: add \$475 / month

Included: Heat, hydro, water, cable & meals

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

Safety: 24 / 7 on-site personnel

Activities: Yes > call

Shuttle: Yes for organized activities

Features: Multi - purpose room, activity room / games lounge, internet / computer stations, services offered in French including Supportive Housing

Structure: Built in 2011, 5 floors, former building of Missionary Oblate Sisters

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

Meals: Breakfast, lunch, dinner & snacks

RESIDENCE DESPINS (*Assisted Living*)

151 Rue Despins R2H 0L7

Phone: 204-480-2900

E-mail: afoidart@despinscharities.ca

Managed by: Despins Charities

Affiliated with: Tache Nursing Centre

Website: www.resdespins.ca



Rent: Bach: \$1690 - \$1815
(397 – 549 sq/ft)
1 BR: \$1910 - \$2200
(537-778 sq/ft)
2 BR: \$2415 - \$2595
(941 - 1156 sq/ft)
Extra person: add \$475 / month

Included: Heat, hydro, water, laundry & meals

Parking: Available at group rate
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: Trips to mall & special outings

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

Structure: 5 floors, 2 elevators, former provincial house of The Grey Nuns

Bus Stop: On Tache Ave route 10

Meals: Continental breakfast, lunch & dinner

Conseil des francophones 55+

- Ressources et services en français
- Trousse d'information pour les situations d'urgence (T.I.S.U.)
- Information sur les services communautaires et gouvernementaux

123 – 400 Rue Des Meurons
Winnipeg, MB
R2H 3H3

Tel: (204) 793-1054

Conseil55@fafm.mb.ca

Notes

ST. JAMES-ASSINIBOIA

22 STRAUSS DR

22 Strauss Dr R3J 3V2

Apply to: Manitoba Housing
204-945-4663

Rent: Bach: 30% of gross income (420 sq/ft)
1 BR: 30% of gross income (627 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24/ month
Visitor parking available

Safety: Enterphone system

Activities: Yes > call for more info

Shuttle: To grocer weekly

Bus Stop: On Strauss Dr route 83

Meals: Mon - Fri, \$6.00 / meal



ST. JAMES LEGION LODGE

2730 Ness Ave R3J 1A7

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

E-mail: reception@sam.mb.ca

Website: www.sam.mb.ca

Rent: Bach: 30% of gross income
1 BR: 30% of gross income
Subsidized rent available

Included: Heat, hydro & water

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

Safety: Alarm system, enterphone system & on-site resident manager

Activities: No

Shuttle: No

Features: Common room, recreation room, storage lockers, coin-op laundry & vinyl flooring

Structure: 3 floors, elevator

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



529 COUNTRY CLUB BLVD

529 Country Club Blvd R3K 1Z8

Phone: 204-888-5481

Managed by: The Bethania Group
204-667-0795

Website: www.bethania.ca

Rent: Bach: 30% of gross income (420 sq/ft)
1 BR: 30% of gross income (627 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot \$24 / month
Visitor parking on street

Safety: Intercom system

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Structure: Built in 1974, 14 floors & elevator

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



HAMILTON HOUSE

475 Hamilton Ave R2Y 2G5

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

E-mail: reception@sam.mb.ca

Website: www.sam.mb.ca

Rent: Bach: \$463 - \$615 (380 sq/ft)
1 BR: \$592 - \$751 (525 sq/ft)
Subsidized rent available

Included: Heat, hydro & water

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

Safety: Camera, enterphone system & on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1977, 6 floors & elevator

Bus Stop: On Hamilton Ave routes 24 & 25
On Buchanan Blvd. 21, 25 & 83



ST. JAMES-ASSINIBOIA

ST. JAMES KIWANIS COURTS WEST

101-122 Sinawik Bay R3J 2Z4

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$513 (465 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$50 / month
Visitor parking available
Safety: On-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer 1x / week
Features: Balcony / patio, storage, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1957, 1 floor
Bus Stop: On Ness Ave routes 24, 25 & 83

ST. JAMES KIWANIS COURTS EAST

75 Sinawik Bay R3J 2Z4

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$876 (660 sq/ft)
2 BR: \$1119 (890 – 895 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$ 50 / month
Visitor parking availabl
Safety: On-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer 1x / week
Features: Balcony / patio, storage, laundry, carpet & vinyl flooring
Structure: Built in 2017, 3 floors & elevator
Bus Stop: On Ness Ave routes 24, 25 & 83

ST. JAMES KIWANIS MANOR

135 Sinawik Bay R3J 4A2

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$913 (650 sq/ft)
2 BR: \$1097 - \$1108 (860- 885 sq/ft)
Included: Water
Parking: Surface lot \$50 / month
Visitor parking available
Safety: Camera, enterphone system & on-site caretaker
Activities: Yes > call or visit website
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, lounge, coin-op laundry, carpet & vinyl flooring
Structure: Built in 2005, 4 floors, elevator
Bus Stop: On Ness Ave routes 24, 25 & 83

ST. JAMES KIWANIS LODGE

100 Sinawik Bay R3J 2Z4

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org



Rent: 1 BR: \$686 (560 sq/ft)
2 BR: \$780 (690 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$50 / month
Visitor parking available
Safety: Enterphone system & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: A/C, balcony / patio, activity lounge, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1983, 3 floors, elevator
Bus Stop: On Ness Ave routes 24, 25 & 83

ST. JAMES-ASSINIBOIA

ST. JAMES KIWANIS VILLA

155 Sinawik Bay R3J 0H5

Phone: 204-837-2305

E-mail: stjadmin@shaw.ca

Website: www.kiwanishomes.org

Rent: 1 BR: \$913 (650 sq/ft)
2 BR: \$1097 - \$1108 (860 - 885 sq/ft)

Included: Water

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

Safety: Camera, enterphone system
& on-site caretaker

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

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

Structure: Built in 2007, 4 floors & elevator

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



WESTWOOD ESTATES

429 Westwood Dr R3K 2B9

Phone: 204-832-0981

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

Website: www.wredevelopment.ca

Rent: Bach: \$777+
1 BR: \$960+
1 BR: \$1080+ (den included)
2 BR: \$1080+

Includes: Water

Parking: Aboveground \$36 / month
Visitor parking available

Safety: Alarm system, camera, enterphone
system, key-card entry & on-site
management

Activities: Yes > call or visit website

Shuttle: To grocer weekly

Features: A/C, balcony / patio, in suite storage
party room, Smart Card laundry,
carpet, laminate flooring &
dishwasher

Structure: Built in 1983, 14 floors & elevator

Bus Stop: On Portage Ave route 11

85%



CARILLON TOWERS

1790 Portage Ave R3J 0E9

Phone: 204-898-6973

Managed by: Towers Realty Group
204-956-2739

Rent: Bach: \$911 (389 sq/ft)
1 BR: \$987+ (443-636 sq/ft)
2 BR: \$1132+ (854-970 sq/ft)

Included: Heat & water

Parking: surface lot \$40 / month, covered
\$60 / month
Visitor parking on street

Safety: Security entrance, enterphone &
management on-site

Activities: No

Shuttle: No

Features: Balcony, recycling, storage locker,
garburator, Smart Card laundry,
carpet & vinyl plank flooring

Structure: Elevator, 7 floors

Bus Stop: On Portage Ave route 11

15%



BIRCHWOOD TERRACE

2440 Portage Ave R3J 0N5

Phone: 204-837-6911

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

Website: www.rentcanada.com

Rent: Bach: \$900+ (582 sq/ft)
1 BR: \$1020+ (706 sq/ft)
2 BR: \$1146+ (790 -1020 sq/ft)

Included: Heat & water

Parking: One stall included in rent
Visitor parking available

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

Activities: No

Shuttle: No

Features: A/C, balcony/patio, seasonal pool,
coin-up laundry, mail deliver to each
floor

Structure: Built in 1962, 5 floors & elevator

Bus Stop: On Portage Ave routes 11, 21, 22, 83
& 98

70%



ST. JAMES-ASSINIBOIA

MANDEVILLE TOWERS

2075 Portage Ave R3J 0L1

Phone: 204-918-2629

Managed by: My Place Realty
204-222-2422

Website: www.myplace.ca

15%



Rent: 1 BR: \$899+
2 BR: \$1299+
Includes: Heat & water
Parking: Surface lot \$50 / month
Visitor parking on street
Safety: Security entrance, cameras
Activities: No
Shuttle: No
Features: Recycling program, Smart card laundry, vinyl plank flooring, pet friendly cats & small dogs
Structure: Elevator, 5 floors
Bus Stop: On Portage routes 11, 21 & 22

COURTS OF ST. JAMES

2727 Portage Ave R3J 0R2

Phone: 204-888-3747 ext 304

Managed by: Globe Property Management
204-956-2233

E-mail: courts@globepm.ca

Website: www.globepm.ca

50%



Rent: Bach: \$900+
1 BR: \$950+
2 BR: \$1200+
3 BR: \$1500+
Included: Heat, hydro & water
Parking: Surface & underground \$50 / month
Visitor parking available
Safety: Enterphone system, key-card entry, night security & manager on site
Activities: Yes > call for more info
Shuttle: To grocer
Features: A/C, balcony / patio, billiard room, indoor pool, carwash, party room, sauna, storage locker, Smart Card laundry, carpet, hardwood & vinyl flooring
Structure: Elevator, 16 floors & 3 buildings
Bus Stop: On Portage Ave routes 11, 21, 22, 82 & 98

VICTORIA ARMS

700 Setter St R2Y 0L5

Phone: 204-888-8490

Managed by: Globe Property Management
204-956-2233

E-mail: info@globepm.ca

Website: www.globepm.ca

65%



Rent: Bach: \$832+
1 BR: \$1132+ (725 sq/ft)
2 BR: \$1250+ (840 – 950 sq/ft)
Included: Heat, hydro & water
Parking: 1 parking stall included in rent
Visitor parking available
Safety: Camera, enterphone system, key-card entry & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 3x / week
Features: A/C, balcony / patio, party room, indoor pool, carwash, sauna, storage, Smart Card laundry, hardwood flooring & seniors club
Structure: Elevator & 14 floors
Bus Stop: On Sturgeon Rd route 83
On Portage Ave route 11

PARK TOWERS

2300 Portage Ave. R3J 0M4

Phone: 204-896-0216

Managed by: Akman Management
204- 944-9721

E-mail: info@akmanmanagement.ca

15%



Rent: 1 BR: \$901+
2 BR: \$1063+
Included: Heat & water
Parking: Surface lot \$40 / month, covered \$50 / month
Visitor parking on street
Safety: Security entrance
Activities: No
Shuttle: No
Features: Balcony / patio, coin-op laundry on every floor, A/C, carpet, hardwood & tile flooring
Structure: Elevator, 7 floors
Bus Stop: On Portage Ave routes 11 & 21

ST. JAMES-ASSINIBOIA

TOWERS OF POLO PARK

666 St. James St R3G 3J6

Phone: 204-786-3376

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

E-mail: wredev@mts.net

55%

- Rent:** Bach: \$929+
1 BR: \$1053+
2 BR: \$1264+
3 BR: \$1695+
- Included:** Heat, hydro, water & A/C
- Parking:** Heated, indoor parking \$50 / month
Visitor parking available
- Safety:** Key-card entry & enterphone, on-site manager
- Activities:** Yes > call for more info
- Shuttle:** Call for more info
- Features:** Balconies, senior's games room, rooftop pool, in suite storage, Smart Card laundry, carpet & parquet floors wheelchair accessible, across from Polo Park mall
- Structure:** Two elevators & 16 floors
- Bus Stop:** On Portage Ave routes 11, 12, 20, 24, 26, 66, 67, 77, 78, 79 & 95

STURGEON PARK HOUSE

3063 Portage Ave R3K 1Z2

Phone: 204-832-6776

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

20%



- Rent:** 1 BR: \$1028+ (675 sq/ft)
2 BR: \$1148+ (855 sq/ft)
- Included:** Heat, hydro, water & A/C
- Parking:** \$36 / month
Visitor parking available
- Safety:** Alarm system, enterphone system, on-site caretaker & key-card entry
- Activities:** No
- Shuttle:** To grocer 1x / week
- Features:** Balcony / patio, smart card laundry, storage in suite, carpet & vinyl flooring, pet friendly cats only
- Structure:** 14 floors, elevator
- Bus Stop:** On Portage Ave routes 11, 21, 22 & 82

PINEWOOD PLACE

2510 Portage Ave R3J 0N9

Phone: 204-832-4159

Managed by: Globe Property Management

E-mail: info@globepm.ca

Website: www.globepm.ca

10%



- Rent:** 1 BR: \$1133+
2 BR: \$1312+
- Included:** Heat, hydro, water
- Parking:** Underground \$50 / month
Surface lot \$38 / month
Visitor parking on street
- Safety:** Security building & on-site caretaker
- Activities:** No
- Shuttle:** To grocer 1x / week
- Features:** Balconies, in suite storage, smart card laundry & hardwood floors
- Structure:** Elevators & 8 floors
- Bus stop:** On Portage Ave route 11 & 21

DAVID ESTATES

3563 / 3567 Portage Ave R3K 2E1

Phone: 204-837-5440

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

Website: www.wredevelopment.ca

25%



- Rent:** 1 BR: \$968+ (625 -695 sq/ft)
2 BR: \$1118+ (795-835 sq/ft)
- Included:** Heat, hydro, water & A/C
- Parking:** Surface lot \$25 / month
Visitor parking available
- Safety:** Camera, enterphone system & on-site management
- Activities:** No
- Shuttle:** To grocer 1x / week
- Features:** Balcony / patio, exercise facilities, sauna, party & games room smart card laundry, carpet & vinyl flooring
- Structure:** Built in 1980 & 3 floors
- Bus Stop:** On Portage Ave routes 11, 21, & 22

ST. JAMES-ASSINIBOIA

HILLSBORO HOUSE

616 Strathcona St R3G 3E8

Phone: 204-786-3301

Managed by: Towers Realty Group
204-956-2739

60%



Rent: 1 BR: \$964+
2 BR: \$1300+
Seniors discount available

Included: Heat & water

Parking: Underground \$60 / month
Surface \$40 / month
Visitor parking on street

Safety: Security monitored entrance & caretaker on-site

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: Balcony, A/C, seasonal pool, garbage chutes, smart card laundry, recycling, ceramic, parquet, some hardwood & tile flooring, newly renovated,

Structure: Elevator & 8 floors

Bus Stop: On Portage Ave route 11

ASHBURY PLACE

299 Queen St R3J 3V5

Phone: 204-832-5847

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

15%



Rent: 1 BR: \$1150 (586 - 600 sq/ft)
2 BR: \$1150- \$1250+
(740 - 830 sq/ft)

Included: Heat, hydro & water

Parking: Surface lot \$17 / month,
Covered \$22 / month
Visitor parking available

Safety: Camera, enterphone system & on-site caretaker

Activities: No

Shuttle: To grocer 1x / week

Features: A/C, balcony / patio, smart card laundry, pet friendly - cats, carpet & vinyl flooring

Structure: Built in 1978, 11 floors & 2 elevators

Bus Stop: On Ness Ave routes 24 & 25

QUAIL RIDGE ESTATES

210 Quail Ridge Rd R2Y 2N1

Phone: 204-885-0769

Managed by: Weidner Apartment Homes
E-mail: quailridge@weidner.com

25%



Rent: 1 BR: \$1100+ (560 - 736 sq/ft)
2 BR: \$1275+ (823 - 838 sq/ft)

Included: Heat & water

Parking: Surface lot included in rent
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: No

Features: Balcony, A/C, carpet & linoleum flooring, washer & dryer in suite, one building for 45+

Structure: Four buildings, 4 floors with elevator

Bus Stop: On Quail Ridge Rd route 83

455 WESTWOOD DRIVE

455 Westwood Dr R3K 1W6

Phone: 204-889-6073

Managed by: WRE Development
204-889-5409



Rent: 1 BR: \$1150 (687 sq/ft)
2 BR: \$1300+ - \$1418
(929 sq/ft & 1020 sq/ft)
3 BR: \$1864 (1166 sq/ft)

Included: Heat, water & in suite laundry

Parking: Surface \$36 / month
Underground \$100 / month
Visitor parking available

Safety: Key-card entry, enterphone system, locked building, on-site caretaker & manager

Activities: Cribbage, birthday parties, exercise classes, shuffleboard & card games

Shuttle: To grocer

Features: A/C, balcony / patio, fitness centre, party room, storage, recycling, guest suite, carpet & tile flooring

Structure: Built 2012, 12 floors & elevator

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

ST. JAMES-ASSINIBOIA

METROPOLITAN KIWANIS COURTS (Assisted Living)

2300 Ness Ave R3J 1A2

Phone: 204-885-7700

E-mail: shunter@kiwaniscourts.ca



- Rent:** Bach: \$1215 (287 sq/ft)
1 BR: \$1505 - \$1805
(585 - 795 sq/ft)
- Phase II** 2 BR: \$2325 (800 sq/ft)
- Phase III** 1 BR: \$2005 (600 sq/ft)
2 BR: \$2475 (800 sq/ft)
Extra person: add \$575 / month
- Included:** Heat, hydro, water, cable, laundry & meals
- Parking:** Surface lot \$25 / month
Visitor parking available
- Safety:** Locked facility, enter phone system, & on-site 24 hour staff
- Activities:** Yes > call for more info
- Shuttle:** To grocer 2x / week
- Features:** A/C, exercise facilities, party room, on-site convenience store, carpet & vinyl flooring
- Structure:** Phase I built in 1995, Phase II built in 2000, 3 floors & 3 elevators, Phase III built in 2018
- Bus Stop:** On Ness Ave routes 24, 25 & 83
- Meals:** Breakfast, lunch & dinner

THE TERRACE (Assisted Living)

90 Sinawik Bay R3J 2Z4

Phone: 204 837-2305

Managed by: St. James Kiwanis



- Rent:** BR: \$2113
2 BR: \$2706
Extra person: add \$476 / month
- Included:** Heat, hydro, water, meals, house-keeping, & in suite laundry
- Parking:** Surface lot \$50 / month
- Safety:** Cameras, key card entry, onsite personnel
- Activities:** Call for more information
- Shuttle:** Yes
- Features:** A/C, games room, library/lounge, multi-purpose room, hair salon, mobility suites
- Structure:** Built in 2014, 3 floors & 2 elevators
- Bus Stop:** On Ness Ave routes 24, 25 & 83
- Meals:** Lunch, dinner & snacks

Connect Program

This program is an organized companionship and socialization program that seeks to match community volunteers with isolated older adults 55+. Participants of the program will be provided information that may encourage social activity and participation within the community and may be matched with a volunteer visitor. Volunteers and participants engage in a one hour visit, once a week, which occurs on a date and time that is agreeable and convenient to both parties. Visits take place in a participant's home.

For more information call
204-956-6440 or email Intake at
info@aosupportservices.ca

ST. JAMES-ASSINIBOIA

STURGEON CREEK I RETIREMENT RESIDENCE

(Assisted Living)

10 Hallonquist Dr R2Y 2M5

Managed by: All Seniors Care Living Centre
204-885-1415

Website: www.allseniorscare.com



- Rent:** 1 BR: call for current rent price
2 BR: call for current rent price
Extra person: call for current prices
- Included:** Heat, hydro, water, laundry, meals & housekeeping
- Parking:** Surface lot, 1 stall included in rent, Garages \$50 / month
- Safety:** Alarm system, camera, emergency pull-cord, night security, nurse on staff, on-site caretaker & 24 hr security
- Activities:** Yes > call for more info
- Shuttle:** To grocer 4x / week, to medical appointments 2x / week
- Features:** See listings in Sturgeon Creek II
- Structure:** Built in 2005, 4 floors & elevator
- Bus Stop:** On Sturgeon Rd route 83
- Meals:** Continental breakfast, lunch, dinner & snack

Safe Suite Program

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

For more information call
204-956-6440 or email Intake at
intake@aosupportservices.ca

STURGEON CREEK II RETIREMENT RESIDENCE

(Assisted Living)

707 Setter St R2Y 0A4

Managed by: All Seniors Care Living Centre
204 885-0303

Website: www.allseniorscare.com



- Rent:** 1 BR: call for current rent price
2 BR: call for current rent price
Extra person: call for current prices
- Included:** Heat, hydro, water, laundry, housekeeping & meals
- Parking:** Surface lot, 1 stall included in rent
Visitor parking available
- Safety:** Alarm system, camera, emergency pull-cord, nurse on staff, on-site caretaker & 24 hr security
- Activities:** Yes > call for more info
- Shuttle:** To grocer 3x / week
To medical appointments 2x / week
- Features:** A/C, balcony / patio, exercise facilities, storage space, spa tub, chapel, movie theatre, multi-purpose room, internet, lounge, library, convenience store, beauty salon / barber, bistro lounge, games room, carpet & vinyl flooring
- Structure:** Built in 2007, 4 floors & elevator
- Bus Stop:** On Portage Ave routes 11, 21, 22 & 82
- Meals:** Breakfast, lunch, dinner & snack

ST. JAMES-ASSINIBOIA

(Assisted Living)

R3K 2E3

E-mail: Mike.Boulanger@atriaretirement.ca



Parking: Surface lot included in rent
Visitor parking available

Activities: Yes > call for more info

Features: A/C, balcony / patio, exercise facilities, hair salon, party room, family dining room, carpet & vinyl flooring

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

Meals: Breakfast, lunch, dinner & snack

- www.aosupportservices.ca - look under the Housing tab for all areas of the city of Winnipeg, view the Housing Directory for free
- www.kijiji.ca - user friendly, can also place an ad for an apartment www.rentcanada.com - type in city and follow the links
- www.winnipegrentnet.ca
- www.gov.mb.ca/seniors/housing.html will bring you to Healthy Aging Manitoba government website for Housing & Aging in Place
- www.virtualhospice.ca info on palliative care

ST. VITAL

60 CHESTERFIELD

60 Chesterfield Ave R2M 5A3

Apply to: Winnipeg Housing Rehabilitation Corporation
204-949-2880

40%



- Rent:** Bach: 30% of gross income
Plus \$11.00 / month hydro
1 BR: 30% of gross income
Plus \$12.00 / month hydro
Subsidized rent available
- Included:** Heat, water & laundry
- Parking:** Surface lot \$24 / month
Visitor parking available
- Safety:** Camera, enterphone system, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x to 2x / month
- Features:** Patio, garden & vinyl flooring
- Structure:** Built in 1975, 14 floors & elevator
- Bus Stop:** On St. Mary's Rd routes 14, 51, 54 & 76
- Meals:** Lunch, Tues & Thurs, \$7.00 / meal

ST. VITAL KNIGHTS VILLA PHASE I

537 St. Anne's Rd R2M 3E8

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

Website: www.lifelease.ca



- Rent:** 1 BR: 30% of gross income
(700 sq/ft)
Subsidized rent available
- Included:** Heat, hydro & water
- Parking:** Resident & visitor parking available
- Safety:** Locked building
- Activities:** Yes > call for more info
- Shuttle:** To grocer 1x per week
- Features:** Games room, lounge, multi-purpose room & garden plots available
- Structure:** 6 floors & elevator
- Bus Stop:** On St. Anne's Rd routes 55 & 59

CHESTERFIELD HOUSING DEVELOPMENT

30 Chesterfield Ave R2M 1T6

Phone: 204-504-6096

E-mail: chesterfieldhousing@shaw.ca

Owned by: Kinsmen Club of St. Boniface,
St. Vital & Norwood



- Rent:** Bach: \$450
1 BR: \$600
1 BR: \$900 (new building)
Subsidized rent available
- Included:** Heat, water & basic cable
- Parking:** Surface lot \$25 / month
Visitor parking available
- Safety:** On-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** Party room, storage locker / room, coin-op laundry & carpet & vinyl flooring, new building wheelchair accessible
- Structure:** Built in 1965 (3 buildings) one & two floors, new building built in 2017, 3 floors & elevator
- Bus Stop:** On St. Mary's Rd routes 14, 51, 54 & 76, on Dakota route 55

MIKE SUNKA PLACE

275 St. Anne's Rd R2M 4V1

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

E-mail: reception@sam.mb.ca

Website: www.sam.mb.ca



- Rent:** Bach: \$397 (375 sq/ft)
1 BR: \$535 (424 sq/ft)
2 BR: \$721 (567 sq/ft)
- Included:** Heat, hydro, water & basic cable
- Parking:** Surface lot \$24/ month
Visitor parking available
- Safety:** Camera, enterphone system, locked building & on-site caretaker
- Activities:** Yes > call for more info
- Shuttle:** To grocer
- Features:** Party room, coin-op laundry, carpet & vinyl flooring
- Structure:** Built in 1969, 6 floors & elevator
- Bus Stop:** On St. Anne's Rd routes 55 & 59

ST. VITAL

CHALET LOUIS RIEL

67 Richfield Ave R2M 2R9
Managed by: Chalet Louis Riel Corp.
 204-255-6026



Rent: Bach: \$550 (330 sq/ft)
 1 BR: \$650 (460 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$30 / month
 Visitor parking on street
Safety: Alarm system & locked building
Activities: Yes > call for more info
Shuttle: To grocer on Tues & Thurs
Features: Patio, storage in suite, common
 room, coin-op laundry, vinyl &
 tile flooring
Structure: Built in 1972 & 1 floor
Bus Stop: On St. Anne's Rd routes 55 & 59

ANAVET LODGE

166 Beliveau Rd R2M 1S9
Managed by: S.A.M Management
 204-942-0991



Rent: Bach: \$446 (300 sq/ft)
 1 BR: \$573 (380 sq/ft)
Included: Heat, hydro, water, laundry & basic
 cable
Parking: Surface lot \$22 / month
 Visitor parking on street
Safety: Enterphone system, locked building
 & on-site caretaker
Activities: No
Shuttle: No
Features: Party room, lounge, kitchen, carpet &
 vinyl flooring
Structure: 1 floor
Bus Stop: On Beliveau Rd route 55

MEADOWOOD MANOR TOWERS

575 St. Anne's Rd R2M 5B2
Phone: 204-257-2394
E-mail: info@meadowood.ca
Website: www.meadowood.ca



Rent: Bach: \$510 (405 sq/ft)
 1 BR: \$636 (486 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$30 / month
 Visitor parking available
Safety: Camera, enterphone system & locked
 building
Activities: Yes > see website or call
Shuttle: To grocer on Tues, Wed & Thurs
Features: Party room, smart card laundry, tile &
 laminate flooring
Structure: Built in 1977, 10 floors & elevator
Bus Stop: On St. Anne's Rd routes 55 & 59
Meals: Lunch & dinner, every day
 Extra cost / meal

RIVERSIDE LIONS ESTATES

188 Worthington Ave R2M 5K1
Phone: 204-255-8940
Managed by: Riverside Lions Estate
Website: www.riversidelions.mb.ca



Rent: 1 BR: \$1009 (560 - 620 sq/ft)
 2 BR: \$1224 (760 - 820 sq/ft)
 3 BR: \$1357 (835 - 1000 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$45 / month
 Underground \$75 / month
 Visitor parking available
Safety: Alarm system, camera & enterphone
 system
Activities: Yes > call for more info
Shuttle: To grocer Tues, Thurs & every
 second weekend
Features: A/C, balcony / patio, exercise
 facilities, party room, recycling,
 hairdresser, laundry on each floor,
 carpet flooring, multi services
 available for hourly rates
Structure: Built in 1984, 7 floors & 2 elevators
Bus Stop: On St. Anne's Rd routes 55 & 59
Meals: Available a la Carte

ST. VITAL

SEINE RIVER HAVEN

571 St. Anne's Rd R2M 1T3

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

E-mail: admin@sam.mb.ca

Website: www.sam.mb.ca

Rent: 1 BR: \$974 (561 sq/ft)
2 BR: \$1071(751 sq/ft)
Subsidized rent available

Included: Water

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

Safety: Locked building, enterphone system

Activities: Yes > call for more info

Shuttle: To grocer 1x / week

Features: 3 laundry facilities / floor, recreation rooms, pet friendly wing available, carpet & vinyl flooring

Structure: Built 2008, 4 floors, 3 elevators & all wheelchair accessible

Bus Stop: On St. Anne's Rd routes 55 & 59



RIVER GARDENS

21 Clayton Dr R2M 1G2

Phone: 204-940-3476

Managed by: Edison Properties
204-940-3450

E-mail: 21clayton@edisonproperties.ca

Website: www.edisonproperties.ca

Rent: Bach: \$861
1 BR: \$1036
2 BR: \$1155
3 BR: \$1280

Included: Heat, hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

Safety: On-site management & secured building

Activities: Yes > call for more info

Shuttle: Call for more info

Features: Balcony, wheelchair access, seniors' social club, recreation room, convenience store on-site, Smart Card laundry, carpet & vinyl

Structure: Elevators & 5 floors

Bus Stop: On St. Anne's Rd route 55

80%

SEINE RIVER GARDENS

41 Clayton Dr R2M 1G3

Phone: 204-940-3477

Managed by: Edison Properties
204-940-3450

E-mail: 41clayton@edisonproperties.ca

Website: www.edisonproperties.ca

Rent: Bach: \$860
1 BR: \$1146
2 BR: \$1274

Included: Heat, hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: Call for more info

Features: Elevator, balcony, indoor pool, sauna, wheelchair access, on-site convenience store, recreation room, Smart Card laundry, carpet & vinyl

Structure: 2 buildings, 6 floors & elevator

Bus Stop: On St. Anne's Rd route 55

60%

SOUTHGATE PLAZA

50 Alpine Ave R2M 0Y6

Phone: 204-257-8228

Managed by: Sussex Realty
204-488-4444

Website: www.sussexrealty.ca

Rent: Bach: \$825+
1 BR: \$1272+
2 BR: \$1401+

Included: Heat, hydro, water, cable & A/C

Parking: Included in rent
Visitor parking available

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

Activities: No

Shuttle: To grocer 1x / week

Features: Balcony & seasonal pool, coin-op laundry, carpet & vinyl

Structure: Elevator & 10 floors

Bus Stop: On Alpine Ave route 16

80%



ST. VITAL

APPLETON ESTATES 2

135 Niakwa Rd R2M 5J5

Phone: 204-940-3483

Managed by: Edison Properties
204-940-3450

E-mail: 135niakwa@edisonproperties.ca

Website: www.edisonproperties.ca

90%



Rent: 1 BR: \$821 - \$1125 (690 - 710 sq/ft)
2 BR: \$978 - \$1194 (810 - 950 sq/ft)

Included: Water

Parking: Underground \$60 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system, key-card entry

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

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

Structure: Built in 1983, 16 floors & elevator

Bus Stop: On St. Anne's Rd route 55
On Niakwa Rd route 16

KENBUR GARDENS

329 St. Anne's Rd R2M 3B2

Phone: 204-940-3486

Managed by: Edison Properties
204-940-3450

E-mail: 329stannes@edisonproperties.ca

Website: www.edisonproperties.ca

70%



Rent: 1 BR: \$1059 (694 sq/ft)
1 BR: \$1786 (newly renovated)
2 BR: \$1156 - \$1196 (923 - 935 sq/ft)

Included: Heat, hydro, water & A/C

Parking: Underground \$65 / month
Visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / week

Features: A/C, balcony / patio, party room, pool, sauna, coin operated laundry, carpet, vinyl & tile flooring

Structure: Built in 1970, 10 floors & elevator

Bus Stop: On St. Anne's Rd routes 55 & 59

APPLETON ESTATES 1

133 Niakwa Rd R2M 5J5

Phone: 204-940-3482

Managed by: Edison Properties
204-940-3450

E-mail: 133niakwa@edisonproperties.ca

Website: www.edisonproperties.ca

90%



Rent: 1 BR: \$822 - \$1125 (690 - 710 sq/ft)
2 BR: \$977 - \$1208 (950 sq/ft)

Included: Water

Parking: Underground \$60 / month
Visitor parking available

Safety: Alarm system, camera, enterphone system, locked building

Activities: Yes > call for more info

Shuttle: To grocer 3x / week

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

Structure: Built in 1983, 17 floors & elevator

Bus Stop: On St. Anne's Rd route 55
On Niakwa Rd route 16

86 NIAKWA ROAD

86 Niakwa Rd R2M 3A5

Phone: 204-257-1887

Managed by: Sherwood Development Ltd.
204-953-1750

Website: www.sherwooddevelopments.com

50%



Rent: 1 BR: \$1150+ (690-700 sq/ft)
2 BR: \$1355+ (897- 977 sq/ft)

Included: Heat, hydro & water

Parking: Underground \$90 / month

Safety: Camera, secure building entry & on-site personnel

Activities: Call for more info

Shuttle: No

Features: A/C, balcony / patio, recreation & party room, recycling program, in suite washer & dryer, in suite storage, indoor bicycle parking, carpet & vinyl flooring, 50+ community

Structure: Built in 2011, 3 floors & elevator

Bus Stop: Niakwa at Seagrim route 16
Niakwa at St. Anne's routes 55 & 59

ST. VITAL

GOLDEN ARMS

11 St. Michael Rd R2M 2K5
Phone: 204-255-8600
Managed by: Globe Property Management
E-mail: info@globepm.ca
Website: www.globepm.ca

40%



Rent: 1 BR: \$1050+ (647 sq/ft)
 2 BR: \$1249+ (859 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot \$55 / month
 Visitor parking available
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, Smart Card laundry, carpet & vinyl flooring
Structure: Elevator & 9 floors
Bus Stop: On St. Mary's Rd routes 14, 51, 54 & 76

RIVER MEADOW ESTATES

1153-1177 St. Anne's Rd R2N 0C2
Phone: 204-256-5666
Managed by: Broadstreet Properties Ltd.
 1-866-736-8515
Website: www.broadstreet.ca

45%



Rent: 1 BR: \$1138+ (650 sq/ft)
 1 BR: \$1218 (750 sq/ft)
 2 BR: \$1278+ (835 & 860 sq/ft)
Included: Water & in suite laundry
Parking: Surface lot \$50 / month
 Parking included in rent for 2 BR
 Visitor parking available
Safety: Alarm system, camera, enterphone system, locked building & on-site personnel
Activities: Yes > call for more info
Shuttle: No
Features: A/C, balcony / patio, recycling, carpet & vinyl flooring
Structure: Built in 2007, 4 floors & elevator
Bus Stop: St. Anne's Rd routes 58, 59 & 93

MEADOWOOD GARDENS

576 St. Anne's Rd R2M 5S8
Phone: 204-255-8346
Managed by: Crystal Properties Ltd.
 204-957-6350

90%



Rent: 1 BR: \$1100+ (700 - 740 sq/ft)
 1 BR + den: \$1358+ (920 sq/ft)
 2 BR: \$1458+ (920 - 1135 sq/ft)
Included: Water & in suite laundry
Parking: Surface lot \$45 / month
 Underground \$90 / month
 Visitor parking available
Safety: Alarm system, camera, enterphone system, locked building & on-site management
Activities: No
Shuttle: To St. Vital Centre 1x / month
Features: A/C, balcony / patio, party room, storage in suite, carpet & vinyl floor
Structure: Built in 2005, 5 floors & elevator
Bus Stop: On St. Anne's Rd routes 55 & 59

ARDEN HOLLOWS

15 Arden Ave R2M 2J8
Phone: 204-509-7806
Managed by: Timbercreek Asset Management Inc.
 204-942-5622

10%



Rent: 1 BR: \$1216+
 2 BR: \$1400+
Included: Heat, water & A/C
Parking: Surface lot \$65 / month
 Heated underground \$85 / month
 Visitor parking on street
Safety: Cameras, keyless entry
Activities: No
Shuttle: No
Features: Renovated in 2009, hardwood and ceramic floors, fireplaces, central air, dishwasher, microwave, washer & dryer in suite
Structure: Built in 1970, 9 floors & 2 elevators
Bus Stop: On St. Mary's routes 14, 54, 51 & 76

A black and white icon of a 'No Smoking' sign. It features a circle with a diagonal slash through it, and inside the circle is a lit cigarette with smoke rising from it. The entire sign is enclosed in a square border.

20%

[illegible]

ST. VITAL

DAKOTA HOUSE (Assisted Living)

1145 Dakota St R2N 0A4

Phone: 204-663-4983

Managed by: Homestead Manitoba Ltd.

Website: www.homesteadmanitoba.ca



Rent: 1 BR: \$2600+ (640 – 815 sq/ft)
2 BR: \$3100+ (865 sq/ft)

Included: Heat, hydro, water, laundry & meals

Parking: Surface lot \$55 / month
Visitor parking available

Safety: Camera, enterphone system, locked building & on-site personnel

Activities: Yes > see website

Shuttle: To grocer 1x / week
To mall 2x / month

Features: Balcony / patio, party room, A/C housekeeping 1x / week, catering, walking paths, carpet & vinyl flooring

Structure: Built in 2006, 4 floors & elevator

Bus Stop: On Dakota St routes 14, 58, 93 & 96

Meals: Brunch & dinner

SEINE RIVER RESIDENCES (Assisted Living)

1015 St. Anne's Rd R2N 0E6

Phone: 204-256-8877

Managed by: All Seniors Care Living Centres

Website: www.allseniorscare.com



Rent: 1 BR: call for current rent price
2 BR: call for current rent price
Extra person: call for current price

Included: Heat, hydro, water, laundry & meals

Parking: Surface lot stall included
Visitor parking available

Safety: 24 hr on-site staff, locked building, enterphone system, bathroom safety features & intercom system

Activities: Yes > call for more info

Shuttle: Yes > call for more info

Features: A/C, balcony / patio, exercise facilities, party room, recycling program, storage locker

Structure: 4 floors & elevator

Bus Stop: On St. Anne's Rd route 55

Meals: Continental breakfast, lunch, dinner & snacks

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

Exciting opportunities include:

- Connect Program volunteer visitors
- Senior Centre Without Walls program facilitators or researchers
- Older Victim Services workers
- Senior Immigrant Settlement Services

Call A & O: Support Services for Older Adults
at **204-956-6440** for more information.

TRANSCONA

COLUMBUS VILLA

680 Kildare Ave E R2C 3M8
Phone: 204-222-8292



Rent: Bach: 30% of gross income
 Plus Hydro \$11.00 (360 sq/ft)
 1 BR: 30% of gross income
 Plus Hydro \$11.00 (525 sq/ft)
 Subsidized rent available
Included: Heat, hydro, water & laundry
Parking: Surface lot \$25 / month
 Visitor parking on street
Safety: Alarm system, camera, enterphone
 system & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Storage space & vinyl flooring
Structure: Built in 1973, 3 floors & elevator
Bus Stop: On Kildare Ave E routes 46 & 47

SIR PAUL MARTIN ESTATES

440 Chrislind St. R2C 5R1
Managed by: Winnipeg Housing Rehabilitation
 Corporation
 204-949-2880



Website: www.whrc.ca

Rent: 1 BR: \$1165
 2 BR: \$1377
 (Inquire about rent discounts)
 Subsidized rent available
Included: Heat, hydro, & water
Parking: Surface lot \$25/ month - indoor \$45/
 month
 Visitor parking available
Safety: Enterphone system, cameras &
 on -site caretaker
Activities: Call for more info
Shuttle: No
Features: A/C, balcony / patio, party room &
 recycling program
Structure: Built in 2016, 4 floors & elevator
Bus Stop: Plessis at Rousseau routes 47, 48
 92, Plessis & Regent routes 46, 89

EAST PARK LODGE

720 Kildare Ave E R2C 4P2
Phone: 204-222-3251 ext 0
E-mail: epclerk@parkmanor.ca



Rent: 1 BR: \$772 (575 sq/ft)
 2 BR: \$926 (675 sq/ft)
 Subsidized rent available
Included: Heat, hydro, water & laundry
Parking: Surface lot \$26 / month
 Visitor parking available
Safety: Secure building
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: Built in 1986, balcony & lounge
Meals: Breakfast \$5.00, lunch \$6.00 &
 dinner \$7.00 (delivery add \$1.00)
Bus Stop: On Kildare Ave E routes 46 & 47

500 WIDLAKE

500 Widlake St. R2C 3K8
Phone: 204-414-4919
Managed by: Widlake Properties Inc
 204-414-4919
Email: widlake@shaw.ca



Rent: 1 BR: \$1195+ (580 – 589 sq/ft)
 2 BR: \$1580+ (730 – 773 sq/ft)
Included: Heat, hydro, & water
Parking: Surface lot \$50/ month
 Visitor parking available
Safety: Enterphone system, cameras &
 on -site caretaker
Activities: Call for more info
Shuttle: No
Features: A/C, balcony / patio, common room
 with kitchen, Smart card laundry,
 2 laundry rooms on each floor, guest
 suite, vinyl flooring, pet friendly cats &
 small dogs
Structure: Built in 2019, 4 floors & 2 elevators
Bus Stop: Kildare at Widlake routes 46 & 47

TRANSCONA

PRAIRIE LANDING APTS

20 Cal Gardner Dr R3W 1P7

Phone: 204-663-6983

Managed by: Homestead Manitoba

Website: www.prairielanding.ca



- Rent:** 1 BR: \$1325- \$1427 (786 sq/ft)
2 BR: \$1842 (1119 sq/ft)
- Included:** Heat, hydro, water & in suite laundry
- Parking:** Included in rent
Visitor parking available
- Safety:** Enterphone system, camera & live-in resident manager, 24 hour security
- Activities:** Yes > call for more info
- Shuttle:** No
- Features:** A/C, balcony / patio, storage locker, handicap accessibility, exercise facilities, smoking room, hospitality suites, theatre room
- Structure:** Built in 2016, 7 floors & elevator
- Bus Stop:** on Peguis at Almey route 44 & Peguis at Regent route

KILDONAN GREEN APTS

45 Kildonan Green Dr R3W 0E6

Phone: 204-228-9076

Managed by: Homestead Manitoba

Website: www.kildonangreenapartments.ca



- Rent:** 1 BR: \$1390+ (906 sq/ft)
2 BR: \$1465 - \$1750
(906 - 1132 sq/ft)
- Included:** Heat, hydro, water & in suite laundry
- Parking:** Surface lot \$50 / month
Visitor parking available
- Safety:** Enterphone system, camera & on-site caretaker
- Activities:** No
- Shuttle:** No
- Features:** A/C, balcony / patio, storage locker & recycling program
- Structure:** Built in 2011, 4 floors & elevator
- Bus Stop:** Plessis at Spring Meadow routes 42 & 92

EDGEWOOD PLACE

30 Guy Savoie Dr R2J 3R7

Phone: 204-777-5182

Managed by: Broadstreet Properties Ltd.
1- 866-736-8515

Website: www.broadstreet.ca

E-Mail: edgewoodplace@broadstreet.ca

10%



- Rent:** 2 BR: \$1298+ (861 - 922 sq/ft)
2 BR: \$1318+ (923 - 971 sq/ft)
- Included:** Water & in suite laundry
- Parking:** \$60 / stall
Visitor parking available
- Safety:** Enterphone system, locked building & on-site personnel
- Activities:** No
- Shuttle:** No
- Features:** A/C, balcony / patio, party room, Paw squad: dog walking, pet minding and other services for pet owners, reduced security deposit for 50+
- Structure:** Built in 2012, 3 buildings, 4 floors & elevator
- Bus Stop:** On Dugald routes 49 & 87

TRANSCONA

DEVONSHIRE HOUSE I

(Assisted Living)

75 Kildonan Green Dr R3W 0E1

Phone: 204-667-2412

Managed by: Homestead Manitoba

Website: www.homesteadmanitoba.ca



Rent: 1 BR: \$2600+
(622 - 738 sq/ft)
2 BR: \$3100+
(879 - 904 sq/ft)
Extra Person: Add \$350 / month

Included: Heat, hydro, water, A/C, meals

Parking: Surface lot \$55 / month
Visitor parking available

Safety: Enterphone system, camera & locked building

Activities: Yes > call for more info

Shuttle: To mall and outings

Features: Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure: Built in 2009, 4 floors & elevator

Meals: Brunch & dinner

Bus Stop: On Plessis Rd routes 42 & 92

DEVONSHIRE HOUSE II

(Assisted Living)

65 Kildonan Green Dr R3W 0E7

Phone: 204-222-8962

Managed by: Homestead Manitoba

Website: www.homesteadmanitoba.ca



Rent: 1 BR: \$2600+ (622 - 738 sq/ft)
2 BR: \$3100+ (879 - 904 sq/ft)
Extra person: Add \$350 / month

Included: Heat, hydro, water, A/C & meals

Parking: Surface lot \$55 / month
Visitor parking available

Safety: Enterphone system, camera & locked building

Activities: Yes > call for more info

Shuttle: To mall and outings

Features: Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure: Built in 2011, 4 floors & elevator

Meals: Brunch & dinner

Bus Stop: On Plessis Rd routes 42 & 92

LIFE LEASING

www.lifelease.ca / www.sam.mb.ca

Life Lease projects are an independent living form of rental housing and are governed by Manitoba legislation. The “deposit” required to purchase the Life Lease is called an **Entrance Fee**. Entrance fees are recovered when the tenant leaves the residence, either as a refund from the landlord, or through the sale (assignment) or the right to lease. An increased **Entrance Fee** would directly reduce your monthly costs. For example: if the minimum entrance fee for your suite was \$33,254 and you added \$50,000, 100% of the interest earned on the additional investment would be applied toward lowering the monthly operating costs of your suite.

Why Life Lease?

In Manitoba, Life Lease projects have age restrictions; they are reserved for those aged 55 plus. They are designed to have recreational facilities, security systems, and other amenities desired by older adults. Landlords of Life Lease projects are usually not for profit organizations formed by churches, service clubs or not for profit sponsors, most of whom want to keep monthly occupancy fees affordable. Life Lease residents are represented by a Board of Directors, and thus have some input into the management and operation of their building.

Life Lease refers to the *Life Expectancy* of the building.

Depending on the Life Lease setup, tenants can realize several benefits:

- The flexibility of rental combined with the stability of ownership
- Usually only 90 days' notice is needed to terminate the lease unless; a death occurs and then all capital is returned to the Estate, or to a surviving spouse on the lease, or other arrangements have been made.
- All building and grounds maintenance, administration, common costs, property taxes, building insurance, & all utilities are the responsibility of the organization.
- Residents are only responsible for the costs of telephone, cable TV, and household insurance costs
- Residents can enjoy the use of common amenities, games room, exercise room, multipurpose rooms, solariums, landscaped grounds, etc.

**** Life Lease agreements are very complex. You are encouraged to seek legal advice or assistance before signing a contract***

Accessing Life Lease Housing

Due to the nature of life lease housing, tenant costs and building features vary greatly between establishments. For information on this type of housing, you must contact the organization that manages the residence, using the phone numbers provided:

LIFE LEASING SITES

Assiniboine South

Beauchemin Park Place

5995 Roblin Blvd.

Phone: **204-982-2000**

Vasa Lund Estates

5445 Roblin Blvd.

Phone: **204-942-0991**

Central Winnipeg

Fred Douglas Place

333 Vaughan St.

Phone: **204-982-0330**

Kiwanis Chateau

430 Webb Pl.

Phone: **204-943-8647**

Fort Garry

Lindenlake Terrace

895 Wilkes Ave.

Phone: **204-487-6519**

Lindenwood Estates

495 Lindenwood Dr. E.

Phone: **204-475-9990**

Lions Park Square

65 Paget St.

Phone: **204-475-6565**

Southpark Estates

132 Marrington Rd.

Phone: **204-269-7382**

Lindenholm Place

885 Wilkes Ave.

Phone: **204-489-1398**

River East

Baron Estates

1395 Molson St.

Phone: **204-982-2000**

The Cornerstone Life Lease Estates I

1865 Gateway Rd.

Phone: **204-667-0866**

Valhalla Cove

15 Valhalla Dr.

Phone: **204-668-4410**

The Cornerstone Life Lease Estates II

1865 Gateway Rd.

Phone: **204-667-0866**

River Heights

Riverbend Plaza

400 Osborne St.

Phone: **204-942-0991**

Point Douglas

The Senior's Tower

147 Aberdeen Ave.

Phone: **204-589-7381**

LIFE LEASING SITES

St. Boniface

Agape Villa

395 Beaverhill Blvd.

Phone: **204-942-0991**

Place Eugenie

201 Eugenie St.

Phone: **204-237-0141**

Saints Peter & Paul Manor

375 Goulet St.

Phone: **204-231-9420**

Villa Beliveau

500 Beaverhill Blvd.

Phone: **204-982-2000**

Place Desmeuron Inc.

400 Des Meurons St.

Phone: **204-233-5337**

St. James-Assiniboia

St. James Lions Estates

866 Sturgeon Rd.

Phone: **204-889-2150**

Glendale Court

3950 Portage Ave.

Phone: **204-837-3590**

Donwood West

1490 Portage Ave.

Phone: **204-783-8045**

Colorado Estates

140 Ferry Rd.

Phone: **204-942-0991**

St. Vital

St. Vital Knights Villa Ph II

537 A St. Anne's Rd.

Phone: **204-982-2000**

Vic Wyatt House

919 St. Anne's Rd.

Phone: **204-982-2000**

Kirchoff Gardens

1295 Dakota St.

Phone: **204-982-2000**

Seasons of Tuxedo

The Link

757 Sterling Lyon Parkway

Phone: **204-470-3333**

Seven Oaks

Middlechurch on the Red

260 Balderstone Rd.

Phone: **204-230-0260**

Transcona

St. Michael's Villa

114 Yale Ave. E

Phone: **204-982-2000**

Transcona Place

110 Victoria Ave. W.

Phone: **204-989-5922 ?**

St. Andrews

Mapleton Lane

1192 River Rd.

Phone: **1-204-785-1208**

ASSISTED LIVING

“Independent Living with a Service Package”

Assisted Living

Assisted Living is a rental unit designed for those who wish to remain independent, but who need a little extra help with daily tasks. Assisted living is similar to Supportive Housing in the sense that it combines independent living with services such as meals, housekeeping and laundry, without 24 hour home care. Because each residence is independently owned and operated, the level of services provided varies from facility to facility.

It is also important to note that Assisted Living facilities are not licensed as such. Essentially, they are room and board facilities geared to the needs of older adults. Any special needs you or your loved ones may have must be kept in mind when considering a move to an Assisted Living community.

Assisted Living Offers

A private apartment / room	Meals
Housekeeping, laundry & support services	Common living & recreation areas
Assistance with some daily activities	Social opportunities

Cost of Assisted Living

Expect to pay more for Assisted Living than you would if living independently. As the level of services increase, so does the cost of the apartment. It is recommended that you contact or visit the residence for more information.

Accessing Assisted Living

In the Winnipeg area, there are many locations that offer standard housekeeping, meals and / or laundry services in an effort to reduce daily chores. To access this type of housing, you must contact the organization that manages the residence using the contact info provided on the following pages.

Deciding on the Right Place for You

It is important that you research the facility you are interested in. We suggest making several visits, at various times of the day, to each residence you are considering. Go on a tour and try one of the meals. Doing so will help you determine whether the level of service provided is consistent, and will help you acquire a realistic view of what it will be like to live there. Bring someone you trust with you to help make a decision that is right for you. Consider the following:

- What did the atmosphere feel like to you, did you feel welcome?
- Consider the quality of the accommodations is it clean, is there enough room for any mobility equipment you might need?
- Many buildings do not allow scooters or power wheelchairs; ask the right questions as it affects your lifestyle.

ASSISTED LIVING PROJECTS:

Assiniboine South

Assiniboine Links

4025 Roblin Blvd.
Phone: **204-897-6854**

Portsmouth Retirement Residence

125 Portsmouth Blvd.
Phone: **204-284-5432**

The Wellington

3161 Grant Ave.
Phone: **204-831-0788**

Shaftesbury Park Retirement Residence

905 Shaftesbury Blvd.
Phone: **204-885-7272**

Central Winnipeg

Arlingtonhaus

880 Arlington St.
Phone: **204-783-3752**

Ellice Place

555 Ellice Ave.
Phone: **204-945-4663**

Fort Garry

Lindenwood Manor

475 Lindenwood Dr. E.
Phone: **204-475-9990**

Lindenwood Terrace

490 Lindenwood Dr. E.
Phone: **204-489-2112**

Sterling House

909 Wilkes Ave.
Phone: **204-489-4745**

Riverwood Square

1778 Pembina Hwy.
Phone: **204-275-7632**

The Parkway I

85 Paget St.
Phone: **204-487-8500**

The Parkway II

95 Paget St.
Phone: **204-487-8500**

The Waverley

857 Wilkes Ave.
Phone: **204-487-9600**

Brightwater Senior Living of Tuxedo

741 Sterling Lyon Pkwy
Phone: **204 272-8122**

River East

Kildonan House

216 Edison Ave.
Phone: **204-338-8182**

Concordia Village I & II

1125 Molson St.
Phone: **204-667-6479**

Concordia Village III

1115 Molson St.
Phone: **204-667-6479**

Donwood Manor

165 Donwood Dr.
Phone: **204 668-4410**

River Heights

The Boulton

45 Boulton Bay
Phone: **204-475-4500**

ASSISTED LIVING PROJECTS:

Seven Oaks

Amber Meadow

320 Pipeline Rd.

Phone: **204-633-5467**

River Ridge Retirement Residence

50 Ridgecrest Ave.

Phone: **204-589-2273**

River Ridge Retirement Residence II

2701 Scotia St.

Phone: **204-586-2273**

St. Boniface

Catherine Place

190 Raymond Pl.

Phone: **204-231-0999**

Residence Despins

151 Rue Despins

Phone: **204-480-2900**

Manoir de la Cathedrale

321 Rue de la Cathedrale

Phone: **204-231-2277**

Villa Aulneau

601 Aulneau St.

Phone: **204-594-6300**

St. James-Assiniboia

The Terrace

90 Sinawik Bay

Phone: **204-837-2305**

Sturgeon Creek I

10 Hallonquist Dr.

Phone: **204-885-1415**

Sturgeon Creek II

707 Setter St.

Phone: **204-885-0303**

The Westhaven

3033 Portage Ave.

Phone: **204-831-6742**

Metropolitan Kiwanis Courts

2300 Ness Ave.

Phone: **204-885-7700**

St. Vital

Dakota House

1145 Dakota St.

Phone: **204-663-4983**

Seine River Residences

1015 St. Anne's Rd.

Phone: **204-256-8877**

Riverside Lions Seniors Residences

188 Worthington Ave.

Phone: **204-255-8940**

Transcona

Devonshire House I

75 Kildonan Green Dr.

Phone: **204-667-2412**

Devonshire House II

65 Kildonan Green Dr.

Phone: **204-222-8962**

SUPPORTIVE HOUSING

Supportive Housing:

Supportive Housing provides personal support services and homemaking in group community residential settings (Manitoba Health 1997). Supportive Housing combines apartment living, services such as meals and homemaking and access to 24 hr support care and supervision.

Supportive Housing Offers:

- A private apartment
- Housekeeping and laundry services
- Meals
- Common kitchen and lounge areas
- Social and recreational opportunities
- Assistance with personal care
- Availability of 24-hour support care and supervision
- Access to professional Home Care services for eligible clients

Cost of Supportive Housing:

Costs vary depending on the site. Individuals pay the sponsoring organization directly for the rent and service package. The Winnipeg Regional Health Authority provides 24 hr support and supervision through funding to approved sponsors for one multi-skilled worker for 12 individuals.

Accessing Supportive Housing

People living in the community access Supportive Housing through Home Care. Individuals in the hospital will access Supportive Housing through the Long Term Care Access Centre. Individuals will work with a Home Care Case Coordinator or Long Term Care Access Coordinator to complete their assessment application. If deemed eligible for the program, individuals will meet with the sponsoring organization to ensure a match within the setting.

For additional program information contact:
Housing Coordinator
Winnipeg Regional Health Authority (WRHA)
Phone: 204-940-8706

SUPPORTIVE HOUSING PROJECTS:

Lion's Centre

(48 spaces)

320 Sherbrook St.

Winnipeg, MB R3B 2W6

Telephone: **204-784-1240**

Arlingtonhaus

(20 spaces)

880 Arlington St.

Winnipeg, MB R3E 3H2

Telephone: **204-783-3752**

Rosewood Village

(144 spaces)

857 Wilkes Ave.

Winnipeg, MB R3P 2M1

Telephone: **204-487-9600**

Fred Douglas Heritage House

(28 spaces)

YM / YWCA Downtown

100 The Promenade

Winnipeg, MB R3B 3H9

Telephone: **204-949-9027**

Résidence Despins

(48 spaces)

151 Rue Despins

Winnipeg, MB R2H 0L7

Telephone: **204-480-2900**

Irene Baron Eden Centre

(48 spaces)

1385 Molson St.

Winnipeg, MB R2K 4K8

Telephone: **204-667-7747 Ext. 1**

Riverside Lions

(48 spaces)

180 Worthington Ave.

Winnipeg, MB R2M 1S4

Telephone: **204-255-8940**

Harmony Court at Riverwood Square

(96 spaces)

1778 Pembina Hwy.

Winnipeg, MB R3T 1R2

Telephone: **204-275-7632**

Chez Nous

(24 spaces)

187 Rue de la Cathedrale

Winnipeg, MB R2C 0A1

Telephone: **204-233-3692 Ext. 554**

Windsor Park Place

(24 spaces)

875 Elizabeth Rd.

Winnipeg, MB R2J 3K6

Telephone: **204-233-3692 Ext. 554**

INTERMEDIATE PERSONAL CARE HOME

Intermediate Care

Intermediate Personal Care is provided to those who require more assistance than in Assisted Living or supportive type housing, yet only require “light personal care” when compared to the attention given at a Personal Care Home. This type of care is provided in a government approved facility, but is run by private ownership. In this type of housing, needed support services are provided to residents to aid them in their everyday activities. Meals, housekeeping, laundry and 24 hr support staff are also provided.

Intermediate Personal Care Offers:

A bed-sitting room	40 hrs / week of social activities
Services of a Registered Nurse	Meals provided
Aid with daily activities & medical needs	Housekeeping & laundry
Common living and recreational areas	24 hour support services
Couples can be accommodated	

Accessing Intermediate Personal Care

At the present time, there is only one Intermediate Personal Care facility that provides 24 hour care and supervision with medical staff on duty.

Cost of Intermediate Personal Care

Expect to pay more for Intermediate Personal Care, as the level of care and services is increased in this type of housing.

THORVALDSON CARE CENTRE

495 & 505 Stradbrook Ave R3L 0K2

Phone: 204-452-4044

Website: www.thorcare.ca

Rent: Bachelor / studio: \$2800 (225 sq/ft)

Included: Heat, hydro, water & laundry

Parking: Visitor parking available

Safety: Nurse call system in every unit & 24 hr security

Activities: Yes > call for more information

Shuttle: Call for more information

Features: A/C, grab bars, housekeeping, landscaped grounds, large lounge areas, outdoor patios, carpet & hardwood flooring

Structure: Two floors and elevator

Bus Stop: On Osborne routes 16, 18, 58, 60, 61, 63, 64, 80 & 81

Meals: Three meals and snacks included in rent



LONG TERM CARE

What Long Term Care options are available?

- Chronic Care
- Personal Care Homes
- Respite Care
- Supportive Housing

How do I access Long Term Care and Housing Services?

In the Community:

If you are living in the community, the Home Care program provides home health care services. Services can be requested by you (as an individual), your family, or by your doctor by calling the WRHA Home Care Intake Line at **204-788-8330**. After Home Care receives a request for service, a Home Care Coordinator will meet you at home to discuss your care needs. Based on the information gathered, the coordinator develops a care plan. The goal is to help you manage at home for as long as is practical. If other services are needed, you can access long term care options through the Home Care Program. You or your family member can request information from your Home Care Case Coordinator at any time.

To access Home Care in rural Manitoba, you must contact the Regional Health Authority (RHA) for the area you live in. Visit the following website to find the appropriate RHA in your area <http://www.gov.mb.ca/health/rha/contact.html>

In Hospital:

If you become ill and are admitted to hospital, the hospital will inform the Home Care Program and a plan is made for when you are discharged from hospital. The goal is to help you return home with the support of Home Care. If you cannot return home, the Care Coordinator can help you access appropriate housing and care options such as Supportive Housing, Companion Care, Personal Care Home or Chronic Care Hospital placement. You will be assessed individually to find the best fit for you and the available care options.

What is the Long Term Care Access Centre?

The Long Term Care Access Centre is responsible for scheduling panel dates to ensuring clients have access to long term care services that are most appropriate to their needs and maintaining waiting lists for personal care homes / long term care programs.

For additional program information contact:

Long Term Care Access Centre
Winnipeg Regional Health Authority (WRHA)

Phone: 204-940-8670

Website: www.wrha.mb.ca/ltc/access.php

PERSONAL CARE HOMES

What is a Personal Care Home?

A Personal Care Home in Manitoba is a facility dedicated specifically to providing care for those individuals whose long term care needs can no longer be met appropriately at home by the family and / or by supporting community services. The insured personal care home program in Manitoba is provided in licensed Personal Care Home facilities designated by the Minister of Health.

What are my rights as a resident of a Personal Care Home?

Each Personal Care Home has a Resident's Bill of Rights. Residents have input into the Bill of Rights and it is reviewed with them at least every year. The Bill of Rights will include such things as; the right to be treated with courtesy, respect and dignity and to be free from all forms of abuse, the right to privacy, to be informed of treatments and the right to refuse, and the same rights as any citizen to raise concerns and recommend change.

Who is eligible for a Personal Care Home?

- Any citizen of Canada where their residency has been established according to the Health Services Insurance Act, Personal Care Services and Administration Regulation.
- When it has been established that the care needs of the individual can no longer be met appropriately by the family and /or the supporting community services.
- Approval has been received by the appropriate Personal Care Panel in the Health Region where you reside.

For more information on Personal Care Homes, please visit the Long Term Care Association website at www.ltcam.mb.ca or www.wrha.mb.ca

PERSONAL CARE HOMES IN WINNIPEG

Assiniboine South

Charleswood Care Centre

5501 Roblin Blvd. R3R 0G8

Phone: **204-888-3363**

Extendicare / Tuxedo Villa

2060 Corydon Ave. R3P 0N3

Phone: **204-889-2650**

West Park Manor Personal Care Home

3199 Grant Ave. R3R 1X2

Phone: **204-889-3330**

Central

Beacon Hill Lodge

190 Fort St. R3C 1C9

Phone: **204-942-7541**

Calvary Place Personal Care Home

1325 Erin St. R3E 3R6

Phone: **204-943-4424**

Parkview Place

440 Edmonton St. R3B 2M4

Phone: **204-942-5291**

Lions Personal Care Centre

320 Sherbrook St. R3B 2W6

Phone: **204-784-1240**

Misericordia Place

44 Furby St. R3C 2A1

Phone: **204-774-6581**

Misericordia Health Centre

99 Cornish Ave. R3C 1A2

Phone: **204-778-8165**

Fort Garry

Golden Door Geriatric Centre

1679 Pembina Hwy. R3T 2G6

Phone: **204-269-6308**

The Saul & Claribel Simkin Centre

1265 Lee Boulevard R3T 2M3

Phone: **204-586-9781**

St. Norbert Personal Care Home

50 St. Pierre St. R3V 1J6

Phone: **204-269-4538**

Southeast Personal Care Home

320 Sherbrook St. R3B 2W6

Phone: **204-269-7111**

Point Douglas

Holy Family Home

165 Aberdeen Ave. R2W 1T9

Phone: **204-589-7381**

Inkster

Fred Douglas Lodge

1275 Burrows Ave. R2X 0B8

Phone: **204-586-8541**

PERSONAL CARE HOMES IN WINNIPEG

River East

Concordia Place

1000 Molson St. R2K 4L5
Phone: **204-661-7372**

Donwood Manor Personal Care Home

171 Donwood Dr. R2G 0V9
Phone: **204-668-4410**

Kildonan Personal Care Centre

1970 Henderson Hwy. R2G 1P2
Phone: **204-334-4633**

River East Personal Care Home

1375 Molson St. R2K 4K8
Phone: **204-668-7460**

Bethania Mennonite Personal Care Home

1045 Concordia Ave. R2K 3S7
Phone: **204-667-0795**

River Heights

Poseidon Care Centre

70 Poseidon Bay R3M 3E5
Phone: **204-452-6204**

Pembina Place Mennonite Personal Care Home

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

Riverview Health Centre

1 Morley Ave. R3L 2P4
Phone: **204-478-6203**

The Convalescent Home of Winnipeg

276 Hugo St. N. R3M 2N6
Phone: **204-453-4663**

St. Boniface

Actionmarguerite (Saint-Boniface)

185 Rue Despins R2H 2B3
Phone: **204-233-3692**

Transcona

Park Manor Personal Care Home

301 Redonda St. R2C 1L7
Phone: **204-222-3251**

St. James Assiniboia

Deer Lodge Centre

2109 Portage Ave. R3J 3J4
Phone: **204-837-1301**

Extendicare/Oakview Place

2395 Ness Ave. R3J 1A5
Phone: **204-888-3005**

Heritage Lodge

3555 Portage Ave. R3K 0X2
Phone: **204-888-7940**

The Salvation Army Golden West Centennial

811 School Rd. R2Y 0S8
Phone: **204-888-3311**

PERSONAL CARE HOMES IN WINNIPEG

St. Vital

Golden Links Lodge

2280 St. Mary's Rd. R2N 3Z6

Phone: **204-257-9947**

Actionmarguerite (Saint-Vital)

450 River Rd. R2M 5M4

Phone: **204-254-3332**

Meadowood Manor

577 St. Anne's Rd. R2M 5B2

Phone: **204-257-2394**

River Park Gardens

735 St. Anne's Rd. R2N 0C4

Phone: **204-255-9073**

Extendicare/Vista Park Lodge

144 Nova Vista Dr. R2N 1P8

Phone: **204-257-6688**

Seven Oaks

Luther Home

1081 Andrews St. R2V 2G9

Phone: **204-338-4641**

Maples Care Centre by Revera

500 Mandalay Dr. R2P 1V4

Phone: **204-632-8570**

St. Joseph's Residence

1149 Leila Ave. R2P 1S6

Phone: **204-697-8031**

Middlechurch Home of Winnipeg

280 Balderstone Road, West St. Paul R4A 4A6

Phone: **204-339-1947**

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