WINNIPEG HOUSING DIRECTORY

FOR

OLDER ADULTS

A&O
Support Services for Older Adults

$8.00
A & O: Support Services for Older Adults

Entity Description/Mission Statement/Purpose:

Through the central office, A & O: Support Services for Older Adults Inc. offers services under three pillars, Safety and Security, Social Engagement and Counselling.

Mission:

To offer specialized programs and services that are accessible to older Manitobans that 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.

Providing innovative programs and services to older adults since 1957
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 the United Way of Winnipeg.

A & O also receives funding the City of Winnipeg, the Winnipeg Regional Health Authority, the Government of Manitoba and the Government of Canada.

Published May 2016

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.
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 A & O: Support Services for Older Adults and the Province of Manitoba. Older adults age 65+ are eligible to have a safety audit of their home and property. Older adults, whose income is under $25,000 (single) and $30,000 (couple) are eligible to have safety devices installed in their home. The Coordinator can install 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

Myers 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
Toll-free: 1-888-333-3121
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 10).

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!
<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>Apartment #1</th>
<th>Apartment #2</th>
<th>Apartment #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIEWING TIME</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CONTACT PERSON</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>PHONE NUMBER</td>
<td></td>
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</tbody>
</table>

**BASIC INFORMATION:**

- Monthly rent: $\quad$ $\quad$ $\quad$
- Parking: $\quad$ $\quad$ $\quad$
- 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 the cost of rent in the market for your family size.

Benefits are calculated on 30% of household assessed income and 75% of Medium Market Rent.

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 single renter with an annual net household income less than $23,040 or
- are a couple with an annual net household income less than $26,320

(Please note: amounts listed are 2018 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 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)
Manitoba Family Services
102 - 114 Garry St.
Winnipeg, MB R3C 1G1
Phone: 204-945-2197 Fax: 204-945-3930
Toll-free: 1-877-587-6224 TTY: 204-948-3698
E-mail: provservic@gov.mb.ca
Website: www.gov.mb.ca/jec/eia/rentassist/index.html
Definition of Symbols

- Indicates the building is **not** wheelchair accessible
- Indicates there is a meal program available
- Indicates the entire building is non-smoking. Tenants **cannot** smoke in their suites
- Indicates cats and / or dogs are allowed in the building, subject to restrictions
- Indicates caged birds are allowed in the building, subject to restrictions
- Indicates there is grocery delivery available
- Indicates the percentage of older adults within the building

**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
1: 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 start at 25% of a single older adults’ annual gross income and up to 27% - 30% of a couples 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

COLUMBUS COURTS INC.
253 Edgeland Blvd
Phone: 204-982-2000
Managed by: Murdoch Management
204-982-2000

Rent:
- Bach: $579 (327 sq/ft)
- 1 BR: $842 (431 sq/ft)
- 1 BR large: $842 (654 sq/ft)
Subsidized rent available

Included:
- Heat, hydro, water & laundry
- Visitors parking on street

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

Activities:
- Yes > call for more info

Features:
- Party room, lounge & tile flooring

Structure:
- Built in 1975, 14 floors & elevator

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

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SWEDISH CANADIAN HOME FOR SENIOR CITIZENS
5419 Roblin Blvd
Managed by: S.A.M. Management
204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent:
- Bach: $671 (350 sq/ft)
- 1 BR: $781 (475 - 700 sq/ft)
Subsidized rent available

Included:
- Heat, hydro, water, laundry & cable
- Visitor parking available

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

Activities:
- No

Features:
- Recycling program, storage locker / room, carpet & vinyl flooring

Structure:
- Built in 1965 & 1 level

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

---

HAVEN TWO
1 Boulton Bay
21 Boulton Bay
Managed by: S.A.M. Management
204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent:
- Bach: $436 (320 sq/ft)
- 1 BR: $587 (430 sq/ft)
Subsidized rent available

Included:
- Heat, hydro, water & cable
- Visitor parking available

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

Activities:
- Yes > call for more info

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

Structure:
- Built in 1974 & elevator

Bus Stop:
- On Kenaston Blvd route 78

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MANITOBA EASTERN STAR CHALET, INC.
13-525 Cathcart St
Phone: 204-889-3687
E-mail: chalet@oesmanitoba.ca
Website: www.oesmanitoba.ca

Rent:
- 1 BR: $503 - $573
- (340 - 440 sq/ft)

Included:
- Heat, hydro, water & cable
- 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 $6 / meal

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## Assiniboine South

**VIALOUX VILLAGE**  
3420 Vialoux Dr  R3R 0A4  
**Phone:** 204-837-2332  
**Managed by:** Globe General Agencies  
204-956-2233  
**Website:** [www.globegeneral.ca](http://www.globegeneral.ca)  

**Rent:**  
- Bach: $750+  
- 1 BR: $850+  
- 2 BR: $1250+  
- 3 BR: $1330+  

**Included:** Hydro, heat, water + 1 parking stall  
**Parking:** Visitor parking available  
**Safety:** Security entrance & on-site manager  
**Activities:** No  
**Shuttle:** No  
**Features:** In-suite laundry, A/C, recycling, carpet & vinyl  
**Structure:** 2 floor walk up  
**Bus Stop:** On Corydon routes 67 & 79

**CHARLESDALE GARDENS**  
3201 Grant Ave  R3R 2A3  
**Phone:** 204-896-6705  
**Managed by:** Globe General Agencies  
204-956-2233  
**Website:** [www.globegeneral.ca](http://www.globegeneral.ca)  

**Rent:**  
- Bach: $803+  
- 1 BR: $970+  
- 2 BR: $1100+  

**Included:** Heat, hydro & water  
**Parking:** Surface lot $45 / month  
Visitor parking available  
**Safety:** Enterphone system & on-site caretaker  
**Activities:** No  
**Shuttle:** No  
**Features:** A/C, balcony / patio, courtyard, carpet, vinyl flooring & dishwasher  
**Structure:** 3 floor walk up  
**Bus Stop:** On Grant Ave routes 65, 66 & 98

## CENTURY ROBLIN

**3500 Roblin Blvd / 211 Laxdal Rd**  R3R 0C8  
**Phone:** 204-832-2404  
**Managed by:** Globe General Agencies  
204-956-2233  
**Website:** [www.globegeneral.ca](http://www.globegeneral.ca)  

**Rent:**  
- Bach: $760+ (470 sq/ft)  
- 1 BR: $855+ (670 sq/ft)  
- 2 BR: $975+ (950 sq/ft)  

**Included:** Heat & water  
**Parking:** Surface lot $45 / month  
Visitor parking available  
**Safety:** Enterphone & manager on-site  
**Activities:** No  
**Shuttle:** No  
**Features:** Smart Card laundry, A/C, recycling, balcony / patio, storage in suite, carpet & vinyl  
**Structure:** 3 floor walk up  
**Bus Stop:** On Roblin Blvd routes 65, 66, & 67

## BRAMBLE ESTATES

**3901 Grant Ave**  R3R 2Z4  
**Phone:** 204-837-2243  
**Managed by:** Marwest Management Canada Ltd.  
204-947-1200  

**Rent:**  
- 1 BR: $918+ (648 sq/ft)  
- 1 BR: $1070+ (690 sq/ft) (with den)  
- 2 BR: $1093 - $1145  
  (986 - 1042 sq/ft)  

**Included:** Heat, hydro, water & laundry  
**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, carpet & vinyl  
flooring  
**Structure:** Built in 1980 & 2 elevators  
**Bus Stop:** On Grant Ave routes 65, 66 & 98

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BOULTON ESTATES
690 Kenaston Blvd R3N 1Z3
Phone: 204-489-1098
Managed by: Marvest Management Canada Ltd.
204-947-1200
E-mail: info@marvest.ca

Rent: 1 BR: $970 (650 sq/ft)
     2 BR: $1030 - $1130 (750 - 900 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot $40 / month
         Visitor parking available
Safety: Camera, interphone system
        & on-site caretaker
Activities: No
Shuttle: To grocer weekly
Features: A/C, balcony / patio, Smart Card
          laundry, carpet & vinyl flooring
Structure: Built in 1978, 14 floors & 2 elevators
Bus Stop: On Kenaston Blvd route 78

ASSINIBOINE LINKS
(Assisted Living)
4025 Roblin Blvd R3R 3V5
Phone: 204-897-6854
E-mail: assiniboinelinks@shaw.ca

Rent: Bach: $1610 - $1937 (342 - 467 sq/ft)
      1 BR: $1837 - $2388 (405 - 605 sq/ft)
Extra person: add $450 / 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
Structure: Built in 1922 (renovated in 2001),
3 floors & elevator
Bus Stop: On Roblin Blvd routes 67 & 79
Meals: Breakfast, lunch, dinner & snacks

BRIDGEEWATER HEIGHTS
225 North Town Rd R3Y 0P6
Phone: 204-505-5484
Managed by: Broadstreet Properties Ltd.
Website: www.broadstreet.ca
E-mail: info@broadstreet.ca

Rent: 1 BR: $1138 (604 - 676 sq/ft)
      2 BR: $1308 - $1338 (859 - 971 sq/ft)
      3 BR: $1378 (971 sq/ft)
Included: Heat & hydro
Parking: Parking available
         Visitor parking available
Safety: Secured building entry
Activities: No
Shuttle: No
Features: A/C, balcony / patio, party room,
in-suite washer & dryer, hardwood,
carpet & vinyl flooring
Structure: Built in 2013, 4 floors & elevators
Bus Stop: On Bridgeland at Oakland route 163

THE WELLINGTON
(Assisted Living)
3161 Grant Ave R3R 3R1
Phone: 204-831-0788
Managed by: Revera Retirement Residences
E-mail: thewellington@lrc.ca
Website: www.lrc.ca

Rent: 1 BR: $3245+ (655 sq/ft)
      2 BR: $3835+ (800 - 1000 sq/ft)
Included: Heat, hydro, water, cable, laundry & meals
Parking: Surface lot $29 / month
         Garage stall $55 / month
         Visitor parking available
Safety: Alarm system, cameras, emergency pull-cord, enterphone system,
night security & emergency pendant response system
Activities: Yes > call or visit website
Shuttle: To grocer 3x / week
Features: A/C, balcony / patio, exercise facilities, party room, small store on-site,
storage locker / room & carpet
Structure: Built in 1968, 4 floors & elevator
Bus Stop: On Grant Ave routes 65, 66 & 98
Meals: Lunch, dinner & snack, every day

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Portsmouth Retirement Residence
(Assisted Living)
125 Portsmouth Blvd R3P 2M3
Phone: 204-284-5432
Managed by: Revera Retirement Residences
Website: www.reveraliving.com
E-mail: retirementinfo@reveraliving.com
Rent: Bach: $2100 and up (417 - 482 sq.ft)
1 BR: $2500 and up (508 - 780 sq.ft)
2 BR: $3800 and up (855 - 1120 sq.ft)
Included: Heat, hydro, water, laundry & meals
Parking: Surface lot $30 / month + valet
Garages $70 / 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 3x / week
Features: A/C, balcony / patio, exercises, party room, recycling, storage locker, carpet & vinyl flooring
Structure: Built in 2001, 3 floors & 2 elevators
Bus Stop: On Taylor Ave route 95
Meals: Breakfast, lunch, dinner & snacks every day

Shaftesbury Park Retirement Residence
(Assisted Living)
905 Shaftesbury Blvd R3P 0Y3
Phone: 204-885-7272
Managed by: All Seniors Care Living Centre
E-mail: rindquist@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
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
Structure: Built in 2007, 3 floors & elevator
Bus Stop: On Shaftesbury Blvd route 95
Meals: Lunch, dinner & snack, every day

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.ca - type in province and city and follow the links
• www.winnipegrentnet.ca
• www.gov.mb.ca/shas will bring you to the Seniors Secretariat website which also has listings for Rural Manitoba
• www.virtualhospice.ca info on palliative care

Notes

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- Incidental Transportation
- Alzheimer/Dementia Care

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Central

195 YOUNG ST
195 Young St R3C 3S8
Apply to: Manitoba Housing
204 945-4663
Rent: Bach: 30% of gross income
       (450 sq/ft)
       2 BR: rent geared to income
       (650 sq/ft)
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

385 CARLTON ST
385 Carlton St R3B 3A1
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: 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

340 PRINCESS ST
340 Princess St R3B 3L2
Apply to: Manitoba Housing
204-945-4663
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

444 KENNEDY ST
444 Kennedy St R3B 2Z1
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: 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

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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

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
1 BR: 30% of gross income
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

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

AUTUMN HOUSE INC.
790 Wellington Ave R3E 3K9
Phone: 204-772-5929
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 $40 / 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
Meals: Lunch, Mon - Fri, $5 / meal

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Central

**BAPTIST MISSION APTS**
777 Sargent Ave R3E 0B6
Phone: 204-333-9410

Rent:  
- Bach: 30% of gross income  
  Plus hydro $11.00
- 1 BR: 30% of gross income  
  Plus Hydro $12.00
- Subsidized rent available

Included: Heat, water & laundry
Parking: Surface lot $24 / month  
Visitor parking available
Safety: Alarm system, enterphone system  
& on-site caretaker
Activities: No
Shuttle: No
Features: A/C & carpet
Structure: Built in 1972, 6 floors & elevator
Bus Stop: On Sargent Ave route 15

**LAR SANTA ISABEL**
857 Wall St R3G 2T9
Managed by: Murdoch Management Inc.  
204-982-2000
Website: [www.lifelease.ca](http://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, vinyl & coin-op laundry
Structure: 3 floors & elevator
Bus Stop: On Ellice Ave route 14

**BLUEBIRD LODGE**
97 Keewatin St.  
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)

Included: Heat, water, & laundry
Parking: None available  
Visitor parking on street
Safety: Cameras, enterphone system,  
locked building, on site caretaker, key entry
Activities: Yes > call for more info
Shuttle: No
Features: Elevator, exercise facilities,  
harddresser recycling program, roof  
top terrace, solarium (on top floor), tile flooring
Structure: 11 floors (renovated in 2017)
Bus Stop: On Keewatin route 19, & 31
Meals: Meal Program extra cost for meals

**ST ANDREWS PLACE**
425 Elgin Ave R3E 3J1 R3A 1P2
Managed by: S.A.M. Management Inc.  
204-942-0991
E-mail: admin@sam.mb.ca
Website: [www.sam.mb.ca](http://www.sam.mb.ca)

Rent: 
- Bach: 30% of gross income  
  (379– 404 sq ft)
- 1 BR: 30% of gross income  
  Subsidized rent available
Included: Heat, water, laundry & cable
Parking: No resident parking  
Visitor parking on street
Safety: Cameras, enterphone system, night  
security & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Vinyl flooring
Structure: Built in 1975, 11 floors & elevator
Bus Stop: On Isabel St route 17 & 38

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Central

VILLA HEIDELBERG INC.
33 Edmonton St R3C 1P8
Phone: 204-942-7633
E-mail: villaheidelberg@shaw.ca

Rent: Bach: 30% of gross income
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

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

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
1 BR: 30% of gross income

Included: Heat, hydro & water

Parking: On street

Safety: Enterphone system, locked building
Activities: Yes > call for more info

Shuttle: No

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

Structure: Built in 1978, 13 floors & elevator
Bus Stop: On Logan Ave route 26

ARMS OF THE CROSS HOUSING INC.
555Burnell St R3G 3L7
Phone: 204-774-6664
Managed by: FX1 Realty.com

Rent: Bach: $311 (430 sq/ft)
1 BR: $453 - $463 (617 sq/ft)
2 BR: $627 (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, storage locker / room, coin-op laundry & vinyl flooring

Structure: Built in 1976, 9 floors & elevator
Bus Stop: On Ellice Ave route 14

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Central

**SUNSET HOUSE**  
888 Arlington St  
R3E 2E4  
Phone: 204-772-0508

Rent:  
Bach: $360 (336 sq/ft)  
1 BR: $471 - $640  
(454 - 689 sq/ft)

Included:  
Heat, hydro, water & laundry

Parking:  
Surface lot $25 / month  
Visitor parking available

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

Activities:  
Yes > call for more info

Shuttle:  
To grocer 2x / week

Features:  
A/C on main floor, party room, carpet & vinyl flooring

Structure:  
Built in 1969, 6 floors & elevator

Bus Stop:  
On Notre Dame Ave routes 19, 28, 31, 34 & 36

Meals:  
Lunch, Mon, Wed, Fri, $5 / meal

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**PAMELA APTS**  
761 Wolseley Ave  
R3G 1C5  
Phone: 204-416-5552

Managed by:  
Globe General Agencies  
204-956-2233

E-mail:  
info@globegeneral.ca

Website:  
www.globegeneral.ca

Rent:  
Bach: $550+  
1 BR: $740+  
2 BR: $820+

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 10

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**LIONS MANOR**  
320 Sherbrook St  
R3B 2W6  
Phone: 204-784-1239

Website:  
www.lhc.ca

Rent:  
Bach: $590 (300 sq/ft)  
1 BR: $795 (490 sq/ft)

Included:  
Heat, hydro, water & laundry

Parking:  
Surface lot $56 / 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

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**RONEY PLAZA**  
10 Edmonton St  
R3C 1P7  
Phone: 204-944-8776

Managed by:  
JC Property Management  
204-943-1720

E-mail:  
info@jcproperties.ca

Rent:  
Bach: $550+  
1 BR: $766+  
2 BR: $840+

Included:  
Heat, water, laundry & cable

Parking:  
Available call for costs  
Visitor parking on street

Safety:  
On-site manager, security doors & cameras

Activities:  
No

Shuttle:  
No

Features:  
Storage lockers on each floor, drapery & parquet floors

Structure:  
6 floors & elevator

Bus Stop:  
On Edmonton St route 43

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### Central

**EASTRY HOUSE**  
61 Edmonton St  
R3C 1P9  
Phone: 204-956-5548  
Managed by: JC Property Management  
204-943-1720  
E-mail: info@jcproperties.ca

- **Rent:**  
  - Bach: $658+  
  - 1 BR: $823+  
  - 2 BR: $1037+  
- **Included:**  
  - Heat, water, hydro, laundry & cable  
  - Visitor parking on street  
- **Safety:**  
  - Security entrance, cameras 24/7, mail boxes on every floor & on-site manager
- **Activities:** No
- **Shuttle:** No
- **Features:** Free laundry, storage lockers on every floor & parquet flooring
- **Structure:** 7 floors & elevator
- **Bus Stop:** On Edmonton St route 43

### KEYSSTONE SENIOR CITIZENS HOUSING

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

- **Rent:**  
  - 1 BR: $665  
  - Subsidized rent available
- **Included:**  
  - Heat, hydro & water  
  - Visitor parking available
- **Parking:** Surface lot $45 / month
- **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

### LE CHATEAU YORK

134 Smith St  
R3C 3W2

Phone: 204-942-7784  
Managed by: 3901751 Manitoba Ltd.  
E-mail: leasing@lechateauyork.com

- **Rent:**  
  - 1 BR: $700 - $750  
  - 2 BR: $850 - $900+  
  - Penthouse: 1BR $1000+  
  - 2BR $1385 - $1600
- **Included:**  
  - Water  
  - Visitor parking on street
- **Parking:** Surface lot $85 / month
- **Safety:** Locked building & cameras
- **Activities:** No
- **Shuttle:** No
- **Features:** A/C, balcony, patio pool, sauna, storage, exercise facilities, squash court & coin up laundry
- **Structure:** Built in 1979, 22 floors & elevator
- **Bus Stop:** On Smith Street routes 62 & 66

### 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](http://www.sam.mb.ca)

- **Rent:**  
  - 1 BR: Starts at $619  
  - 2 BR: Starts at $741  
  - Co-op shares $1000  
  - Subsidized rent available
- **Included:**  
  - Heat, water & laundry  
  - Visitor parking available
- **Parking:** Surface lot $30 / month
- **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
- **Structure:** Built in 1979, 9 floors & elevator
- **Bus Stop:** On Sargent Ave route 15

**Meals:** Dinner, Mon, Wed & Fri, extra cost

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MADISON MEMORIAL LODGE
210 Evanston St R3G 3K9
Phone: 204-783-8392
Managed by: Siloam Mission 204-956-4344
Rent: Bed sitting room: $635 (8 x 10 sq ft)
Included: Heat, hydro, water & meals
Parking: No resident or visitor parking available, street parking only
Safety: Alarm system, cameras, locked building & on-site caretaker
Activities: Yes > call for more info
Shuttle: No
Features: Games room, TV lounges, coin-op laundry, carpet & vinyl flooring
Structure: Built in 1941, (renovated in 2011), 4 floors & elevator
Bus Stop: On Portage Ave routes 11, 21, 22, 24 & 67
Meals: Breakfast, lunch & dinner

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: $799
2 BR: $953
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

COLONY CREEK
250 Colony St R3C 3L8
Phone: 204-775-3855
Managed by: Sussex Realty 204-488-4444
Website: www.sussexrealty.ca
Rent: ** Bach: $650 - $800
1 BR: $750 - $900 +
2 BR: $950 +
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
Structure: 7 floors, elevator
Bus Stop: On Memorial Blvd routes 1, 10, 17, 20, 34, 43 & 44

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: $750 - $900 (588 - 696 sq ft)
2 BR: $1045 - $1190 (910-1142 sq ft)
2 BR: $1640 (newly renovated)
Included: Water & in-suite laundry
Parking: Underground $50 / month
Visitor parking available
Safety: Alarm system, cameras, enterphone system, key-card entry, on-site caretaker & security building
Activities: Yes > call for more info
Shuttle: To grocer every 2 weeks
Features: Activity room, A/C, balcony / patio, exercise facilities, hot tub, pool, sauna, carpet & ceramic tile flooring
Structure: Built in 1990, 21 floors & elevator
Bus Stop: On Fort St routes 1, 2 & 24

** Rent costs will vary with each apartment

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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
Rent:  Bach: $710 - $750
       1 BR: $770 - $875
       2 BR: $930 - $1030
       2 BR: $930 - $1030 (2 Bathrooms)
Included:  Heat & water
Parking:  $78 / month underground
           Visitor parking available
Safety:  Security entrance, on-site management
Activities:  No
Shuttle:  No
Features:  A/C, exercise facilities, pool, balcony, storage in suite, restaurant, grocery store, bank machine on-site & skywalk to mall
Bus Stop:  On Vaughan St route 15

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: $840+ (415 sq/ft)
       1 BR: $969+ (517 & 650 sq/ft)
       2 BR: $1089+(786 - 900 sq/ft)
Included:  Heat, hydro & water
Parking:  Parkade $88 / month
           No visitor parking available
Safety:  Cameras, enterphone system, night security & on-site caretaker
Activities:  No
Shuttle:  No
Features:  Central air, balcony / patio, exercise facilities, sauna, some wheelchair accessible suites, Smart Card laundry, carpet & vinyl flooring
Structure:  Built in 1977, 2 floors & 3 elevators
Bus Stop:  On Donald St routes 37, 62, 65, 66 & 70

KIRKBY TERRACE
393 Kennedy St  R3B 3H2
Phone: 204-942-2554
Managed by: Sussex Realty  204-488-4444
Rent:  1 BR: $674+
       2 BR: $760 - $833+
Included:  Water
Parking:  Call for pricing
           Visitor parking on street
Safety:  On-site management, security entrance & enterphone
Activities:  No
Shuttle:  No
Features:  Fireplace, dishwasher, Smart Card laundry, exercise room, carpet & vinyl floors
Structure:  7 floors & elevator
Bus Stop:  On Kennedy St route 15

COLONY SQUARE
555 St Mary Ave  R3C 3X4
Phone: 204-808-5393
Managed by: Timbercreek Communities
Website: www.timbercreekcommunities.com
Rent:  Bach: $690 - $800 (600 sq/ft)
       1 BR: $710 - $850 (700 sq/ft)
       2 BR: $950 - $1050 (881 sq/ft)
Price 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, store, squash court, carpet & vinyl 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

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<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Managed by</th>
<th>Website</th>
<th>Rent</th>
<th>Included</th>
<th>Parking</th>
<th>Safety</th>
<th>Activities</th>
<th>Shuttle</th>
<th>Features</th>
<th>Structure</th>
<th>Bus Stop</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>WESTLANDS HOUSING CO-OP</td>
<td>50 Oddy St R2R 0L2</td>
<td>204-982-2000</td>
<td>Murdoch Management Inc.</td>
<td><a href="http://www.lifelease.ca">www.lifelease.ca</a></td>
<td>1 BR: $708 (570 sq/ft)</td>
<td>Heat, hydro &amp; water</td>
<td>Surface lot $24 / month</td>
<td>Locked building</td>
<td>Call for more information</td>
<td>Call for more information</td>
<td>Multipurpose rooms</td>
<td>Built in 2013, 2 floors &amp; elevator</td>
<td>On King Edward routes 26, 28 &amp; 77</td>
<td></td>
</tr>
<tr>
<td>KELLY HOUSE</td>
<td>15 Carlton St R3C 1N8</td>
<td>204-942-5005</td>
<td>Globe General Agencies</td>
<td><a href="http://www.globegeneral.ca">www.globegeneral.ca</a></td>
<td>1 BR: $1049 - $1149</td>
<td>Heat, hydro &amp; water</td>
<td>included in rent</td>
<td>Visitor parking available</td>
<td>Enterphone system &amp; on-site caretaker</td>
<td>No</td>
<td>A/C, balcony / patio, indoor pool, carpet &amp; vinyl flooring</td>
<td>Elevator</td>
<td>On Carlton St route 43</td>
<td></td>
</tr>
<tr>
<td>LIONS PLACE</td>
<td>610 Portage Ave R3C 0G5</td>
<td>204-784-1273 Ext 2</td>
<td></td>
<td><a href="http://www.lhc.ca">www.lhc.ca</a></td>
<td>1 BR: $786 - $948 (525 - 550 sq/ft)</td>
<td>Heat, hydro, water &amp; laundry</td>
<td>Surface lot &amp; covered $58 / month</td>
<td>Cameras, enterphone system, key-card entry</td>
<td>Yes &gt; call for more info</td>
<td>Yes</td>
<td>A/C, garden patio, dining room, exercise facilities, green house, on-site grocery store, party room, carpet &amp; vinyl flooring</td>
<td>Built in 1983, 18 floors &amp; elevator</td>
<td>On Portage Ave routes 11 &amp; 29</td>
<td>On-site restaurant serves lunch &amp; dinner daily, extra cost</td>
</tr>
<tr>
<td>RIDEAU TOWER</td>
<td>90 Garry St R3C 4J4</td>
<td>204-947-9732</td>
<td>Crystal Properties Ltd.</td>
<td><a href="http://www.cystalproperties.ca">www.cystalproperties.ca</a></td>
<td>1 BR: $875+ (671 - 682 sq/ft)</td>
<td>Water &amp; laundry (mostly in suite)</td>
<td>Surface lot $40 / month</td>
<td>No visitor parking available</td>
<td>Alarm system, cameras, enterphone system &amp; on-site caretaker</td>
<td>No</td>
<td>A/C, balcony / patio, storage locker / room, coin-op laundry, carpet &amp; vinyl flooring</td>
<td>Built in 1986, 18 floors &amp; elevator</td>
<td>On Garry St routes 2 &amp; 34</td>
<td>On Donald St route 66</td>
</tr>
</tbody>
</table>

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Central

**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 in1981 (renovated in 2015)
  14 floors & elevator
**Bus Stop:** On Ellice Ave route 14
**Meals:** Lunch & dinner every day

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your HEALTH is IMPORTANT
let US take of CARE YOU

Services Include:
Compliance Packaging/Blister Packaging
Free Prescription Delivery
Free Prescription Pickups
Same Day Prescription Adjustments
Scheduled Auto-Refills
Lock Boxes
Prefill Syringes
Medication Reviews
Blood Pressure and Blood Sugar Testing
Disease Awareness Consultations
Prescription Compounding
Online Refills
Diabetic Support
Asthma Support
Blood Pressure Support

B-2750 Pembina Highway
Winnipeg, Manitoba, R3T2H8
www.greencrestrx.com
general@greencrestrx.com
FAX: (204) 415-3407

P: (204) 415-3404
### Fort Garry Rotary Villa

528 Hudson St  R3T 4E3  
**Managed by:** Fort Garry Services Inc.  
204-284-7228

| Rent:          | Bach: 30% of gross income  
|               | (367 sq/ft)  
|               | 1 BR: 30% of gross income  
|               | (457 sq/ft)  
|               | 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:        | Dinner, Mon - Fri, extra cost  
|               | September to June, breakfast every Tuesday extra cost  

### Fort Garry Plaza

230-970 Point Rd  R3T 1E1  
**Phone:** 204-475-6412  
**E-mail:** kiwanis@mts.net

| Rent:          | Bach: $350 (350 sq/ft)  
|               | 1 BR: $445 (450 sq/ft)  
| Included:     | Heat, hydro & water  
| Parking:      | Surface lot $30 / month  
|               | Visitor parking available  
| Safety:       | Alarm system, cameras, enterphone system & on-site manager  
| Activities:  | No  
| Shuttle:      | To grocer  
| Features:     | Coin-op laundry, carpet & vinyl flooring  
| Structure:    | Built in 1965, 2 floors & elevator  
| Bus Stop:     | On Pembina Hwy routes 60, 61 & 62  

### Villa Nova Senior Home

1035 Wilkes Ave  R3P 1T1  
**Phone:** 204-489-8648  
**E-mail:** inasuti@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  
| Meals:        | Lunch, Mon, Wed & Fri $5 / meal  

### Richmond Gardens

Greater Winnipeg Senior Citizen Non-Profit Housing  
2900 Pembina Hwy  R3T 3Z3  
**Phone:** 204-261-8145  
**E-mail:** gwsc@shaw.ca

| Rent:          | Bach: $415 (378 sq/ft)  
|               | 1 BR: $506 (525 sq/ft)  
|               | 2 BR: $717 (656 sq/ft)  
| 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  

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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: $663 (500 sq/ft)
1 BR: $1022 (900 sq/ft)
2 BR: $1048 - $1067 (1300 sq/ft)

Included: Heat & water
Parking: Surface lot $36 / month
Visitor parking available

Safety: Cameras, enterphone system, locked building & caretaker on-site
Activities: No
Shuttle: No
Features: A/C, elevator, recycling, storage, carpet & vinyl
Bus Stop: On Pembina Hwy routes 60 & 70

COOPERATIVE CHALET ST NORBERT LTD.
80 St. Pierre St R3V 1J8
Phone: 204-275-0901
E-mail: chaletstnorbert@shawbiz.ca

Rent: 1 BR: $690 - $726 (562 - 645 sq/ft)
2 BR: $752 - $826 (732 - 807 sq/ft)
Co-op share $500
Subsidized rent available

Included: Heat, hydro, water & laundry
Parking: Surface lot $25 / 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, 62 & 91

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: $775 (720 sq/ft)
2 BR: $870 (810 sq/ft)

Included: Heat, hydro & water
Parking: Underground $40 / 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

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

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<table>
<thead>
<tr>
<th><strong>Fort Garry</strong></th>
<th><strong>THE PARKWAY II</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REMBRANDT GARDENS</strong></td>
<td><strong>THE PARKWAY II</strong></td>
</tr>
<tr>
<td>2393 &amp; 2395 Pembina Hwy</td>
<td>95 Paget St</td>
</tr>
<tr>
<td>Phone: 204-275-3289</td>
<td>Phone: 204-487-8500</td>
</tr>
<tr>
<td>Managed by: Globe General Agencies</td>
<td>Managed by: Marwest Management Canada Ltd.</td>
</tr>
<tr>
<td>204-956-2233</td>
<td>204-947-1200</td>
</tr>
<tr>
<td><strong>Rent:</strong></td>
<td><strong>Rent:</strong></td>
</tr>
<tr>
<td>1 BR: $880+</td>
<td>Bach: $875 (543 sqft)</td>
</tr>
<tr>
<td>2 BR: $980+</td>
<td>1 BR: $1355 (730 sqft)</td>
</tr>
<tr>
<td><strong>Included:</strong></td>
<td>2 BR: $1753 (1087 sqft)</td>
</tr>
<tr>
<td>Heat, hydro &amp; water</td>
<td><strong>Included:</strong></td>
</tr>
<tr>
<td><strong>Parking:</strong></td>
<td>Heat, hydro, water &amp; in suite laundry</td>
</tr>
<tr>
<td>Surface lot</td>
<td><strong>Parking:</strong></td>
</tr>
<tr>
<td>Visitor parking available</td>
<td>Surface lot $50 / month</td>
</tr>
<tr>
<td><strong>Safety:</strong></td>
<td>Underground $125 / month</td>
</tr>
<tr>
<td>Locked building, enterphone system &amp; on-site personnel</td>
<td>Visitor parking available</td>
</tr>
<tr>
<td><strong>Activities:</strong></td>
<td><strong>Safety:</strong></td>
</tr>
<tr>
<td>No</td>
<td>Enterphone system, manager on-site &amp; 24 hr security</td>
</tr>
<tr>
<td><strong>Shuttle:</strong></td>
<td><strong>Activities:</strong></td>
</tr>
<tr>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td><strong>Features:</strong></td>
<td><strong>Shuttle:</strong></td>
</tr>
<tr>
<td>A/C, balcony / patio, recycling program, storage locker / room, courtyard, coin-op laundry, carpet &amp; vinyl flooring</td>
<td>No</td>
</tr>
<tr>
<td><strong>Structure:</strong></td>
<td><strong>Features:</strong></td>
</tr>
<tr>
<td>3 floors</td>
<td>A/C, balcony / patio, exercise facilities, party room, storage locker, carpet &amp; vinyl flooring</td>
</tr>
<tr>
<td><strong>Bus Stop:</strong></td>
<td><strong>Structure:</strong></td>
</tr>
<tr>
<td>On Pembina Hwy routes 51, 62, 70 &amp; 78, On Markham routes 51 &amp; 63</td>
<td>Built in 2012, 4 floors &amp; 2 elevators</td>
</tr>
<tr>
<td><strong>SUMMERLAND APTS</strong></td>
<td><strong>WESTMINSTER COURT</strong></td>
</tr>
<tr>
<td>77 University Cres</td>
<td>2945 Pembina Hwy</td>
</tr>
<tr>
<td>Phone: 204-269-7677</td>
<td>Phone: 204-275-5614</td>
</tr>
<tr>
<td>Managed by: W.R.E. Development Ltd.</td>
<td>Managed by: Globe General Agencies</td>
</tr>
<tr>
<td>204-889-5409</td>
<td>204-956-2233</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:wredev@mts.net">wredev@mts.net</a></td>
<td>E-mail: <a href="mailto:info@globegeneral.ca">info@globegeneral.ca</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.wredevelopment.ca">www.wredevelopment.ca</a></td>
<td>Website: <a href="http://www.globegeneral.ca">www.globegeneral.ca</a></td>
</tr>
<tr>
<td><strong>Rent:</strong></td>
<td><strong>Rent:</strong></td>
</tr>
<tr>
<td>1 BR: $892+ (520 sqft)</td>
<td>1 BR: $899+</td>
</tr>
<tr>
<td>1 BR: $922+ (800 sqft)</td>
<td>2 BR: $1230+</td>
</tr>
<tr>
<td>2 BR: $1140 (950 sqft)</td>
<td><strong>Included:</strong></td>
</tr>
<tr>
<td>3 BR: $1532 (1200 sqft)</td>
<td>Heat, hydro &amp; water</td>
</tr>
<tr>
<td><strong>Included:</strong></td>
<td><strong>Parking:</strong></td>
</tr>
<tr>
<td>Heat, hydro &amp; water</td>
<td>Surface lot $50 / month</td>
</tr>
<tr>
<td><strong>Parking:</strong></td>
<td>Visitor parking available</td>
</tr>
<tr>
<td>Underground $37 / month</td>
<td><strong>Safety:</strong></td>
</tr>
<tr>
<td>Visitor parking available</td>
<td>Security entrance, locked building, enterphone system &amp; manager on-site</td>
</tr>
<tr>
<td><strong>Safety:</strong></td>
<td><strong>Activities:</strong></td>
</tr>
<tr>
<td>Alarm system, cameras, enterphone system, key-card entry, night security &amp; on-site caretaker</td>
<td>No</td>
</tr>
<tr>
<td><strong>Activities:</strong></td>
<td><strong>Shuttle:</strong></td>
</tr>
<tr>
<td>Yes &gt; call for more info</td>
<td>No</td>
</tr>
<tr>
<td><strong>Shuttle:</strong></td>
<td><strong>Features:</strong></td>
</tr>
<tr>
<td>To grocer 1x / week</td>
<td>A/C, coin-op laundry, sauna, storage locker, balcony, whirlpool, recycling, carpet &amp; vinyl flooring</td>
</tr>
<tr>
<td><strong>Features:</strong></td>
<td><strong>Structure:</strong></td>
</tr>
<tr>
<td>A/C, balcony / patio, fitness centre, party room, pool, sauna, tropical atrium, smart card laundry, carpet, vinyl &amp; ceramic tile flooring</td>
<td>6 floors &amp; elevator</td>
</tr>
<tr>
<td><strong>Structure:</strong></td>
<td><strong>Bus Stop:</strong></td>
</tr>
<tr>
<td>Built in 1975, 16 floors &amp; elevator</td>
<td>On Pembina Hwy routes 37, 62 &amp; 70</td>
</tr>
<tr>
<td><strong>Bus Stop:</strong></td>
<td></td>
</tr>
<tr>
<td>University Cres routes 60, 75 &amp; 76</td>
<td></td>
</tr>
<tr>
<td>Neighborhood</td>
<td>Address</td>
</tr>
<tr>
<td>--------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>RICHMOND VILLAGE</td>
<td>106-160 Ulster St</td>
</tr>
<tr>
<td></td>
<td>R3T 4W3</td>
</tr>
<tr>
<td>BAYLOR PLACE</td>
<td>110 Baylor Ave</td>
</tr>
<tr>
<td></td>
<td>R3T 3K1</td>
</tr>
<tr>
<td>SOUTHVIEW PLAZA</td>
<td>2080 Pembina Hwy</td>
</tr>
<tr>
<td></td>
<td>R3T 2G9</td>
</tr>
<tr>
<td>CHANCELLOR GATE</td>
<td>100-919 Chancellor Dr</td>
</tr>
<tr>
<td></td>
<td>R3T 6B5</td>
</tr>
</tbody>
</table>

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Fort Garry

SILVERVIEW ESTATES
2141 Pembina Hwy R3T 5S9
Phone: 204-275-5644
Managed by: Laurence Management Group 204-831-9960

Rent:
1 BR: $1228 (1000 sq/ft)
2 BR: $1330 - $1446 (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 grocer and 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

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.

LINDENWOOD MANOR (Assisted Living)
100-475 Lindenwood Dr E R3P 2P3
Phone: 204-475-9990
E-mail: property@lindenwood.ca
Website: www.lindenwood.ca

Rent:
1 BR: $2043 - $2385 (562 sq/ft)
2 BR: $2525 (826 sq/ft)
Extra person: add $385 / month

Included:
Heat, hydro, water, laundry, cable & meals
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 flooring
Structure:
Built in 2000 & elevator
Bus Stop:
On Lindenwood Dr E routes 84, 86 & 94
Meals:
Lunch, dinner, snacks every day

LINDENWOOD TERRACE (Assisted Living)
490 Lindenwood Dr E R3P 0Y5
Phone: 204-489-2112
E-mail: property@lindenwood.ca
Website: www.lindenwood.ca

Rent:
1 BR: $2208 - $2307 (609 sq/ft)
2 BR: $2708 - $2718 (836 sq/ft)
Extra person: add $385 / month

Included:
Heat, hydro, water, 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 flooring
Structure:
Built in 2008 & elevator
Bus Stop:
On Lindenwood Dr E routes 84, 86 & 94
Meals:
Lunch, dinner, snacks every day

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Fort Garry

**STERLING HOUSE**
*(Assisted Living)*
909 Wilkes Ave  R3P 2S5
Phone: 204-489-4745
Managed by: Homestead Manitoba Ltd.
Website: [www.homesteadmanitoba.ca](http://www.homesteadmanitoba.ca)

Rent:
- 1 BR: $2300+ (640 - 811 sq/ft)
- 2 BR: $2700+ (909 sq/ft)
  *Extra person:* add $325 / month

Included:
- Heat, hydro, water, laundry, & meals

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

Safety:
- Alarm system, cameras, enterphone system & health care aids

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

**THE PARKWAY**
*(Assisted Living)*
85 Paget St  R3P 0Y8
Phone: 204-487-8500
Website: [www.theparkway.ca](http://www.theparkway.ca)
Managed by: Marvest Management Canada Ltd.
204-947-1200

Rent:
- 1 BR: $2320 - $2530 (626 -760 sq/ft)
- 2 BR: $3050 (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

**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](http://www.riverwoodsquare.com)

Rent:
- 1 BR: $2795+ (652 - 664 sq ft)
- 2 BR: $3180+ (832 - 912 sq ft)

Included:
- Heat, hydro, water, cable, A/C, appliance maintenance repair, meals 3x / day, 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, elevators & all suites are wheelchair friendly

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

Bus Stop:
- On Pembina Hwy routes 60 & 70

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**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.
THE PARKWAY II
(Assisted Living)
95 Paget St R3P 0Y8
Phone: 204-487-8500
Website: www.theparkway.ca
Managed by: Manwest Management Canada Ltd.
204-847-1200

Rent:
1 BR: $2450 (650 sq/ft)
2 BR: $3035 (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, interphone 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

THE WAVELEY 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: $2400 (403 sq/ft)
1 BR: $2700 (593 sq/ft)
2 BR: $3500 (761 - 851 sq/ft)
Extra person: add $510 / month

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

Parking:
Surface lot $46 / month
Visitor parking available

Safety:
Alarm system, cameras, interphone 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

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
Fax: 204-945-6273
Email: rtb@gov.mb.ca
Website:
www.residentialtenancies.mb.ca

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Live. Life. Here.

The Landing at Riverwood Square
Independent Living

Harmony Court at Riverwood Square
Supportive Housing

Lease & Property Taxes
- Month to Month Lease
- Cable Television
- Gas & Electricity
- Water and Sewer
- Breakfast, Lunch Dinner & Snacks

Safety & Security
- 24 Hour, 7 Day Courteous Onsite Staff
- Authorized Card Access System
- Sprinkler Systems & Smoke Detectors in Each Suite
- Safety Features in All Bathrooms
- AED on site
- First Aid Trained Associates

House Keeping & Laundry
- Weekly Light Housekeeping
- Weekly Linen & Towel Service
- Laundry Facilities on Each Floor

Health & Wellness
- Full Time Health & Wellness Directors
- State of the Art Safety Pendant
- Nurse Practitioner
- Health Care Aids
- Health Education Events
- Daily Exercise Program
- Social Engagement Programs
- Music Therapy
- Theme Parties & Live Entertainment
- Family Events
- Intergenerational Programs
- Companion Care Services*

Leisure Facilities
- Billiards & Games Lounge
- Large Screen Flat Panel TV Lounge
- Hobby & Activity Room
- Exercise Facilities
- Theatre
- Multi-purpose Entertainment Room
- Internet & Computer Lounge
- Library
- Licensed Fireside Leisure Area
- Two Storey Foyer Gathering Space
- Private Riverbank Park with Walkways
- Resident Gardens
- Outdoor Courtyard and Patio

*services on a fee for service basis

Book a Tour
Call Today! 204.275.7632
1778 Pembina Hwy., Winnipeg, MB
www.riverwoodsquare.com

OPEN HOUSE
SATURDAYS
10am-3pm
## Point Douglas

**145 POWERS ST**  
145 Powers St  
R2W 5J4  
**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, laundry & water  
  Surface lot $24/ month  
  No visitor parking available
- **Safety:** Locked building  
- **Activities:** No  
- **Shuttle:** No
- **Structure:** Elevator & 11 floors  
- **Bus Stop:** On Salter St route 38

## 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  
  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:** No
- **Features:** Balcony / patio, party room, vinyl & tile flooring  
- **Structure:** Built 1986, 11 floors & elevator  
- **Bus Stop:** On Mountain Ave routes 15 & 97

## CANADIAN POLISH MANOR

**300 Selkirk Ave**  
R2W 5H7  
**Apply to:** Winnipeg Housing Rehabilitation Corporation  
204-949-2880

- **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  
  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

## KEKINAN CENTRE INC.

**100 Robinson St**  
R2W 5M8  
**Apply to:** Winnipeg Housing Rehabilitation Corporation  
204-949-2880

- **Rent:**  
  1 BR: rent geared to income  
  Subsidized rent available
- **Included:** Heat & water  
  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

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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, laundry & water

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%

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

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: 204-946-3618
Managed by: SAM Management
204-942-0991
Website: www.freddouglassociety.com

Rent:  
Bach: $420 - $534 (300 sq/ft)
1 BR: $560 - $658 (440 sq/ft)

Included: 
Heat, hydro, water & laundry

Parking: 
Surface lot $38.40 / 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

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## Point Douglas

**WILLOW CENTRE**  
61 Tyndall Ave  
R2X 2T4  
Phone: 204-632-5940  
Managed by: The Willow Centre

- **Rent:**  
  - Bach: $467 - $534 (400 sq/ft)  
  - Subsidized rent available
- **Included:**  
  - Heat, hydro, water & 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

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**ST. MARY THE PROTECTRESS UKRAINIAN ORTHODOX MILLENNIUM VILLA INC.**  
800 Burrows Ave  
R2X 3A9  
Phone: 204-586-5816

- **Rent:**  
  - 1 BR: $553 (520 sq/ft)  
  - 2 BR: $628 (700 sq/ft)  
  - Subsidized rent available
- **Included:**  
  - Heat, hydro, water & laundry
- **Parking:**  
  - Surface lot, fenced $12 / month  
  - No visitor parking available
- **Safety:**  
  - Enterphone system & on-site caretaker
- **Activities:**  
  - Yes > call for more info
- **Shuttle:**  
  - To grocer 1x / week
- **Features:**  
  - Balcony / patio, storage, carpet & tile flooring
- **Structure:**  
  - Built in 1989, 5 floors & elevator
- **Bus Stop:**  
  - On Arlington St route 71

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**IVAN FRANKO MANOR**  
200 McGregor St  
R2W 5L6  
Phone: 204-589-4949

- **Rent:**  
  - 1 BR: $681 (500+ sq/ft)  
  - 2 BR: $770 (600+ sq/ft)
- **Included:**  
  - Heat, hydro, water & laundry
- **Parking:**  
  - Surface lot $27 / month  
  - Visitor parking on street
- **Safety:**  
  - Alarm system, cameras, emergency pull-cord, enterphone system & on-site caretaker
- **Activities:**  
  - Yes > call for more info
- **Shuttle:**  
  - No
- **Features:**  
  - A/C, balcony / patio, party room, pool, sauna, carpet & vinyl flooring
- **Structure:**  
  - Built in 1984, 7 floors & elevator
- **Bus Stop:**  
  - On McGregor St routes 17 & 97

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**FRED DOUGLAS COURTS**  
1286 Aberdeen Ave  
R2X 0X3  
Phone: 204-946-3618  
Managed by: SAM Management  
204-942-0991  
Website: [www.freddouglassociety.com](http://www.freddouglassociety.com)

- **Rent:**  
  - Bach: $590  
  - 1 BR: $691  
  - 2 BR: $902 - $955
- **Included:**  
  - Heat, hydro, water & laundry
- **Parking:**  
  - Surface lot $38.40 / 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, newly renovated suites, 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

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River East

53 STADAcona ST
53 Stadacona St R2L 1P8
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
Visitor parking available

Safety: Enterphone system & locked building

Activities: No

Features: Common room, carpet & tile

Structure: 14 floors & elevator
Bus Stop: On Stadacona St route 44

BETHANIAHAUS INC.
1060 Kimberly Ave R2K 4J7
Phone: 204-654-5041
Managed by: The Bethania Group
204-667-0795

Rent: 1 BR: rent geared to income
(564 sq/ft)
2 BR: rent geared to 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 & elevator
Bus Stop: On Molson St route 77
Meals: Dinner every day, $6.25 / meal

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: 15 floors & elevator
Bus Stop: On Munroe Ave route 43
On Watt St route 20

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.

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River East

KILDONAN MANOR
1607 Henderson Hwy R2G 4B7
Phone: 204-334-9537
Managed by: Marwest Management Canada Ltd.
204-947-1200
Rent: 1 BR: rent geared to income (600 sq/ft)
Included: Heat & water
Parking: Surface lot $24/month
Visitor parking available
Safety: Cameras, emergency pull-cord, 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 1993 & 2 elevators
Bus Stop: On Henderson Hwy routes 11 & 41

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: $395
1 BR: $425
Included: Heat & water
Parking: Surface lot $30/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

COSMOPOLITAN CLUB HOMES
561 A, B, C Cosmo Pl R2L 1J2
570-574 Herbert Ave R2L 1E9
Managed by: D-7 Property Management
204-989-4210
Rent: Bach: call for current rent
1 BR: call for current rent
Included: Heat & water
Parking: Surface lot $25/month
Visitor parking available
Safety: Locked building & on-site caretaker
Activities: No
Shuttle: No
Features: Party room, coin-op laundry & vinyl flooring
Structure: 2 floors
Bus Stop: On Talbot Ave routes 44 & 45

CANADIAN LEGION GARDENS
675 Talbot Ave R2L 0R9
Managed by: Canadian Legion Memorial Housing Foundation
204-669-9969
Rent: 1 BR: $395 - $400
Included: Heat, hydro & water
Parking: Surface lot $25/month
Visitor parking on street
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: Yes to grocer 1x/week
Features: A/C & coin-op laundry
Bus Stop: On Talbot Ave route 45

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**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: $555 (400 sq/ft)
1 BR: $750 (700 sq/ft)
2 BR: $908 (850 sq/ft)
Included: Hydro, water, A/C
Parking: Underground $50 / 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 & 7 floors
Bus Stop: On Henderson Hwy routes 11, 41

**OAKLAND GARDENS I & II**
210 Oakland Ave R2G 3G6
220 Oakland Ave R2G 3G7
Phone: 204-940-3484
Managed by: Edison Properties 204-940-3450
E-mail: 210oakland@edisonproperties.ca
Rent: Bach: $565
1 BR: $705 - $740
2 BR: $900
2 BR: $1160+ (insuite laundry)
Included: Water
Parking: Underground $45 / 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

**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
Rent: Bach: $645- $860
3 BR: $1245 - $1700
4 BR: $1725
Included: Water & in suite laundry
Parking: Underground $50 / month
Visitor parking available
Safety: On-site management, security bldg
Activities: Organized senior group, seniors committee, social club
Shuttle: No
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

**SILVERLION APARTMENTS**
273 Talbot Ave R2L 0P7
Phone: 204-663-6409
Managed by: Sussex Realty 204-488-4444
Website: www.sussexrealty.ca
Rent: Bach: $545+
1 BR: $683 - $679
2 BR: $796
Included: Heat & 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: Laundry, storage on every floor, carpet & vinyl
Structure: 3 floor walk up
Bus Stop: On Talbot Ave route 44

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River East

**RIVERSIDE VILLAGE A TOWNHouses**
1600-1650 Henderson Hwy  R2G 1N7
Phone: 204-940-3493
Managed by: Edison Rental Agency
204-940-3450
E-mail: 1660henderson@edisonproperties.ca

Rent: 
Bach: $631 - $930
3 BR: $1279 - $1850
4 BR: $1877

Included: 
Water & in suite laundry

Parking: 
Underground $34 / month
Visitor parking available

Safety: 
On-site management, security bldg

Activities: 
Organized senior group, seniors committee, social club

Shuttle: 
No

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

---

**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: $768 - $869

Included: 
Hydro, water & A/C

Parking: 
Underground $36 / 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, $5 / meal

---

**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: $571 - $707
1 BR: $850 - $991 (newly renovated)

Included: 
Hydro, water & A/C

Parking: 
Underground $36 / 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, $5 / 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: $569 (400 sq/ft)
1 BR: $747 - $777 (700 sq/ft)
2 BR: $893 - $912 (850 sq/ft)

Included: 
Hydro, water & A/C

Parking: 
Underground $36 / 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

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<table>
<thead>
<tr>
<th>DONWOOD SOUTH</th>
<th>KINGSFORDHAUS CO-OP LTD.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1245 Henderson Hwy</td>
<td>426 Kingsford Ave</td>
</tr>
<tr>
<td>R2G 1M1</td>
<td>R2G 0J8</td>
</tr>
<tr>
<td>Phone: 204-338-8688</td>
<td>Phone: 204-663-2233</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:donwoodsouth@donwoodmanor.org">donwoodsouth@donwoodmanor.org</a></td>
<td>Managed by: The Bethania Group</td>
</tr>
<tr>
<td></td>
<td>204-667-0795</td>
</tr>
<tr>
<td>Rent: 1 BR: $882 (600 sq/ft)</td>
<td>Rent: 1 BR: $705 (625 sq/ft)</td>
</tr>
<tr>
<td>2 BR: $1144 (800 sq/ft)</td>
<td>2 BR: $875 (825 sq/ft)</td>
</tr>
<tr>
<td>Inquire about rent discounts</td>
<td>Subsidized rent available</td>
</tr>
<tr>
<td>Included: Heat, hydro, water &amp; laundry</td>
<td>Included: Heat, hydro &amp; water</td>
</tr>
<tr>
<td>Parking: Surface lot $40 / month</td>
<td>Parking: Surface lot $35 / month</td>
</tr>
<tr>
<td>No visitor parking available</td>
<td>Visitor parking available</td>
</tr>
<tr>
<td>Safety: Alarm system, cameras, enterphone system, &amp; locked building</td>
<td>Safety: Alarm system, cameras, enterphone system, locked building &amp; on-site caretaker</td>
</tr>
<tr>
<td>Activities: Yes &gt; call for more info</td>
<td>Activities: Yes &gt; call for more info</td>
</tr>
<tr>
<td>Shuttle: To grocer 2X / week</td>
<td>Shuttle: To grocer on Tues &amp; Fri</td>
</tr>
<tr>
<td>Features: Balcony / patio, party room, carpet &amp; vinyl flooring</td>
<td>Features: A/C, exercise facilities, party room, storage locker / room, coin-op laundry, carpet &amp; vinyl flooring</td>
</tr>
<tr>
<td>Structure: Built in 1982, 14 floors &amp; elevator</td>
<td>Structure: Built in 1968, 3 floors &amp; elevator</td>
</tr>
<tr>
<td>Bus Stop: On Henderson Hwy routes 11, 40, 41, 77 &amp; 90</td>
<td>Bus Stop: On Edison Ave routes 11, 40 &amp; 90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>L &amp; B TOWERS</th>
<th>PARKWOOD SQUARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>415 Edison Ave</td>
<td>365 Thames Ave</td>
</tr>
<tr>
<td>R2G 0M3</td>
<td>R2L 2B7</td>
</tr>
<tr>
<td>Phone: 204-940-3487</td>
<td>Phone: 204-654-4672</td>
</tr>
<tr>
<td>Managed by: Edison Properties</td>
<td>Managed by: Quality Management Ltd.</td>
</tr>
<tr>
<td>204-940-3450</td>
<td>204-452-0110</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:415edison@edisonproperties.ca">415edison@edisonproperties.ca</a></td>
<td>E-mail: <a href="mailto:winnipeg@qualitymanagement.net">winnipeg@qualitymanagement.net</a></td>
</tr>
<tr>
<td>Rent: Bach: $777 - $891</td>
<td>Rent: Bach: $722+ (420 sq/ft)</td>
</tr>
<tr>
<td>1 BR: $1130</td>
<td>1 BR: $855+ (760 - 1060 sq/ft)</td>
</tr>
<tr>
<td>2 BR: $1314 - $1338</td>
<td>2 BR: $955+ (1080 sq/ft)</td>
</tr>
<tr>
<td>3 BR: $1083</td>
<td>3 BR: $1288 (1300 sq/ft)</td>
</tr>
<tr>
<td>Included: Heat, hydro &amp; A/C</td>
<td>Included: Heat, hydro &amp; water</td>
</tr>
<tr>
<td>Parking: Underground $36 / month</td>
<td>Parking: Surface lot $57 / month,</td>
</tr>
<tr>
<td>Visitor parking available</td>
<td>Underground $60 / month,</td>
</tr>
<tr>
<td>Safety: On-site management</td>
<td>Visitor parking available</td>
</tr>
<tr>
<td>Activities: Yes &gt; call or visit website</td>
<td>Safety: Cameras, enterphone system,</td>
</tr>
<tr>
<td>Shuttle: No</td>
<td>locked building, night security &amp;</td>
</tr>
<tr>
<td>Features: Indoor pool, sauna, balcony, elevator organized senior group activities &amp; smart card laundry</td>
<td>on-site caretaker</td>
</tr>
<tr>
<td>Structure: 12 floors &amp; elevator</td>
<td>Activities: No</td>
</tr>
<tr>
<td>Bus Stop: On Edison Ave routes 11, 40, 90 &amp; 77</td>
<td>Shuttle: To grocer 1x / week</td>
</tr>
</tbody>
</table>

| Features: Balcony / patio, exercise facilities, party room, sauna, coin-op laundry, carpet & vinyl flooring | Features: |
| Structure: 5 floors & 2 elevators | Structure: |
| Bus Stop: On Watt St route 43 | Bus Stop: |
River East

NORWAY HOUSE
1301 Rothesay St  R2G 1T9
Phone: 204-940-3490
Managed by: Edison Properties  204-940-3450
E-mail: 1301rothesay@edisonproperties.ca

Rent:
- 1 BR: $720 (680 sq'ft)
- 2 BR: $820 (950 sq'ft)
- 3 BR: $1030 (1000 sq'ft)

Included:
- Hydro, water & A/C
- Visitor parking available

Parking:
- Underground $50 / month

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

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: $720 - $848 (newly renovated)
- 2 BR: $989 (newly renovated)

Included:
- Hydro, water & A/C
- Visitor parking available

Parking:
- Underground $37 / month

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

Activities:
- Yes > call for more info

Shuttle:
- To grocer 3x / week

Features:
- A/C, whirlpool, coin-op laundry, carpet & tile flooring

Structure:
- Built in 1971, 12 floors & 2 elevators

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

COLUMBUS CENTENNIAL SENIORS CO-OP HOUSING
404 Desalaberry Ave  R2L 2G3
Phone: 204-982-2000
Managed By: Murdoch Management
E-mail: wredew@mts.net

Rent:
- 1 BR: $758 (600 - 700 sq'ft)
- 2 BR: $922 (858 - 887 sq'ft)
- $938 (954 sq'ft)
- Plus co-op share $1500
- Subsidized rent available

Included:
- Heat, hydro, water & laundry

Parking:
- Surface lot $28 / 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

PARK GLEN MANOR
120 Prevette St  R2K 3L4
Phone: 204-667-2342
Managed by: WRE Developments
E-mail: wredew@mts.net

Rent:
- 1 BR: $793+
- 2 BR: $926+

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, carpet & vinyl

Structure:
- 5 floors & elevator

Bus Stop:
- On Prevette St routes 43, 44 & 45

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<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th>Managed by</th>
<th>Website</th>
<th>Rent</th>
<th>Included</th>
<th>Parking</th>
<th>Safety</th>
<th>Activities</th>
<th>Shuttle</th>
<th>Features</th>
<th>Structure</th>
<th>Bus Stop</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PARKSIDE PLAZA</strong></td>
<td>1630 Henderson Hwy</td>
<td>204-940-3493</td>
<td>Edison Properties</td>
<td><a href="http://www.edisonproperties.ca">www.edisonproperties.ca</a></td>
<td>1 BR: $865 - $1116 (700 sq/ft)</td>
<td>Hydro, water &amp; A/C</td>
<td>Underground $36 / month Visitor parking</td>
<td>Cameras, interphone system, key-card entry &amp; on-site caretaker</td>
<td>Yes &gt; call for more info</td>
<td>No</td>
<td>A/C, balcony / patio, party room, pool, sauna, coin-op laundry &amp; carpet flooring</td>
<td>Built in 1973, 14 floors &amp; elevator</td>
<td>On Henderson Hwy</td>
<td>Lunch, Tues, Thurs &amp; Fri</td>
</tr>
<tr>
<td><strong>KIMBERLY GARDENS</strong></td>
<td>710 &amp; 720 Grey St</td>
<td>204-668-5549</td>
<td>Crystal Properties Ltd.</td>
<td><a href="http://www.crystalproperties.ca">www.crystalproperties.ca</a></td>
<td>1 BR: $872+ (718 sq/ft)</td>
<td>Heat, hydro &amp; water</td>
<td>Surface lot 1 stall included in rent Visitor parking available</td>
<td>Enterphone system, locked building &amp; on-site caretaker</td>
<td>No</td>
<td>No</td>
<td>A/C, balcony / patio, storage in suite, coin-op laundry, carpet &amp; tile flooring</td>
<td>Built in 1976 &amp; 3 floors</td>
<td>On Gateway Rd</td>
<td></td>
</tr>
<tr>
<td><strong>CRESCENT RIDGE TOWERS</strong></td>
<td>15 Reay Cres</td>
<td>204-663-3530</td>
<td>Crystal Properties Ltd.</td>
<td><a href="http://www.crystalproperties.ca">www.crystalproperties.ca</a></td>
<td>1 BR: $850+ (718 sq/ft)</td>
<td>Heat, hydro, water &amp; A/C</td>
<td>Surface lot 1 stall included in rent Visitor parking available</td>
<td>Alarm system, interphone system, locked building &amp; on-site caretaker</td>
<td>Yes &gt; call or visit website</td>
<td>No</td>
<td>Activity room, balcony / patio, storage, coin-op laundry, carpet &amp; tile flooring</td>
<td>Built in 1976, 6 floors &amp; elevator</td>
<td>On London St route 44</td>
<td></td>
</tr>
<tr>
<td><strong>WINWOOD GARDENS</strong></td>
<td>1150 Munroe Ave</td>
<td>204-668-4700</td>
<td>Globe General Agencies</td>
<td><a href="http://www.globegeneral.ca">www.globegeneral.ca</a></td>
<td>1 BR: $934+</td>
<td>Heat, hydro &amp; water</td>
<td>Surface lot included in rent Extra parking stall $60 / month Visitor parking on street</td>
<td>Enterphone, manager on-site &amp; locked building</td>
<td>No</td>
<td>No</td>
<td>A/C, balcony / patio, outdoor pool, tennis courts, sauna, recycling, Smart Card laundry, carpet &amp; vinyl flooring</td>
<td>7 floors &amp; elevator</td>
<td>On Munroe Ave</td>
<td></td>
</tr>
</tbody>
</table>

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River East

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: $928 - $1080 (700 sq/ft)
2 BR: $1095 - $1275 (800 sq/ft)
3 BR: $1153 (900 sq/ft)

Included:
Hydro, water & A/C

Parking:
Underground $36 / month
Visitor parking available

Safety:
Cameras, interphone 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

EAST CONCORDIA LANDING
525 / 535 / 545 Peguis St, R3W 0G7
Phone: 204-414-2421
Managed by: Broadstreet Properties Ltd.
866-736-8515
Website: www.broadstreet.ca
Email: info@broadstreet.ca

Rent:
1 BR: $1088 (676 sq/ft)
2 BR: $1198 - $1238 (859 - 971 sq/ft)
3 BR: $1308 (971 sq/ft)

Included:
Heat & water

Parking:
One stall $50 / month
Visitor parking available

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

Activities:
No

Shuttle:
No

Features:
Balcony / patio, A/C, washer & dryer in suite, party room, hardwood, carpet & vinyl flooring

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

Bus Stop:
On Concordia Ave Route 44

TU-PELO ESTATES
351 Tu-Pelo Ave, R2K 4H1
357 Tu-Pelo Ave, R2K 4H2
Phone: 204-663-0127
Managed by: W.R.E. Development Ltd.
204-889-5409

Rent:
1 BR: $910+ (640 sq/ft)
2 BR: $1012+ (850 sq/ft)

Included:
Heat, hydro & water

Parking:
Surface lot $25 / month
Visitor parking available

Safety:
Cameras, interphone system & on-site caretaker

Activities:
No

Shuttle:
No

Features:
Smart Card laundry, balcony, storage, fitness centre, high speed internet access available & carpet flooring

Structure:
Built in 1971, 12 floors & elevator

Bus Stop:
On McLeod Ave routes 44 & 77

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
Email: info@broadstreet.ca

Rent:
2 BR: $1198 (852-922 sq/ft)
2 BR: $1218 (923-943 sq/ft)

Included:
Water & In-suite laundry

Parking:
surface lot inquire about cost
Additional parking $50 / month
Visitor parking available

Safety:
On-site management, cameras & locked building

Activities:
No

Shuttle:
No

Features:
Balcony / patio, laundry in suite, carpet, tile & vinyl

Structure:
Built in 2009, 4 floors & elevator

Bus Stop:
On Molson St routes 77 & 90

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River East

EDGEWOOD ESTATES
60 Whellams Lane  R2G 2G7
Phone: 204-339-9286
E-mail: edgewood@devonshire-inc.com
Website: www.devonshire-inc.com

Rent:  
- Bach: $617 - $620 (400 sq ft)
- 1 BR: $1025 - $1080 (666-700 sqft)
- 2 BR: $1280 - $1500 (806-1000 sqft)
- 3 BR: $1500 + (1175 sqft)

Included:  
- Heat, hydro, water, A/C

Parking:  
- Underground $52/ month

Safety:  
- Cameras, alarm system, enterphone system, night security, maintenance staff on site

Activities:  
- Yes > call for more information

Shuttle:  
- to grocer 5 x / week

Features:  
- balcony/patio, party room, exercise facilities, sauna, seasonal pool, park setting, river view

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

RUTH GARDENS
1167 Rothesay Street  R2G 1T6
Phone: 204-515-5529
E-mail: RuthGardens@EdisonProperties.ca
Managed by: Edison Properties
Website: www.edisonproperties.ca

Rent:  
- 1 BR: $1050 - $1350 (628 -790 sq/ft)
- 2 BR: $1450 - $2100 (815-1200 sq/ft)

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

Parking:  
- Surface lot $50 / month
- Underground $100 / month

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

Activities:  
- Inquire

Shuttle:  
- No

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

Structure:  
- Built in 2015

Bus Stop:  
- On Rothesay & Edison routes 11, 40, 41, 77, 90
- On Rothesay & Springfield route 85

DONWOOD MANOR (Assisted Living)
165 Donwood Dr  R2G 2H9
Phone: 204-668-4410

Rent:  
- Bach: 28% of gross income (350 sq/ft)
- 1 BR: 28% of gross income (485 - 700 sqft)
- 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

KILDONAN HOUSE (Assisted Living)
216 Edison Ave  R2G 4H7
Phone: 204-338-8182
E-mail: info@homestead_kildonanhouse.ca
Managed by: Homestead Manitoba Ltd.
Website: www.homesteadkildonanhouse.ca

Rent:  
- 1 BR: $2200 - $2360 (598 - 622 sq/ft)
- 2 BR: $2380 (865 sq/ft)
- Extra person: add $325 / 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

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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: $2005 - $2297
2 BR: $2450 - $2582
Extra person: add $364 / month
Included: Heat, hydro, water, laundry & meals
Parking: Surface lot $35 / 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

SAFETYAID: FALLS PREVENTION FOR OLDER MANITOBANS

What is the SafetyAid program?

SafetyAid is a free Fall Prevention program that helps give older adults a greater sense of safety in the homes.

Who is eligible for an audit and free safety devices?

Older adults age 65+ who live in Winnipeg and have a net income below $25,000 if single or a combined net income of less than $30,000 for couples. The Coordinator can install smoke alarm batteries, non-slip bath mats, night lights and flashlights.

Older adults who exceed the income levels are eligible for a free falls prevention audit.

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

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: $2226 - $2409
2 BR: $2708
Extra person: add $364 / month
Included: Heat, hydro, water, laundry & meals
Parking: Surface lot $35 / 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

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

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River Heights

**285 PEMBINA INC. DEAF CENTRE MANITOBA**
285 Pembina Hwy R3L 2E1
Phone: 204-284-0802
E-mail: Ashlery.derkacz@bethania.ca

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

**FRED TIPPING PLACE**
601 Osborne St R3L 2P9
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
Visitor parking available

Safety: Cameras & key-card entry

Activities: Yes > call for more info

Shuttle: No

Features: A/C, exercise facilities, lounge area, kitchen & vinyl flooring

Structure: 19 floors & 2 elevators

Bus Stop: On Osborne St routes 16 & 58

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

**FORT ROUGE ECUMENICAL APPTS 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: Very limited parking available
Visitor parking on street

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

Activities: Yes > call for more info

Shuttle: To grocer 2x / month

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

**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: rent geared to 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

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KOREAN CANADIAN HOUSING CO-OP  
160 River Ave  R3L 0A9  
Managed by: Murdoch Management Inc.  
204-982-2004  
Website: www.lifelease.ca

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

TIMES SQUARE PATIO APTS  
1061 - 1137 Taylor Ave  R3M 2K6  
Phone: 204-488-8463  
Managed by: Sussex Realty  
204-488-4444

Rent: Bach: $470+  
1 BR: none  
2 BR: $1065+  
Included: Heat, water, A/C & dishwasher  
Parking: $35 / month  
Visitor parking available  
Safety: On-site management, enterphone system & locked building  
Activities: No  
Shuttle: No  
Features: Storage locker available, Smart Card laundry, exercise room, carpet & hardwood floors  
Structure: 2 floor walk up  
Bus Stop: On Taylor Ave route 95

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

Rent: Bach: $320  
1 BR: $395 - $400  
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  
Bus Stop: On Grant Ave route 66

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: $777 (650 sq/ft)  
2 BR: $917 (828 sq/ft)  
Inquire about rent discount  
Included: Heat, hydro, water & cable  
Parking: Surface lot $42 / month $57 / month with car warmer  
Visitor parking on street  
Safety: Alarm system, cameras, enterphone system & 24 hr security  
Activities: Yes > call for more info  
$40 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, Dinner: Tues & Thurs, $7.00 - $9.50

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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: $715+
- 1 BR: $891+ (650 sq/ft)
- 2 BR: $1084+ (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

VILLA CABRINI
433 River Ave  R3L 2V1
Phone: Murdoch Management Inc.
204-982-2000
Website: www.villacabrini.ca

Rent:
- 1 BR: $740 (554 sq/ft)

Included:
- Heat, hydro & water

Parking:
- $55 / month
- Visitor parking on the street

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

Activities:
- Various call for more info
- $30 monthly program & services fee
Shuttle:
- Yes > call for more info
Features:
- Regular foot care visits, 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
- Lunch: Mon to Fri, $7.00

SOUTH OSBORNE 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: $783
- 2 BR: $871+
- Co-op share $1000
- Subsidized rent available

Included:
- Heat, hydro & water

Parking:
- Surface lot $35 / 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 2x / week
Features:
- A/C, balcony / patio, hairdresser, party room, Smart Card laundry & carpet flooring

Structure: 7 floors & elevator
Bus Stop: On Osborne St route 16

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

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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: $738 (598 sq/ft)
2 BR: $871 (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: 16 floors & elevator
Bus Stop: On River Ave route 68
Meals: Dinner Mon, Weds, Fri, $9.00

SHALOM GARDENS HOUSING CO-OP LTD.
360 Wilton St R3M 3X6
Phone: 204-452-1924

Rent: 1 BR: $829 - $898 (617 - 680 sq/ft)
2 BR: $946 - $1016 (840 - 920 sq/ft)
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 CRESCENT GARDENS
595 River Ave R3L 0E6
Phone: 204-452-4047
Managed by: Globe General Agencies
204-956-2233
E-mail: info@globegeneral.ca
Website: www.globegeneral.ca

Rent: 1 BR: $925+
2 BR: $1397+
Included: Heat & water
Parking: Surface lot $33 / month
Visitor parking on street
Safety: Management on-site & enterphone system
Activities: No
Shuttle: No
Features: A/C, seasonal pool, balcony, window coverings, carpet, tile and hardwood, Smart Card laundry on each floor, storage lockers & recycling program
Structure: 11 floors & elevator
Bus Stop: On River Ave route 68
On Osborne St routes 16, 18, & 60

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River Heights

GRANT WILTON
1055 Grant Ave R3M 1Y5
Phone: 204-417-9515
Managed by: The Smith Agency 204-287-2872
Rent: 1 BR: $875
2 BR: $996+
Included: Heat & water
Parking: Covered $33 / month
Surface lot $27 / month
Safety: Enterphone system, management on-site & no party policy
Activities: No
Shuttle: No
Features: A/C, in suite storage, venetian blinds, balcony, Smart Card laundry, carpet, hardwood & vinyl
Structure: 5 floors & elevator
Bus Stop: On Grant Ave route 66

RIVERVIEW TOWERS
3 Donald St R3L 2P6
240 Stradbrook Ave R3L 2P7
Phone: 204-452-0110 Ext 115
Managed by: Quality Management Ltd. 204-452-0110
E-mail: winnipeg@qualitymanagement.net
Website: www.rentcanada.com
Rent: 1 BR: $970+ (800 sq/ft)
2 BR: $1138+ (908 sq/ft)
Included: Heat, hydro, water & 12 channels of satellite TV
Parking: Parkade $77 / month
Visitor parking available
Safety: Cameras, enterphone system, on-site security & on-site management
Activities: No
Shuttle: No
Features: A/C, balcony, fitness centre, sauna, smart card laundry, in suite storage, carpet & vinyl flooring
Structure: Built in 1977, 18 floors (3 Donald) 15 floors (240 Stradbrook) & 2 elevators
Bus Stop: On Stradbrook Ave route 16, 18, 58, 60, 63, 64 & 68

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: $935+ (742 - 757 sq/ft)
2 BR: $1100+ (896 - 1178 sq/ft)
Included: Water
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

CANTERBURY HOUSE
270 Roslyn Rd R3L 0H3
Phone: 204-452-6481
Managed by: Globe General Agencies 204-956-2233
Website: www.globegeneralagencies.ca
Rent: 1 BR: $1066+
2 BR: $1179+
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, exercise room, laundry on every floor, window coverings & hardwood floors
Structure: 12 floors & elevator
Bus Stop: On Osborne St route 16, 18 & 60

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**River Heights**

### Wellington Arms
- **Address:** 277 Wellington Cres, R3M 3V7
- **Managed by:** Rivard Apartments
  - Phone: 204-452-7388
- **Website:** [www.rentcanada.com](http://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

### Hampton House
- **Address:** 333 Wellington Crescent, R3M 0A1
- **Managed by:** Akman Management
  - Phone: 204-944-9721
- **Website:** [info@akmanmanagement.ca](mailto:info@akmanmanagement.ca)
- **Rent:**
  - 1 BR: $980+ (700 - 900 sq/ft)
  - 2 BR: $1446+ (1200 sq/ft)
- **Included:** Heat, water & storage locker
- **Parking:** Indoor $38 / month, Surface lot $25 / 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:** 6 floors & elevator
- **Bus Stop:** On Corydon Ave route 18

### Boulton House
- **Address:** 45 Boulton Bay, R3N 2C3
- **Phone:** 204-475-4500
- **Managed by:** Marwest Management Canada Ltd.
- **Website:** [www.theboulton.ca](http://www.theboulton.ca)
- **E-mail:** lsawatzky@theboulton.ca
- **Rent:**
  - 1 BR: $2250 - $2390 (600/622 sq/ft)
  - 2 BR: $2890 (865 sq/ft)
- **Extra person:** Add $350 / month
- **Included:** Heat, hydro & water
- **Parking:** Surface lot $35 / 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, in-suite laundry, party room, recycling, exercise room, carpet & vinyl flooring
- **Structure:** Built 2005, 4 floors & elevator
- **Meals:** 7 days / week, breakfast, dinner & snack included in rent
- **Bus Stop:** On Kenaston Blvd route 78

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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

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

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: $467+
1 BR: $597+
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

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:
Party room & tile flooring

Structure:
Built in 1976, 3 floors & elevator

Bus Stop:
On Sinclair St route 71

H.S.B.A. GARDENS
1001 Sinclair St R2V 3E7
Phone: 204-990-1147
Managed by: Astroid Management
204-338-4671

Rent:
Bach: $545+

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,
Pet friendly cats only

Structure:
3 floors & elevator

Bus Stop:
On Sinclair St route 71

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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 $30 / 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 $195 / month

GARDEN TOWERS
611 Jefferson Ave     R2V 0P4
Phone: 204-339-4687
Managed by: Kay Four Properties
            204-339-0461
E-mail: kfour@shaw.ca

Rent: Bach: $753 - $785
      1 BR: $833 - $891 (440-625 sq/ft)
      2 BR: $969 - $1067 (792 sq/ft)
Included: Heat & water
Parking: $35 / month
Safety: Visitor parking on street
Activities: No
Shuttle: No
Features: A/C coin-op laundry, carpet, vinyl & storage
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: $535
      1 BR: $820
      2 BR: $910
Included: Heat, hydro & water
Parking: Surface lot $38 / month
Safety: Visitor parking available
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Features: A/C, 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

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**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](http://www.crystalproperties.ca)

Rent:  
1 BR: $810+ (644 - 651 sq/ft)  
2 BR: $943+ (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, carpet & vinyl flooring
Structure:  
Built in 1976, 6 floors & elevator
Bus Stop: On Partridge Ave routes 18, 32 & 77

**ROSH PINA HOUSING CO-OP**
133 Matheson Ave  
R2W 5M7
Phone: 204-338-4671 ext 2227
Managed by: Astroid Management Ltd.  
204-338-4671

Rent:  
1 BR: $925  
2 BR: $1025  
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

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**BEIT-AM B’NAY ABRAHAM**
765 Aikins St  
R2V 3S2
Phone: 204-338-4671 ext 2227
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
Structure:  
9 floors & elevator
Bus Stop: On Jefferson Ave route 18

**OLYMPIC TOWERS**
480 Charles St  
R2W 4B9
Phone: 204-898-7165
Managed by: Towers Realty Group  
204-956-2739

Rent:  
1 BR: $847+  
2 BR: $986+
Included:  
Heat, hydro, water & A/C
Parking:  
Surface lot $40 / month  
Visitor parking on street
Safety:  
On-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

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PARK ROYAL APPTS
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

LEILA SQUARE
207-211-215 Watson St R2P 2E1
Phone: 204-633-2085
Managed by: Sussex Realty
204-488-4444
Website: www.sussexrealty.ca
Rent: 2 BR: $944 - $1017+
Included: Water & in suite laundry
Parking: Included in rent
2nd stall $30 / month
Visitor parking available
Safety: Enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: Dishwasher & wood burning fireplaces
Structure: 2 floor walk up
Bus Stop: On Leila Ave routes 17 & 77

NORTHWOOD OAKS
1452 Jefferson Ave R2P 0Z2
Phone: 204-633-2708
Managed by: Globe General Agencies
204-956-2233
Email: northwood@globegeneral.ca
Rent: 1 BR: $1049+
1 BR: $1078+ (includes den)
2 BR: $1199+
Included: Water
Parking: $37 / month surface lot
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

CONSULATE NORTH
595 Leila Ave R2V 3R7
Phone: 204-334-4357
Managed by: Laurence Management
204-831-9960
Rent: 1 BR: $960 - $1000 (865 sq/ft)
1 BR: $1000 - $1180 (den included)
(1310 sq/ft)
2 BR: $1135 - $1220 (970 sq/ft)
2 BR + loft: $1135 - $1395 (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

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Seven Oaks

THE VILLAGIO
1175 Leila Ave R2P 2Y1
Phone: 204-956-5284
Managed by: Weidner Apartment Home
E-Mail: thevillagio@dweidner.com

Rent: 1 BR: $1090
2 BR: $1200
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: Balcony, near Seven Oaks Hospital
Structure: 5 floors & elevator
Bus Stop: On Leila Ave route 18

RIVERBEND TERRACE
2471 Main St R2V 2X6
Phone: 204-942-2122
Managed by: Broadstreet Properties
Website: www.broadstreetproperties.ca

Rent: 2 BR: $1208+
(904 - 994 sq/ft)
Included: Water, in suite laundry
Parking: $50 / stall
Visitor parking available
Safety: On-site manager & secured entrance
Activities: Call for more info
Shuttle: No
Features: Dishwasher, balcony, storage in suite, carpet & vinyl flooring
Structure: Built 2007 - 2008, elevator & 6 floors
Bus Stop: On Main St routes 18 & 32

SHELARD MANOR
200 Adsum Dr R2P 0W7
Phone: 204-633-0716
Managed by: Globe General Agencies
204-856-2233
Email: shelard@globegeneral.ca

Rent: 1 BR: $1150
1 BR: $1179+ (den included)
2 BR: $1208+
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: Seasonal pool, balcony, sauna, recycling, tennis court, in suite
storage & dishwasher
Structure: Elevator & sunken living room
Bus Stop: On Adsum Dr routes 17 & 77

AMBER MEADOW
(Assisted Living)
320 Pipeline Rd R2P 2X5
Phone: 204-633-5467
E-mail: jeffrey.angeles@atriaretirement.ca
Website: www.ambermeadow.com
Managed by: Atria Retirement
204 663-5467

Rent: Bach: call for price
1 BR: call for price
2 BR: call for price
Extra person: call for cost
Included: Heat, hydro, water, laundry, cable
Parking: Surface lot, covered 1 stall included in rent
Visitor parking available
Safety: Alarm system, emergency pull cord & 24 hour personnel
Activities: Yes > see website or call
Shuttle: 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, every day, included in rent

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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 price
2 BR: call for current price
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 price
2 BR: call for current price
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

WEST ST. PAUL
ST. BENEDICT’S PLACE
225 Masters Ave R4A 0A2
Managed by: Sisters of the Order of St. Benedict
204-338-4601
E-mail: stbens@mts.net
Website: www.stbens.ca

Rent: 1 BR: $1524 (375 sq/ft)
Included: Heat, hydro, water, laundry, telephone, cable, & weekly housekeeping
Parking: Garage with plug $40 / month
Outside with plug $20 / month
Outside no plug included in rent
Visitor parking available
Safety: Alarm system & enterphone system
Activities: Yes > call for more information
Shuttle: To mall 2x / week
Features: A/C, exercise facilities, party room, carpet & vinyl flooring
Structure: Built in 1966 (renovated in 2006), 3 floors & elevator
Meals: Breakfast, lunch, dinner & snack, every day, included in rent

Notes

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<table>
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| **101 Marion St** | 101 Marion St     | R2H 3C5 | **Rent:**
|                | Apply to: Manitoba Housing | 204-945-4663 | 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 |          |                                            |
|                | **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 |          |                                            |
| **Columbus Manor** | 100-303 Goulet St | R2H 3C4 | **Rent:**
|                | Phone: 204-233-7080 |          | Bach: 30% of gross income (360 sq/ft)  
|                | Managed by: ASH Management | 204-982-7973 | 1 BR: 30% of gross income (480 sq/ft)  
|                |                    |          | Subsidized rent available                |
|                | **Included:** Heat, hydro, water & laundry |          |                                            |
|                | **Parking:** Surface lot $24 / month |          |                                            |
|                | **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 |          |                                            |
| **Chez Nous** | 187 Rue de la Cathédrale | R2H 3C6 | **Rent:**
|                | Phone: 204-233-7761 |          | Bach: 30% of gross income (380 sq/ft)  
|                | Managed by: L’Accueil Colombien Inc. | 204-233-0501 | 1 BR: 30% of gross income (500 sq/ft)  
|                |                    |          | Subsidized rent available                |
|                | **Included:** Heat, hydro & water |          |                                            |
|                | **Parking:** Surface lot $30 / month |          |                                            |
|                | **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 Cathédrale route 56 |          |                                            |
|                | **Meals:** Lunch, Mon - Fri, $7.00 / meal |          |                                            |

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St. Boniface

**Holy Cross Manor Inc.**
266 Enfield Cres R2H 1B7
Managed by: Holy Cross Housing Inc.
204-237-6177
204-233-6103

Rent: Bach: $563
1 BR: $639

Included: Heat, hydro, water & laundry

Parking: No resident or visitor parking available, street parking only

Safety: Locked building at night

Activities: No

Shuttle: No

Features: Party room & vinyl flooring, pet friendly cats

Structure: Built in 1972, 3 floors & elevator

Bus Stop: On Eugenie St DART stop 171 & route 10

**Foyer Vincent Inc.**
200 Horace St R2H 0W5
Phone: 204-233-1925
E-mail: foyer@mts.net

Rent: Bach: $381 (377 sqft)
1 BR: $656 - $738 (510 - 755 sqft)

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

Parking: Surface lot $35 / month
No visitor parking available

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

Activities: Yes > call for more info

Shuttle: To grocer every 2nd Thursday

Features: Chapel, exercise facilities, storage, hairdresser, carpet & vinyl flooring

Structure: Built in 1969, 10 floors & elevator

Bus Stop: On Marion St route 19, Dart 110

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

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

Rent: 1 BR: $435 - $580

Included: Heat, hydro & water

Parking: Surface lot $20 / 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

**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: $710
1 BR: $951
2 BR: $1145

Included: Heat, hydro & water

Parking: Underground $36 / 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

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St. Boniface

PLACE ST. BONIFACE
325 Enfield Cres R2H 1C3
Managed by: My Place Realty
204 594-5405

Rent:
1 BR: $960
2 BR: $1100 +

Included: Water

Parking: $46 / month
Visitor parking on the street

Safety: Security entrance, on-site management & 24 hr emergency service

Activities: No

Shuttle: DART service in area

Features: Newly renovated, new appliances, light fixtures & hardwood floors

Structure: 3 floor walk up

Bus Stop: On Marion St route 19
On Des Meurons St route 10

EIFFEL TOWER A
291 Goulet St R2H 0S4
Phone: 204-237-8013
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca

Rent:
Bach: $935+
1 BR: $1019+
2 BR: $1280+

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

EIFFEL TOWER B
261 Goulet St R2H 0S3
Phone: 204-231-2215
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca

Rent:
Bach: $720+
1 BR: $1019+
2 BR: $1280+

Included: Heat, hydro, & water

Parking: Covered $48 / 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

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**GRANDVIEW APPTS**
77, 85, 93 Eugenie St  
R2H 0X6
Phone: 204-297-4527
Managed by: Towers Realty Group  
204-956-2739
Website: [www.towersrealty.ca](http://www.towersrealty.ca)

Rent:  
- Bach: $725+
- 1 BR: $849+
- 2 BR: $1085+

Included:  
- Heat & water
- $65 for surface stall
- Visitor parking on street

Safety:  
- Security entrance & on-site manager

Activities:  
- No

Shuttle:  
- No

Features:  
- A/C, Smart Card laundry, storage locker, carpet & vinyl plank floors

Structure:  
- 3 floor walk-up

Bus Stop:  
- On Goulet St route 19
- On Des Meinons St route 10

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**COLONIAL COURTS**
1006-1024 Archibald St  
R2J 0Z1
Phone: 204-233-7916
Managed by: WRE Developments  
204-889-5409
Email: wredev@mts.net

Rent:  
- 1 BR: $819+
- 2 BR: $920+

Included:  
- Heat, hydro, water & parking
- Surface lot 1 stall included in rent
- Visitor parking available

Safety:  
- Management on-site, locked building & enterphone

Activities:  
- No

Shuttle:  
- No

Features:  
- A/C, wired for internet, storage in suite, carpet, tile floors & Smart Card laundry on each floor

Structure:  
- 2 floor walk-up

Bus Stop:  
- On Archibald St route 19

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**PLACE RENNES**
344 Enfield Cres  
R2H 1C5
Phone: 204-235-0568
Managed by: J.C. Property Management  
204-943-1720

Rent:  
- 1 BR: $765+
- 2 BR: $928+

Included:  
- Heat, hydro & water
- Available call for more info
- Visitor parking on the street

Safety:  
- On-site resident manager

Activities:  
- No

Shuttle:  
- No

Features:  
- Hardwood floors, coin-op laundry on each floor & close to amenities, 3 floor walk-up

Bus Stop:  
- On Goulet St route 19

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**BEREAVEMENT SUPPORT GROUPS:**

What is a Support Group?

A support group consists of individuals who find emotional support and healing through sharing their pain and learning from others.

Groups are small to promote an informal, caring atmosphere.

Please call A & O: Support Services for Older Adults and ask to speak to Intake at 204-956-6440.
St. Boniface

ENFIELD ESTATES
358-370 Enfield Cres  R2H 1C7
Phone: 204-237-6682
Managed by: Sherwood Development Ltd
204-953-1758

Rent: 1 BR: $924+
2 BR: $1150+
Included: Heat, hydro, water, in suite laundry
Parking: Indoor $60, outdoor $40 / month
Visitor parking on street
Safety: Security entrance & on-site management
Activities: No
Shuttle: No
Features: A/C, balcony, in suite storage, dishwasher, & close to amenities
Structure: Stairs & 2 levels
Bus Stop: On Goulet St route 19
On Des Meurons St route 10 & DART service in area

WILLOWLAKE GARDENS
321-133 Willowlake Cres  R2J 3E6
Phone: 204-253-9753
Managed by: Lakewood Agencies Ltd.
204-982-5959
Website: www.rentcanada.com/lakewood

Rent: 1 BR: $950+
2 BR: $1025+
Included: Heat & water
Parking: Surface lot 1 stall included in rent
Visitor parking available
Safety: Alarm system, enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, storage, coin-op laundry, mixed housing (unknown percentage), carpet & vinyl flooring
Structure: Built in 1973, 3 floors
Bus Stop: On Willowlake Cres routes 50, 75 & 96

GRENOBLE MANOR
415 Rue St Jean Baptiste  R2H 2X6
Phone: 204-257-5838
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.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

WICKHAM PARK
100 Wickham Rd  R2J 2L4
Phone: 204-254-7143
Managed by: Lakewood Agencies Ltd.
204-982-5959
Website: www.rentcanada.com/lakewood

Rent: 3 BR Town Homes call for prices
4 BR Town Homes call for prices
Included: In suite laundry
Parking: Surface lot 1 stall included in rent
Visitor parking available
Safety: Alarm system
Activities: No
Shuttle: No
Features: A/C, balcony / patio, basement, mixed housing (unknown percentage), carpet & vinyl flooring
Structure: Built in 1970, 2 floors
Bus Stop: On Drake Blvd route 19

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SAFETYAID: FALLS PREVENTION FOR OLDER MANITOBANS

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.

Call 204-956-6440 or toll-free at 1-888-333-3121 to book an appointment.
St. Boniface

RESIDENCE DESPINS
(Assisted Living)
151 Rue Despins R2H 0L7
Phone: 204-480-2900
E-mail: afoiardart@despinscharities.ca
Managed by: Despins Charities
Affiliated with: Tache Nursing Centre
Website: www.resdespins.ca

Rent: Bach: $1585 - $1705 (397 - 549 sq/ft)
1 BR: $1800 - $2065 (537 - 778 sq/ft)
2 BR: $2270 - $2440 (941 - 1156 sq/ft)

Included: Heat, hydro, water, laundry & meals
Pricing: Available at group rate
Parking: 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: Formerly the provincial House of The Grey Nuns, renovated in 2005, 5 floors, 2 elevators, 48 Supportive units & 82 Assisted Living units
Bus Stop: On Tache Ave route 10
Meals: Breakfast, lunch & dinner

WAITING LIST FACTS
- In some buildings there is a deposit fee required to keep your name on the waiting list.
- Accepting a smaller apartment will sometimes get you on the in-house wait list for a bigger unit.
- The more flexible you are, the better your chances of moving within your time frame.
- Put your name on as many waiting lists as you like, but keep track of them.
- The length of waiting lists does not always reflect the actual number of people still waiting.
- Each place has their own way of handling their waiting lists.

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: $1685 - $2005
1 BR: $1905 - $2430
2BR: $2630 - $3030

Included: Heat, hydro, water, cable & meals
Pricing: $35 / month surface lot
Parking: Street parking for visitors
Safety: 24 / 7 on-site personnel
Activities: Yes > call
Shuttle: Yes for organized activities
Features: Services offered in French including Supportive Housing
Structure: 5 floors, built in 2011, former building of Missionary Oblate Sisters
Bus Stop: On Provencher Blvd Ave route 10 & DART service in area
Meals: Breakfast, lunch, dinner & snacks

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St. James-Assiniboia

**22 STRAUSS DR**
22 Strauss Dr
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

**529 COUNTRY CLUB BLVD**
529 Country Club Blvd
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 on street
Safety: Enterphone system
Activities: Yes > call for more info
Shuttle: To grocer 2x / week
Bus Stop: On Portage Ave at Country Club Blvd routes 11, 21, 22 & 82
Meals: Mon - Fri, $6.00 / meal

**ST. JAMES LEGION LODGE**
2730 Ness Ave
Apply to: Manitoba Housing
204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca
Rent: Bach: $674
1 BR: $991
Subsidized rent available
Included: Heat, hydro & water
Parking: Surface lot $24 / month
Visitor parking available
Safety: Alarm system, enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: Coin-op laundry & vinyl flooring
Structure: 3 floors, elevator
Bus Stop: On Ness Ave at Harcourt St routes 24 & 25

**HAMILTON HOUSE**
475 Hamilton Ave
Apply to: Manitoba Housing
204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca
Rent: Bach: $447 - $571 (380 sq/ft)
1 BR: $563 - $700 (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
101-122 & 167-188 Sinawik Bay    R3J 2Z4
Phone: 204-837-2305
E-mail: stjadmin@shaw.ca
Website: www.kiwanishomes.org

Rent: 1 BR: $496 (440 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot $25 / 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 1953, 1 floor
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: $601 (650 sq/ft)
2 BR: $1061 - $1072 (860- 885 sq/ft)
Subsidized rent available
Included: Water
Parking: Surface lot $25 / 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

BILLINGSLEY MANOR
2515 Portage Ave    R3J 0P2
Phone: 204-889-7012
Managed by: The Smith Agency
204-287-2872

Rent: Bach: $660
1 BR: $884 - $923
2 BR: $1046 - $1067
Included: Heat & water
Parking: Underground $34 / month
Visitor parking on street
Safety: Secure building, on-site caretaker
Activities: No
Shuttle: No
Features: Some balconies, storage, individual heat control, garbage chutes, coin-op laundry, carpet & vinyl flooring
Structure: Elevator & 6 floors
Bus Stop: On Portage Ave route 11

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: $664 (560 sq/ft)
2 BR: $755 (690 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot $25 / 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

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St. James-Assiniboia

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: $765+
1 BR: $917+
1 BR: $1011+ (den included)
2 BR: $1027+
Includes: Heat & 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, party room, Smart Card laundry, carpet, vinyl flooring & dishwasher
Structure: Built in 1983, 15 floors & elevator
Bus Stop: On Portage Ave route 11

COURTS OF ST. JAMES
2727 Portage Ave R3J 0R2
Phone: 204-888-3747 ext 304
E-mail: courts@globeprimary.ca
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca

Rent: Bach: $785+ Studio: $775+
1 BR: $897+ 2 BR: $1154+
2 BR: $1390+
Includes: 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, guest suites, 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

CARILLON TOWERS
1790 Portage Ave R3J 0E9
Phone: 204-988-6973
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)
Includes: Heat & water
Parking: surface lot $40 / month, covered $60 / month
Visitor parking on street
Safety: Management on-site, enterphone & security entrance
Activities: No
Shuttle: No
Features: Balcony, recycling, storage locker, garburator, Smart Card carpet & vinyl flooring
Structure: Elevator, 7 floors
Bus Stop: On Portage Ave route 11

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: $800+ (582 sq/ft)
1 BR: $954+ (706 sq/ft)
2 BR: $1041+ (790 -1020 sq/ft)
Includes: Heat & water
Parking: Call for price
Visitor parking available
Safety: Alarm system, enterphone system & on-site caretaker
Activities: No
Shuttle: No
Bus Stop: On Portage Ave routes 11, 21, 22, 83 & 98

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St. James-Assiniboia

MANDEVILLE TOWERS
2075 Portage Ave
204-896-2233

Phone: 204-889-9158
Managed by: Globe General Agencies
E-mail: info@globegeneral.ca

Rent:
- Bach: $698
- 1 BR: $845+
- 2 BR: $975+

Includes:
- Heat & water

Parking:
- Surface lot $50 / month
- Visitor parking on street

Safety:
- Security entrance, on-site management

Activities:
- No

Shuttle:
- No

Features:
- Storage locker, recycling program, laundry on-site, carpet & vinyl

Structure:
- Elevator, 5 floors

Bus Stop:
- On Portage routes 11, 21 & 22

PARK TOWERS
2300 Portage Ave.

Phone: 204-896-0216
Managed by: Akman Management
E-mail: info@akmanmanagement.ca

Rent:
- 1 BR: $835+
- 2 BR: $960+

Included:
- Heat & water

Parking:
- Surface lot $35 / month, covered
- $45 / 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

TOWERS OF POLO PARK
666 St. James St

Phone: 204-786-3376
Managed by: W.R.E. Development
E-mail: wredev@mts.net

Rent:
- Bach: $856+
- 1 BR: $972+
- 2 BR: $1165+
- 3 BR: $1542+

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

Parking:
- Heated, indoor parking $50 / month
- Visitor parking available

Safety:
- On-site manager, key-card entry & enterphone

Activities:
- Yes > call for more info

Shuttle:
- Call for more info

Features:
- Senior's games room, rooftop pool, in-suite storage, balconies,
- wheelchair accessible, coin-op laundry, across from Polo Park,
- carpet & parquet floors

Structure:
- Two elevators & 16 floors

Bus Stop:
- On Portage Ave routes 11, 12, 20,
- 24, 26, 66, 67, 77, 78, 79 & 95

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**St. James-Assiniboia**

**STURGEON PARK HOUSE**  
3063 Portage Ave  
R3K 1Z2  
**Phone:** 204-832-6776  
**Managed by:** W.R.E. Development Ltd.  
204-889-5409

- **Rent:** 1 BR: $850 - $890 (675 sq.ft)  
  2 BR: $950 - $1000 (855 sq.ft)
- **Included:** Heat, hydro, water & A/C
- **Parking:** $36 / month  
  Visitor parking available
- **Safety:** Alarm system, interphone 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
- **Structure:** 14 floors, elevator
- **Bus Stop:** On Portage Ave routes 11, 21, 22 & 82

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**ST. JAMES KIWANIS VILLA**  
155 Sinawik Bay  
R3J 0H5

- **Phone:** 204-837-2305  
**E-mail:** stjadmin@shaw.ca

- **Website:** [www.kiwanishomes.org](http://www.kiwanishomes.org)

- **Rent:** 1 BR: $883 (650 sq.ft)  
  2 BR: $1061 - $1072 (860-885 sq.ft)
- **Included:** Water
- **Parking:** Surface lot $25 / month  
  Visitor parking available
- **Safety:** Camera, interphone 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

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**THE NEW MOUNT ROYAL APPTS**  
2265 Portage Ave  
R3J 0M1

- **Phone:** 204-479-3336 or 204-918-1200  
**Managed by:** Sussex Realty  
204-488-4444

- **Rent:** 1 BR: $913+  
  2 BR: $1080 - $1100+
- **Included:** Heat & water
- **Parking:** Surface lot $45 / month  
  Visitor parking available
- **Safety:** On-site management, security entrance, interphone system & locked building
- **Activities:** No
- **Shuttle:** No
- **Features:** Newly renovated, A/C, dishwasher, Smart Card laundry, exercise room, hardwood floors & pet friendly (cats only)
- **Structure:** 3 floor walk up
- **Bus Stop:** On Portage Ave routes 11, 21 & 22

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**PINEWOOD PLACE**  
2510 Portage Ave  
R3J 0N9

- **Phone:** 204-832-4159  
**Managed by:** Globe General Agencies  
204-956-2233

- **Rent:** 1 BR: $940 - $950  
  2 BR: $1080 - $1100
- **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

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St. James-Assiniboia

VILLAGE SQUARE
505 Rouge Rd  R3K 1Y3
Phone: 204-837-8948
Managed by: A.S.H Management  204-982-7973
E-mail: villagesquare@shawbiz.ca
Rent: 1 BR: $899 - $940 (718 - 733 sq/ft)
   2 BR: $1000 - $1100 (968 sq/ft)
Included: Heat, hydro & water
Parking: Surface lot 1 stall included in rent
   Visitor parking available
Safety: Enterphone system
Activities: No
Shuttle: To grocer 1x / week
Features: A/C, storage in suite, Smart Card laundry & carpet flooring
Structure: 3 levels with stairs
Bus Stop: On Rouge Rd routes 11, 21 & 22

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
Rent: 1 BR: $949
   2 BR: $1107
Included: Heat, hydro, water & A/C
Parking: Surface lot $25 / month
   Visitor parking available
Safety: Camera, enterphone system & on-site caretaker
Activities: No
Shuttle: To grocer 1x / week
Features: Balcony / patio, exercise facilities, sauna, Smart Card laundry, carpet,
   vinyl flooring & dishwasher
Structure: Built in 1980 & 3 floors
Bus Stop: On Portage Ave routes 11, 21, & 22

2600 / 2610 PORTAGE AVE
616 Strathcona St  R3G 3E8
Phone: 204-786-3301
Managed by: Laurence Management Group  204-831-9960
E-mail: Lmggroup@shaw.ca
Website: www.rentcanada.com
Rent: 1 BR: call to inquire
   2 BR: call to inquire about rates
Included: Heat, water, A/C & drapes
Parking: Aboveground & covered included in rent
   Visitor parking available
Safety: Alarm system, enterphone system & on-site caretaker
Activities: No
Shuttle: No
Features: Balcony / patio, coin-op laundry, carpet, linoleum & hardwood,
Structure: Built in 1971, 7 floors, elevator
Bus Stop: On Portage Ave routes 11, 21, 83 & 98

HILLSBORO HOUSE
616 Strathcona St  R3G 3E8
Phone: 204-786-3301
Managed by: Laurence Management Group  204-831-9960
E-mail: Lmggroup@shaw.ca
Website: www.rentcanada.com
Rent: 1 BR: $927 (without balcony)
   1 BR: $963 (with balcony)
   2 BR: $1040 (without balcony)
   2 BR: $1056 (with balcony)
   Seniors discount available
Included: Heat & water
Parking: Underground $60 / month
   Surface $40 / month
   Visitor parking on street
Safety: Caretaker on-site & security
   Monitored entrance
Activities: Yes > call for more info
Shuttle: To grocer 1x / week
Features: Balcony / patio, coin-op laundry, carpet, linoleum & hardwood,
   Central air, newly renovated, dishwasher, seasonal pool, garbage chutes, Smart Card laundry,
   Recycling, ceramic, parquet, some hardwood & tile flooring
Structure: Elevator & 8 floors
Bus Stop: On Portage Ave route 11

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St. James-Assiniboia

ASHBURY PLACE
299 Queen St R3J 3V5
Phone: 204-832-5847
Managed by: Marvest Management Canada Ltd.
204-947-1200
E-mail: info@marvest.ca

Rent:
1 BR: $943+ (586 - 600 sq/ft)
2 BR: $1100+ (740 - 830 sq/ft)

Included:
Heat, hydro & water

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

Safety:
Camera, interphone system
& on-site caretaker

Activities:
No
Shuttle:
To grocer 1x / week
Features:
A/C, balcony / patio, smart card
laundry, carpet & vinyl flooring

Structure:
Built in 1978, 11 floors & 2 elevators
Bus Stop:
On Ness Ave routes 24 & 25

455 WESTWOOD DRIVE
455 Westwood Dr R3K 1W6
Phone: 204-889-6073
Managed by: WRE Development
204-889-5409
E-mail: westwood455@hotmail.com

Rent:
1 BR: $1119 (687 sq/ft)
2 BR: $1275+ & $1396
(929 sq/ft & 1020 sq/ft)
3 BR: $1835 (1166 sq/ft)

Included:
Water & in suite laundry
Parking:
Surface $36 / month
Underground $100 / month
Visitor parking available

Safety:
Key-card entry, interphone system,
locked building, on-site caretaker &
manager
Activities:
Cribbage, birthday parties, exercise
classes, shuffleboard & card games
Shuttle:
To grocer
Features:
A/C, balcony / patio, exercise
facilities, recycling, carpet & tile
flooring

Structure:
Built 2012, 12 floors & elevator
Bus Stop:
On Portage Ave route 11, 21, 22 &
24

QUAIL RIDGE ESTATES
210 Quail Ridge Rd R2Y 2N1
Phone: 204-885-0769
Managed by: Weidner Apartment Homes
E-mail: quailridge@weidner.com

Rent:
1 BR: $1030 (580 sq/ft)
2 BR: $1220 (830 sq/ft)

Included:
Heat, water, & parking
Parking:
Surface lot included in rent
Visitor parking available

Safety:
Alarm system, interphone system
& on-site caretaker
Activities:
Yes > call for more info
Shuttle:
No
Features:
Balcony, A/C, carpet & linoleum
flooring, washer & dryer in suite

Structure:
Four buildings, 4 floors with elevator
Bus Stop:
On Quail Ridge Rd route 83

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.ca - type in province
  and city and follow the links
- www.winnipegrentnet.ca
- www.gov.mb.ca/shas will bring you to the
  Seniors Secretariat website which also
  has listings for Rural Manitoba
- www.virtualhospice.ca info on palliative
care

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St. James-Assiniboia

**METROPOLITAN KIWANIS COURTS**
*(Assisted Living)* 2300 Ness Ave  R3J 1A2
*Phone: 204-885-7700*
*E-mail: shunter@kiwaniscourts.ca*

**Rent:**
- Bach: $1165 (287 sq/ft)
- 1 BR: $1440 (585 sqft)
- 1 BR: $1740 (795 sq/ft)

**Phase II**
- 2 BR: $2245

**Phase III**
- 1 BR: $1940
- 2 BR: $2395

**Extra person:** add $550/month

**Included:** Heat, hydro, water, cable, laundry & meals

**Parking:** Surface lot $25
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

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**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:** Lunch, dinner & snacks

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**THE TERRACE (Assisted Living)**
90 Sinawik Bay
*Phone: 204 837-2305*
*Managed by: St. James Kiwanis*

**Rent:**
- 1 BR: $2042
- 2 BR: $2583

**Extra person:** add $441/month

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

**Parking:** available, inquire about costs

**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 suits

**Structure:** Built in 2014, 2 elevators & 3 floors

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

**Meals:** Breakfast, lunch & dinner

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**Elder Abuse Prevention Services**

**What is Elder Abuse?**

Elder abuse is any action or inaction by a person in a relationship of trust which jeopardizes the health or well-being of an older person.

At A & O, 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.

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

*All calls are strictly confidential.*

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St. James-Assiniboia

STURGEON CREEK II RETIREMENT RESIDENCE
(Assisted Living)
707 Setter St R2Y 0A4
Managed by: All Seniors Care Living Centres
204 885-0303
Website: www.allseniorscare.com
Rent: 1 BR: call for current rent prices
2 BR: call for current rent prices
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

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

THE WESTHAVEN
(Assisted Living)
3033 Portage Ave R3K 2E3
Phone: 204-831-6742
Managed by: Atria Retirement
204-831-6742
Website: www.atriaretirement.ca
E-mail: william.dubreuil@atriaretirement.ca
Rent: 1 BR: call for current rent price
2 BR: call for current rent price
Included: Heat, hydro, water, laundry, cable & meals
Parking: Surface lot included in rent
Visitor parking available
Safety: Alarm system, emergency pull-cord, enterphone system, 24 hr personnel
Activities: Yes > call for more info
Shuttle: To grocer 6x / week
Features: A/C, balcony / patio, exercise facilities, hair salon, party room, carpet & vinyl flooring
Structure: Built in 1984, 13 floors & elevator
Bus Stop: Portage Ave routes 11, 21, 22 & 82
Meals: Breakfast, lunch, dinner & snack

Notes

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Is it time to sell your home?

If you’re asking this question, I can help.

I am a Realtor® with experience working with older adults, who understands the financial, logistical, and emotional issues involved in a move.

204-227-6831
Brianne.O'Neill@Century21.ca

I will provide you with a complementary Home Evaluation that will guide you towards an informed decision. I will be there every step of the way to help you make the right move!

Brianne O’Neill Realtor®
Century21Carrie.com
1046 St. Mary’s Rd
Wpg, MB R2M 5S6
St. Vital

60 CHESTERFIELD
60 Chesterfield Ave R2M 5A3
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
Visitor parking available
Safety: Camera, enterphone system, locked building & on-site caretaker
Activities: Yes > call for more info
Shuttle: To grocer 1x or 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, Mon - Fri, $6.00 / meal

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: $410
1 BR: $565
1 BR: $880 (new building)
Subsidized rent available
Included: Heat, hydro, water & cable
Parking: Surface lot $24 / month
Visitor parking available
Safety: Alarm system & on-site caretaker
Activities: No
Shuttle: No
Features: Party room, storage locker / room, coin-op laundry & carpet & vinyl flooring
Structure: Built in 1965, new building in 2017
3 floors & elevator
Bus Stop: On St. Mary’s Rd routes 14, 51, 54 & 76, on Dakota route 55

ST. VITAL KNIGHTS VILLA PHASE 1
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
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

MIKE SUNKA PLACE
275 St. Anne’s Rd R2M 4V1
Managed by: S.A.M. Management
204-942-0991
E-mail: admin@sam.mb.ca
Website: www.sam.mb.ca

Rent: Bach: $375 (375 sq/ft)
1 BR: $504 (424 sq/ft)
2 BR: $680 (567 sq/ft)
Included: Heat, hydro, water & 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

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St. Vital

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

Rent:
Bach: $341 (330 sq/ft)
1 BR: $550 (460 sq/ft)

Included:
Heat, hydro & water

Parking:
Surface lot $20 / 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

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: $485 (405 sq/ft)
1 BR: $606 (486 sq/ft)

Included:
Heat, hydro & water

Parking:
Surface lot $27 / month
Visitor parking available

Safety:
Camera, enterphone system & locked building

Activities:
Yes > see website or call

Shuttle:
To grocer on Tues and Thurs

Features:
Party room, smart card laundry & tile 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

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

Rent:
Bach: $421 (300 sq/ft)
1 BR: $541 (380 sq/ft)

Included:
Heat, hydro, water, laundry & 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

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: $831 (560 - 620 sq/ft)
2 BR: $1059 (760 - 820 sq/ft)
3 BR: $1119 (835 - 1000 sq/ft)

Included:
Heat, hydro & water

Parking:
Surface lot $44 / month
Underground $71.50 / 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

Structure:
Elevator

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

Meals:
Available a la Carte

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St. Vital

RIVER CLAYTON
61 Clayton Dr R2M 1G3
Phone: 204-254-1731
Managed by: Globe General Agencies 204-956-2233
E-mail: info@globegeneral.ca
Rent: 1 BR: $750 - $800
2 BR: $899+
Included: Heat & water
Parking: Surface lot $50
Visitor parking on street
Safety: Locked building, on-site personnel & enterphone system
Activities: No
Shuttle: No
Features: A/C, recycling, storage locker / room
coin-op laundry, carpet & vinyl flooring
Structure: 3 floor walk up
Bus Stop: On St. Anne’s Rd route 55 & 59

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: $746
1 BR: $846
2 BR: $1007
Included: Heat, hydro, water & A/C
Parking: Underground $45 / 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

RIVER GARDENS
21 Clayton Dr R2M 1G2
Phone: 204-940-3476
Managed by: Edison Properties 204-940-3450
Email: 21clayton@edisonproperties.ca
Website: www.edisonproperties.ca
Rent: Bach: $746
1 BR: $846
2 BR: $1007
3 BR: $1102
Included: Heat, hydro, water & A/C
Parking: Underground $45 / 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

SOUTHGATE PLAZA
50 Alpine Ave R2M 0Y6
Phone: 204-257-8228
Managed by: Sussex Realty 204-488-4444
Website: www.sussexrealty.ca
Rent: Bach: $701
1 BR: $1100+
2 BR: $1251+
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

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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

Rent: 1 BR: $715 - $977 (690 - 710 sq/ft)
      2 BR: $853 - $1040 (810 - 950 sq/ft)
Included: Water
Parking: Underground $45 / 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

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

Rent: 1 BR: $715 - $850 (690 - 710 sq/ft)
      2 BR: $855 - $1040+ (950 sq/ft)
Included: Water
Parking: Underground $45 / 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

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

Rent: 1 BR: $795 (694 sq/ft)
      1 BR: $1220 (newly renovated)
      2 BR: $860 - $895 (923 - 935 sq/ft)
Included: Heat, hydro, water & A/C
Parking: Underground $50 / 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

CHELSEA PLACE 1 & 2
130 Beliveau Rd        R2M 1S7
88 Eric St            R2M 4A7
Phone: 204-452-0110 ext 116
Managed by: Quality Management Ltd.
204-452-0110
E-mail: qualitymanagement@mts.net
Website: www.qualitymanagement.net

Rent: Bach: $860+ (520 sq/ft)
     1 BR: $909+ (785 sq/ft)
     2 BR: $1142+ (1000 - 1030 sq/ft)
     3 BR: $1449+ (1150 sq/ft)
Included: Heat, hydro & water
Parking: Above $43 / month
         Underground $54 / month
         Visitor parking available
Safety: Enterphone system, night security & on-site caretaker
Activities: No
Shuttle: No
Features: A/C, balcony / patio, exercise facilities, gym, Smart Card laundry, carpet & vinyl flooring
Structure: Built in 1970, 12 floors & elevator
Bus Stop: On Beliveau Rd route 55

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<table>
<thead>
<tr>
<th><strong>St. Vital</strong></th>
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<tr>
<td>22 Beliveau Rd</td>
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<tr>
<td>R2M 1S5</td>
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<tr>
<td><strong>Phone:</strong> 204-255-2838</td>
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<tr>
<td><strong>Managed by:</strong> Sussex Realty</td>
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<tr>
<td><strong>Website:</strong> <a href="http://www.sussexrealty.ca">www.sussexrealty.ca</a></td>
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<tr>
<td><strong>Rent:</strong></td>
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<tr>
<td>1 BR: $904+ (600 - 900 sq/ft)</td>
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<tr>
<td>2 BR: $1022+ (900 sq/ft)</td>
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<td><strong>Included:</strong></td>
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<tr>
<td>Heat, hydro, water &amp; A/C</td>
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<tr>
<td>Parking:</td>
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<tr>
<td>Underground $32 / month</td>
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<tr>
<td>Visitor parking available</td>
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<tr>
<td><strong>Safety:</strong></td>
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<tr>
<td>Enterphone system, locked building, on-site caretaker &amp; 24 hr security</td>
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<td><strong>Activities:</strong></td>
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<tr>
<td>Yes &gt; call for more info</td>
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<tr>
<td><strong>Shuttle:</strong></td>
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<tr>
<td>Grocer 1x / week</td>
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<tr>
<td><strong>Features:</strong></td>
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<tr>
<td>A/C, laundry on every floor &amp; carpet flooring</td>
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<tr>
<td><strong>Structure:</strong></td>
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<tr>
<td>Elevator</td>
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<tr>
<td><strong>Bus Stop:</strong></td>
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<tr>
<td>On Dakota St routes 16, 51, 55 &amp; 58</td>
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</tbody>
</table>

| **ARDEN ESTATES** |
| 24 Arden Ave |
| R2M 2J9 |
| **Phone:** 204-960-1344 |
| **Managed by:** A.S.H. Management Group |
| 204-982-7973 |
| **E-mail:** fdesk@ashmanagementgroup.com |
| **Rent:** |
| 1 BR: $835+ |
| 2 BR: $835+ |
| **Included:** |
| Water |
| **Parking:** |
| Surface lot $45 / month |
| Visitor parking available |
| **Safety:** |
| Secured entrance |
| **Activities:** |
| No |
| **Shuttle:** |
| No |
| **Features:** |
| Large balcony, dishwasher, laundry on-site, A/C, carpet & vinyl |
| **Structure:** |
| Multi-level & elevator |
| **Bus Stop:** |
| On St. Mary’s Rd routes 14, 54, 51 & 76 |

| **NIAKWA TOWER** |
| 115 Niakwa Rd |
| R2M 5A8 |
| **Phone:** 204-254-4176 |
| **Managed by:** Rancho Realty |
| 204-233-4200 |
| **Rent:** |
| 1 BR: $920+ (600 - 675 sq/ft) |
| 2 BR: $1066+ (830 sq/ft) |
| **Included:** |
| Heat, hydro & water |
| **Parking:** |
| Surface lot, 1 stall included in rent |
| Visitor parking available |
| **Safety:** |
| Enterphone system & on-site caretaker |
| **Activities:** |
| Yes > call for more info |
| **Shuttle:** |
| To mall 2x / week |
| **Features:** |
| A/C, balcony, storage in suite, Smart Card laundry & carpet flooring |
| **Structure:** |
| Elevator |
| **Bus Stop:** |
| On St. Anne’s Rd route 55 |
| On Niakwa Rd route 16 |

| **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](http://www.sam.mb.ca) |
| **Rent:** |
| 1 BR: $944 |
| 2 BR: $1036 |
| **Included:** |
| Subsidized rent available |
| **Included:** |
| Heat & water |
| **Parking:** |
| Surface lot $35 / month |
| Visitor parking available |
| **Safety:** |
| Locked building, enterphone system |
| **Activities:** |
| To be organized by tenants |
| **Shuttle:** |
| No |
| **Features:** |
| 3 laundry facilities / floor, recreation rooms, pet friendly wing available, carpet & vinyl |
| **Structure:** |
| Built 2008, 4 floors, 3 elevators & all wheelchair accessible |
| **Bus Stop:** |
| On St. Anne’s Rd routes 55 & 59 |

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GOLDEN ARMS
11 St. Michael Rd R2M 2K5
Phone: 204-255-8600
Managed by: Globe General Agencies
204-956-2233
Website: www.globegeneral.ca

Rent: 1 BR: $920+
      2 BR: $1100+
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
Bus Stop: On St. Mary’s Rd routes 14, 51, 54 & 76

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

Rent: 1 BR: $1005+ (700 - 740 sq/ft)
      1 BR + den: $1100+ (920 sq/ft)
      2 BR: $1307+ (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: No
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

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

Rent: 1 BR: $1088 (650 sq/ft)
      1 BR: $1228 (includes den)
      2 BR: $1198+ (750, 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

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

Rent: 1 BR: $1158+
      2 BR: $1350+
Included: Heat & water
Parking: Surface lot $65 / month
         Heated underground $85 / month
         Visitor parking on street
Safety: Cameras, keyless entry
Activities: No
Shuttle: No
Features: Newly renovated, hardwood and ceramic floors, fireplaces, central air, dishwasher, microwave, washer & dryer in suite
Structure: Elevator & 9 floors
Bus Stop: On St. Mary’s routes 14, 54, 51 & 76

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CREEKSIDE TERRACE
200, 208, 212, 216 & 220 Burning Glass Rd
Phone: 204-415-3913  R2X 0H3
Managed by: Broadstreet Properties Ltd.
Website: www.broadstreet.ca

Rent:
2 BR: $1198 (850 - 922 sqft)
2 BR: $1228 (923 - 943 sqft)

Included:
Water

Parking:
$50 / stall

Safety:
Enterphone, locked building & on-site personnel

Activities:
No

Shuttle:
No

Features:
A/C, balcony / patio, party room, washer & dryer in suite, hardwood, carpet & vinyl flooring

Structure:
Built in 2010, 5 buildings, 4 floors & elevator

Bus Stop:
On Sage Creek routes 20 & 50

RIVERSIDE LIONS SENIORS RESIDENCES
(Assisted Living)
c/o 188 Worthington Ave  R2M 5K1
Phone: 204-255-8940
Fax: 204-255-1527

Assisted Living (27 units 3 wheelchair access):

Rent:
1 BR: $2146 (552 - 654 sqft)

Included:
Heat, hydro, water, basic cable, meals & laundry
Property liability Insurance

Parking:
Outdoor $44 / month
Covered $71.50 / month
Visitor parking available

Safety:
Enterphone, camera, key-card entry, 24 hr staff responders, caretaker on-site & Victoria Lifeline

Activities:
Yes > call for more info

Shuttle:
To outings

Features:
A/C, exercise facilities, recycling, courtyard & party room

Structure:
Built in 2008 & 5 floors

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

Meals:
Breakfast, lunch, dinner & snack

86 NIAKWA ROAD
86 Niakwa Rd  R2M 3A5
Phone: 204-257-1887
Managed by: Sherwood Development Ltd.
Website: www.sherwooddevelopments.com

Rent:
1 BR: $1020 - $1050 (690-700 sqft)
2 BR: $1430+ (897-977 sqft)

Included:
Heat, hydro & water

Parking:
Heated underground parking

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

Activities:
Call for more info

Shuttle:
No

Features:
A/C, balcony / patio, recreation room, recycling, washer & dryer in suite, indoor bicycle parking, carpet & vinyl flooring

Structure:
Built in 2011 & elevator

Bus Stop:
Niakwa at Seagrims route 16
Niakwa at St. Anne’s routes 55 & 59

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: $2440 - $2780
(640 - 815 sqft)
2 BR: $2940 (865 sqft)

Included:
Heat, hydro, water, laundry & meals

Parking:
Surface lot $50 / 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

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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 prices 
2 BR: call for current rent prices 
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 included in rent 

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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 204-956-8440 for more information.

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COLUMBUS VILLA
680 Kildare Ave E R2C 3M8
Phone: 204-222-8292

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

EAST PARK LODGE
720 Kildare Ave E R2C 4P2
Phone: 204-222-3251 ext 0

Rent: 1 BR: $680 (575 sq/ft)
2 BR: $808 (675 sq/ft)
Subsidized rent available

Included: Heat, hydro, water & laundry

Parking: Surface lot $24 / 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 $4.00, lunch $5.00 & dinner $6.00 (delivery add $1.00)

Bus Stop: On Kildare Ave E routes 46 & 47

SIR PAUL MARTIN ESTATES
440 Chriseind 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 1973, 3 floors & elevator

Bus Stop: On Kildare Ave E routes 46 & 47

EDGECWOOD PLACE
30 Guy Savoie Dr R2J 3R7
Phone: 204-777-5182
Managed by: Broadstreet Properties Ltd.
866-736-8515
Website: www.broadstreet.ca
E-Mail: info@broadstreet.ca

Rent: 2 BR: $1148 (861 - 922 sq/ft)
2 BR: $1178 (923 - 971 sq/ft)

Included: Water & in suite laundry

Parking: $50 / stall
Visitor parking available

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

Activities: No

 Shuttle: No

Features: A/C, balcony / patio, party room, reduced security deposit for 50+

Structure: Built in 2012, 3 buildings, 4 floors & elevator

Bus Stop: On Dugald routes 49 & 87

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KILDONAN GREEN APPTS  
45 Kildonan Green Dr  R3W 0E6  
Phone: 204-228-9076  
Managed by: Homestead Manitoba  
Website: www.kildonangreenapartments.ca

Rent:  
1 BR: $1317 (906 sq/ft)  
2 BR: $1388 - $1640  
(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:  
Call for more info

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

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PRAIRIE LANDING APPTS

20 Cal Gardner Dr  R3W 1P7  
Phone: 204-663-6983  
Managed by: Homestead Manitoba  
Website: www.prairielanding.ca

Rent:  
1 BR: $1395 (786 sq/ft)  
2 BR: $1800 (1119 sq/ft)

Included:  
Heat, hydro, water & in suite laundry

Parking:  
Included in rent  
Visitor parking available

Safety:  
Enterphone system, camera & on-site caretaker, 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 Almeay route 44 & Peguis at Regent route 47

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DEVONSHIRE HOUSE I  
(Assisted Living)

75 Kildonan Green Dr  R3W 0E1  
Phone: 204-667-2412  
Managed by: Homestead Manitoba  
Website: www.homesteadmanitoba.ca  
Email: devshire@mts.net

Rent:  
1 BR: $2085 - $2279  
(622 - 738 sq/ft)  
2 BR: $2650 - $2778  
(879 - 904 sq/ft)

Extra Person:  
Add $316 / month

Included:  
Heat, hydro, water, A/C & central air

Parking:  
Surface lot $50 / month  
Visitor parking available

Safety:  
Enterphone system, camera & locked building

Activities:  
Yes > call for more info

Shuttle:  
Yes to grocer

Features:  
Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure:  
Built in 2009, 4 floors & elevator

Meals:  
Daily brunch & dinner included

Bus Stop:  
On Plessis Rd routes 42 & 92

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DEVONSHIRE HOUSE II  
(Assisted Living)

65 Kildonan Green Dr  R3W 0E7  
Phone: 204-222-8962  
Managed by: Homestead Manitoba  
Website: www.homesteadmanitoba.ca  
Email: devshire@mts.net

Rent:  
1 BR: $2113-$2309  
(622 - 738 sq/ft)  
2 BR: $2743 (879 - 904 sq/ft)

Extra person:  
Add $302 / month

Included:  
Heat, hydro, water, A/C & central air

Parking:  
Surface lot $50 / month  
Visitor parking available

Safety:  
Enterphone system, camera & locked building

Activities:  
Yes > call for more info

Shuttle:  
Yes to grocer

Features:  
Balcony / patio, party room, storage in suite, recycling program, carpet & vinyl

Structure:  
Built in 2011, 4 floors & elevator

Meals:  
Daily brunch & dinner included

Bus Stop:  
On Plessis Rd routes 42 & 92

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Why make it harder than it has to be?
We can do it ALL!

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 ► Professional downsizing strategies and assistance
 ► Estate services

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lisa@seniorsmovingco.com
www.seniorsmovingco.com

The Seniors Moving Company

The Trusted Seniors Relocation Specialists
2: Life Leasing  www.liflease.ca / www.sam.mb.ca

Life Lease projects are an independent living form of rental housing and are governed by legislation in Manitoba. 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**

**Central**
Kiwanis Chateau
430 Webb Pl.
Phone: **204-943-8647**

**Fort Garry**
Lions Park Square
65 Paget St.
Phone: **204-475-6565**

**Inkster / Seven Oaks**
Fred Douglas Gardens
1300 Aberdeen Ave.
Phone: **204-982-2000**

**Fort Garry**
Lindenlake Terrace
895 Wilkes Ave.
Phone: **204-487-6519**

**Fort Garry**
Southpark Estates
132 Marrington Rd.
Phone: **204-269-7382**

**Fort Garry**
Lindenwood Estates
495 Lindenwood Dr. E.
Phone: **204-475-9990**

**Fort Garry**
Lindenholm Place
885 Wilkes Ave.
Phone: **204-489-1398**

**River East**
The Cornerstone Life Lease Estates I
1865 Gateway Rd.
Phone: **204-667-0866**

**River Heights**
Riverbend Plaza
400 Osborne St
Phone: **204-942-0991**

**River East**
The Cornerstone Life Lease Estates II
Gateway and Knowles
Phone: **204-667-0866**

**River East**
Valhalla Cove
15 Valhalla Dr.
Phone: **204-668-4410**

**River East**
Baron Estates
1395 Molson St.
Phone: **204-982-2000**

**Point Douglas**
The Senior’s Tower
147 Aberdeen Ave.
Phone: **204-589-7381**

**St. Boniface**
Agape Villa
395 Beaverhill Blvd.
Phone: **204-942-0991**

**St. Boniface**
Place Eugenie
201 Eugenie St.
Phone: **204-237-0141**

**St. Boniface**
Saints Peter & Paul Manor
375 Goulet St.
Phone: **204-231-9420**

**St. Boniface**
Villa Beliveau
500 Beaverhill Blvd.
Phone: **204-982-2000**

**St. Boniface**
Place Desmeuron Inc.
400 Des Meurons St.
Phone: **204-233-5337**

**St. James Assiniboia**
Colorado Estates
140 Ferry Rd.
Phone: **204-942-0991**
<table>
<thead>
<tr>
<th>Location</th>
<th>Site Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>St. James Assiniboia</td>
<td>St. James Lions Estates</td>
<td>866 Sturgeon Rd.</td>
<td>204-889-2150</td>
</tr>
<tr>
<td>St. Vital</td>
<td>St. Vital Knights Villa Ph II</td>
<td>537 A St. Anne’s Rd.</td>
<td>204-982-2000</td>
</tr>
<tr>
<td>Seven Oaks</td>
<td>Middlechurch on the Red</td>
<td>260 Balderstone Rd.</td>
<td>1-204-785-1208</td>
</tr>
<tr>
<td>Seasons of Tuxedo</td>
<td>The Link</td>
<td>731 Sterling Lyon Parkway</td>
<td>204-470-3333</td>
</tr>
<tr>
<td>St. James Assiniboia</td>
<td>Glendale Court</td>
<td>3950 Portage Ave.</td>
<td>204-837-3590</td>
</tr>
<tr>
<td>St. Vital</td>
<td>Vic Wyatt House</td>
<td>919 St. Anne’s Rd.</td>
<td>204-982-2000</td>
</tr>
<tr>
<td>St. Andrews</td>
<td>Mapleton Lane</td>
<td>1192 River Rd.</td>
<td>204-982-2000</td>
</tr>
<tr>
<td>Transcona</td>
<td>St. Michael’s Villa</td>
<td>114 Yale Ave. E</td>
<td>204-982-7973</td>
</tr>
<tr>
<td>Transcona</td>
<td>Transcona Place</td>
<td>110 Victoria Ave. W.</td>
<td>204-989-5922</td>
</tr>
</tbody>
</table>
3: 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
Housekeeping, laundry & support services
Assistance with some daily activities
Meals
Common living & recreation areas
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:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assiniboine South</strong></td>
<td>Assiniboine Links</td>
<td>The Wellington</td>
</tr>
<tr>
<td></td>
<td>4025 Roblin Blvd.</td>
<td>3161 Grant Ave.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-897-6854</td>
<td>Phone: 204-831-0788</td>
</tr>
<tr>
<td><strong>Portsmouth Retirement Residence</strong></td>
<td>125 Portsmouth Blvd.</td>
<td>Shaftesbury Park Retirement Residence</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-284-5432</td>
<td>905 Shaftesbury Blvd.</td>
</tr>
<tr>
<td><strong>Central Winnipeg</strong></td>
<td>Arlingtonhaus</td>
<td>Ellice Place</td>
</tr>
<tr>
<td></td>
<td>880 Arlington St.</td>
<td>555 Ellice Ave.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-783-3752</td>
<td>Phone: 204-945-4663</td>
</tr>
<tr>
<td><strong>Fort Garry</strong></td>
<td>Lindenwood Manor</td>
<td>Lindenwood Terrace</td>
</tr>
<tr>
<td></td>
<td>475 Lindenwood Dr. E.</td>
<td>490 Lindenwood Dr. E.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-475-9990</td>
<td>Phone: 204-489-2112</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Riverwood Square</td>
<td>The Parkway I</td>
</tr>
<tr>
<td></td>
<td>1778 Pembina Hwy.</td>
<td>85 Paget St.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-275-7632</td>
<td>Phone: 204-487-8500</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Waverley</td>
<td>Brightwater Senior Living of Tuxedo</td>
</tr>
<tr>
<td></td>
<td>857 Wilkes Ave.</td>
<td>741 Sterling Lyon Pkwy</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-487-9600</td>
<td>Phone: 204-272-8122</td>
</tr>
<tr>
<td><strong>River East</strong></td>
<td>Kildonan House</td>
<td>Concordia Village I &amp; II</td>
</tr>
<tr>
<td></td>
<td>216 Edison Ave.</td>
<td>1125 Molson St.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-338-8182</td>
<td>Phone: 204-667-6479</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Donwood Manor</td>
<td>Concordia Village III</td>
</tr>
<tr>
<td></td>
<td>165 Donwood Dr.</td>
<td>1115 Molson St.</td>
</tr>
<tr>
<td></td>
<td>Phone: 204 668-4410</td>
<td>Phone: 204-667-6479</td>
</tr>
<tr>
<td><strong>River Heights</strong></td>
<td>The Boulton</td>
<td>West St. Paul</td>
</tr>
<tr>
<td></td>
<td>45 Boulton Bay</td>
<td>St. Benedict’s Place</td>
</tr>
<tr>
<td></td>
<td>Phone: 204-475-4500</td>
<td>225 Masters Ave.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Phone: 204-338-4601</td>
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### Assisted Living Projects cont’d

<table>
<thead>
<tr>
<th><strong>Seven Oaks</strong></th>
<th><strong>River Ridge Retirement Residence</strong></th>
<th><strong>River Ridge Retirement Residence II</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amber Meadow</strong></td>
<td>320 Pipeline Rd.</td>
<td>50 Ridgecrest Ave.</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-633-5467</td>
<td>Phone: 204-589-2273</td>
<td>Phone: 204-586-2273</td>
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</table>

<table>
<thead>
<tr>
<th><strong>St. Boniface</strong></th>
<th><strong>Residence Despins</strong></th>
<th><strong>Manoir de la Cathedrale</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Catherine Place</strong></td>
<td>190 Raymond Pl.</td>
<td>151 Rue Despins</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-231-0999</td>
<td>Phone: 204-480-2900</td>
<td>Phone: 204-231-2277</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Villa Aulneau</strong></th>
<th><strong>Manoir de la Cathedrale</strong></th>
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<tbody>
<tr>
<td>601 Aulneau St.</td>
<td>321 Rue de la Cathedrale</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-594-6300</td>
<td>Phone: 204-231-2277</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>St. James-Assiniboia</strong></th>
<th><strong>Sturgeon Creek I</strong></th>
<th><strong>Sturgeon Creek II</strong></th>
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<tbody>
<tr>
<td><strong>Metropolitan Kiwanis Courts</strong></td>
<td>2300 Ness Ave.</td>
<td>10 Hallonquist Dr.</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-885-7700</td>
<td>Phone: 204-885-1415</td>
<td>Phone: 204-885-0303</td>
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</table>

<table>
<thead>
<tr>
<th><strong>St. Vital</strong></th>
<th><strong>The Terrace</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Dakota House</strong></td>
<td>3033 Portage Ave.</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-831-6742</td>
<td>Phone: 204-837-2305</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Riverside Lions Seniors Residences</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>188 Worthington Ave.</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-255-8940</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Transcona</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Devonshire House I</strong></td>
</tr>
<tr>
<td>75 Kildonan Green Dr.</td>
</tr>
<tr>
<td><strong>Phone</strong>: 204-667-2412</td>
</tr>
</tbody>
</table>

| **Devonshire House II**             |
| 65 Kildonan Green Dr.               |
| **Phone**: 204-222-8962              |
4: Companion Care

Companion Care
Companion Care is for people who can no longer manage independently, but prefer to live in a house rather than a personal care home. Companion Care providers offer personal care and support to older adults within the warmth and comfort of a private home. The Winnipeg Regional Health Authority (WRHA) selects and monitors Companion Care homes.

Companion Care Offers
The Companion Care program offers the advantage of being part of a family and part of the community. Because finding the right match is important, the personal preference and background are considered when placing an individual with a family. A Companion Care client has access to services such as:

- 24 hr support services
- Medications and some supplies provided
- Opportunities for social outings
- Access to health consultation services
- Housekeeping and laundry services
- Nutritious home-cooked meals
- Aid with personal care & medications

Requirements for Companion Care Providers
The WRHA selects and monitors Companion Care providers and their homes. The application process for Companion Care providers includes a comprehensive screening process and participation in an orientation program.

Access the Companion Care Program
Access to the Companion Care program is coordinated through Home Care and the WRHA Long Term Access Centre (panel process). People who wish to access the Companion Care Program must contact their WRHA Home Care Case Coordinator. If you do not have a Home Care Case Coordinator, you may request one by phoning the WRHA Central Intake Line at 204-788-8330. The Home Care Case Coordinator will then work with you to complete your assessment application. If you are in hospital and cannot return home, your health care team will work with you to determine which of the sponsoring homes best suits your needs.

Cost of Companion Care
Companion Care clients will pay a pre-determined rate based on their income, similar to living in a personal care home.

For additional program information contact:
Housing Coordinator
Winnipeg Regional Health Authority (WRHA)
Phone: 204-788-8330
5: 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.

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
Supportive Housing Projects Cont’d:

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

Harmony Court at Riverwood Square  
(96 spaces)  
1778 Pembina Hwy.  
Winnipeg, MB  R3T 1R2  
Telephone: 204-275-7632

Riverside Lions  
(48 spaces)  
180 Worthington Ave.  
Winnipeg, MB  R2M 1S4  
Telephone: 204-255-8940

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

For additional program information contact:  
Housing Coordinator  
Winnipeg Regional Health Authority (WRHA)  
Phone: 204-940-8706
6. Pocket Suites

Pocket Suites:
Pocket Suites are a unique alternative to living in a rooming house setting. Each home has 8 individual units thereby providing privacy, no shared spaces and a private bathroom. Each unit is approximately 200 sq/ft with a small kitchen, a sleeping area and a 3 piece bathroom. Windows provide natural light and good cross ventilation during the summer. The main floor units have no stairs and one unit for each home is handicap accessible.

Subsidies:
There are subsidies available for this project, call the number below to see if you qualify.

Features & Amenities:
Monthly charge includes water & hydro.

- Parking is available
- Outdoor area for tenant use
- Close to laundry services
- 3 piece bath; shower, sink and toilet
- Near shopping districts
- Kitchen has a 2 element hotplate
- Each unit has a small bar fridge

Managed Properties:

- 156 Kate St. (R3A 1K2) Downtown Area
- 374 Maryland St. (R3G 1M3) Downtown Area
- 409 Maryland St. (R3G 1M1) Downtown Area
- 592 Ross Ave. (R3A 0M1) Downtown Area

Managed by:

S.A.M. (Management) Inc.
Phone: 204-942-0991

www.sam.mb.ca
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
Common living and recreational areas
More flexibility than a Personal Care Home
Aid with daily activities & medical needs
Meals provided
Housekeeping & laundry
24 hour support services

Accessing Intermediate Personal Care
At the present time, there is only one Intermediate Personal Care facility that provides 24 hour care and supervision with full 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 5O5
Phone:     204-452-4044
Website: www.thorcare.ca
Rent:      Bachelor / studio: $2600 (225 sq/ft)
Included:  Heat, hydro, water & laundry
Parking:   Aboveground included in rent
           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, storage, 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
8: Long Term Care

What Long Term Care options are available?

- Chronic Care
- Companion 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
9: 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

The following is a list of Personal Care Homes in Winnipeg:

Assiniboine South

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charleswood Care Centre</td>
<td>5501 Roblin Blvd. R3R 0G8</td>
<td>204-888-3363</td>
</tr>
<tr>
<td>Extendicare / Tuxedo Villa</td>
<td>2060 Corydon Ave. R3P 0N3</td>
<td>204-889-2650</td>
</tr>
<tr>
<td>West Park Manor Personal Care Home</td>
<td>3199 Grant Ave. R3R 1X2</td>
<td>204-889-3330</td>
</tr>
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<tr>
<th>Facility Name</th>
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<th>Contact Info</th>
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<tbody>
<tr>
<td>Beacon Hill Lodge</td>
<td>190 Fort St. R3C 1C9</td>
<td>204-942-7541</td>
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<tr>
<td>Calvary Place Personal Care Home</td>
<td>1325 Erin St. R3E 3R6</td>
<td>204-943-4424</td>
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<tr>
<td>Parkview Place</td>
<td>440 Edmonton St. R3B 2M4</td>
<td>204-942-5291</td>
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<tr>
<td>Lions Personal Care Centre</td>
<td>320 Sherbrook St. R3B 2W6</td>
<td>204-784-1240</td>
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<tr>
<td>Misericordia Place</td>
<td>44 Furbay St. R3C 2A1</td>
<td>204-774-6581</td>
</tr>
<tr>
<td>Misericordia Health Centre</td>
<td>99 Cornish Ave. R3C 1A2</td>
<td>204-778-8165</td>
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### Fort Garry

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<th>Facility Name</th>
<th>Address</th>
<th>Contact Info</th>
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</thead>
<tbody>
<tr>
<td>Golden Door Geriatric Centre</td>
<td>1679 Pembina Hwy. R3T 2G6</td>
<td>204-269-6308</td>
</tr>
<tr>
<td>The Saul &amp; Claribel Simkin Centre</td>
<td>1 Falconridge Dr. R3Y 1V9</td>
<td>204-586-9781</td>
</tr>
<tr>
<td>St. Norbert Personal Care Home</td>
<td>50 St. Pierre St. R3V 1J6</td>
<td>204-269-4538</td>
</tr>
<tr>
<td>Southeast Personal Care Home</td>
<td>1265 Lee Boulevard R3T 2M3</td>
<td>204-269-7111</td>
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<th>Facility Name</th>
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<tr>
<td>Holy Family Home</td>
<td>165 Aberdeen Ave. R2W 1T9</td>
<td>204-589-7381</td>
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### Inkster

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<tr>
<td>Fred Douglas Lodge</td>
<td>1275 Burrows Ave. R2X 0B8</td>
<td>204-586-8541</td>
</tr>
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### River East

<table>
<thead>
<tr>
<th>Facility Name</th>
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<tr>
<td>Bethania Mennonite Personal Care Home</td>
<td>1045 Concordia Ave. R2K 3S7</td>
<td>204-667-0795</td>
</tr>
<tr>
<td>Concordia Place</td>
<td>1000 Molson St. R2K 4L5</td>
<td>204-661-7372</td>
</tr>
<tr>
<td>Donwood Manor Personal Care Home</td>
<td>171 Donwood Dr. R2G 0V9</td>
<td>204-668-4410</td>
</tr>
<tr>
<td>Kildonan Personal Care Centre</td>
<td>1970 Henderson Hwy. R2G 1P2</td>
<td>204-334-4633</td>
</tr>
<tr>
<td>River East Personal Care Home</td>
<td>1375 Molson St. R2K 4K8</td>
<td>204-668-7460</td>
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<tbody>
<tr>
<td>Poseidon Care Centre</td>
<td>70 Poseidon Bay R3M 3E5</td>
<td>204-452-6204</td>
</tr>
<tr>
<td>Pembina Place Mennonite Personal Care Home</td>
<td>285 Pembina Hwy. R3L 2E1</td>
<td>204-284-0802</td>
</tr>
<tr>
<td>The Convalescent Home of Winnipeg</td>
<td>276 Hugo St. N. R3M 2N6</td>
<td>204-453-4663</td>
</tr>
<tr>
<td>Riverview Health Centre</td>
<td>1 Morley Ave. R3L 2P4</td>
<td>204-478-6203</td>
</tr>
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<tr>
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<th>Contact Info</th>
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<tbody>
<tr>
<td>ActionMarguerite (Saint-Boniface)</td>
<td>185 Rue Despins R2H 2B3</td>
<td>204-233-3692</td>
</tr>
</tbody>
</table>

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<td>Park Manor Personal Care Home</td>
<td>301 Redonda St. R2C 1L7</td>
<td>204-222-3251</td>
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<td>Deer Lodge Centre</td>
<td>2109 Portage Ave. R3J 3J4</td>
<td>204-837-1301</td>
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<tr>
<td>Extendicare/Oakview Place</td>
<td>2395 Ness Ave. R3J 1A5</td>
<td>204-888-3005</td>
</tr>
<tr>
<td>The Salvation Army Golden West Centennial</td>
<td>811 School Rd. R2Y 0S8</td>
<td>204-888-3311</td>
</tr>
<tr>
<td>Heritage Lodge</td>
<td>3555 Portage Ave. R3K 0X2</td>
<td>204-888-7940</td>
</tr>
</tbody>
</table>

### St. Vital

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<td>Actionmarguerite (Saint-Vital)</td>
<td>450 River Rd. R2M 5M4</td>
<td>204-254-3332</td>
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<td>Golden Links Lodge</td>
<td>2280 St. Mary's Rd. R2N 3Z6</td>
<td>204-257-9947</td>
</tr>
<tr>
<td>Meadowood Manor</td>
<td>577 St. Anne's Rd. R2M 5B2</td>
<td>204-257-2394</td>
</tr>
<tr>
<td>River Park Gardens</td>
<td>735 St. Anne’s Rd. R2N 0C4</td>
<td>204-255-9073</td>
</tr>
<tr>
<td>Extendicare/Vista Park Lodge</td>
<td>144 Nova Vista Dr. R2N 1P8</td>
<td>204-257-6688</td>
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</tbody>
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### Seven Oaks

<table>
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<tr>
<td>Luther Home</td>
<td>1081 Andrews St. R2V 2G9</td>
<td>204-338-4641</td>
</tr>
<tr>
<td>Maples Care Centre by Revera</td>
<td>500 Mandalay Dr. R2P 1V4</td>
<td>204-632-8570</td>
</tr>
<tr>
<td>Middlechurch Home of Winnipeg</td>
<td>280 Balderstone Road West St. Paul R4A 4A6</td>
<td>204-339-1947</td>
</tr>
<tr>
<td>St. Joseph’s Residence</td>
<td>1149 Leila Ave. R2P 1S6</td>
<td>204-697-8031</td>
</tr>
</tbody>
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Senior Immigrant Settlement Services (formerly Entry Program for Older Adult Immigrants) is a program that offers a wide range of settlement services for newcomers 55 years of age and over.

**This program includes:**
- Entry for Seniors - Group Orientations
- English Language Program (ELP) for Seniors
- English Conversation Circles for Seniors
- Settlement Worker Services

**Contact A&O for more information.**
Contact A & O by phone at (204) 956-6440 or e-mail at SISS@aosupportservices.ca. Learn more at aosupportservices.ca!
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A & O: Support Services for Older Adults is a charitable organization governed by a volunteer Board of Directors. Every year, we assist tens of thousands of older adults living in Winnipeg and across the province. As a not-for-profit, we rely on the generosity of donors like you!

**GIVE YOUR WAY!**

No donation is too big or too small!

You may support the Agency in several ways:

- Any donation of $25 or more will receive a tax receipt
- ‘In Honour’ of someone or a special occasion
- ‘In Memory’ of a friend or family member
- **Wall of Honour:** Donations of $250 or more receive a plaque in your name or the name of a loved one on our Wall of Honour
- **A & O Endowment Fund:** The Endowment Fund is managed by The Winnipeg Foundation. The interest will be used to provide sustainable programs and services for older adults living in Manitoba now, and in the future.

**DID YOU KNOW?**

Your donation can help over 15 programs and services? Or, you may wish to designate your gift to one or more of the programs below:

**SAFETY & SECURITY**
- Elder Abuse Prevention Services
- Safe Suite Program
- Older Victim Services
- SafetyAid: Crime & Falls Prevention for Older Manitobans
- This Full House

**SOCIAL ENGAGEMENT**
- Senior Centre Without Walls
- Connect Program
- Volunteer Opportunities
- Entry Program for Older Adult Immigrants
- Senior Centres

**COUNSELLING SERVICES**
- Counselling
- Support Groups
- Information & Referral
- Legal Clinics
- Housing Program

“After many years of being financially and emotionally abused by a close family member, I found myself with very little financial security and still working at eighty years of age. Following an incident at my residence, charges were laid. A & O Social Workers visited my home and helped me throughout the legal process.

The expressions ‘willing to go the extra mile’ and ‘above and beyond the call of duty’ aptly describe the continuing care provided by A & O’s Older Victim Services.”

- Older Victims Services and Elder Abuse Services client

Want to learn more about how you can help? Please contact us:

Phone: 204-956-6440 in Winnipeg or toll-free: 1-888-333-3121
E-mail: info@aosupportservices.ca or visit our website at www.aosupportservices.ca
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