



Seniors RESOURCE HANDBOOK



Serving Town of Strathmore and Wheatland County

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ARTS, CULTURE AND ENTERTAINMENT

Akokiniskoway Gallery

www.rosebud.ca

403-677-2350

Tickets: **1-800-267-7553**

boxoffice@rosebudtheatre.com

...

Aspen Crossing

www.aspencrossing.com

403-534-2129 1-866-440-3500

info@aspencrossing.com

Aspen Crossing train themed theatre takes place in an authentic 1887 Pullman dining car. The theatres are extremely interactive – be prepared to get involved! There is also camping, escape rooms, a garden centre, train tours and the ever popular Polar Express.



...

Blackfoot Crossing Historical Park

blackfootcrossing.ca

403-734-5171

info@blackfootcrossing.ca

Enter a stunning facility and embark upon an unforgettable journey as you delight in fantastic exhibitions, dazzling performances, and enjoy an exciting, authentic, Blackfoot cultural experience.



...

Hope Bridges Society

www.hopebridges.ca

403-983-3640

coordinator@hopebridges.ca

Belong, Create and Connect Through the Arts!

Mission: Hope Bridges inspires meaningful connections in our community using the arts to bring adults together in friendship. Their arts are carried out with excellence, creating meaningful connection amongst participants and embracing each person's values.



...

Joyland Theatre

www.joylandtheatre.com

Movie Hotline: **403-934-3057**

7:30 pm showings and occasionally on weekends (a 2 p.m. matinee showing). Cash Only. Kids and Seniors \$8, General \$10

*Tuesday Nights – All seats \$8. Closed Mondays.

114 – 2nd Ave, Strathmore

...

Rosebud & District Centennial Museum

rosebudmuseum.ca

403-820-2870

After Hours (Bonita Hudson) **403-677-2352**

102 Railway Ave, Rosebud

...

Rosebud Masterworks Choir

Bill Hamm: **403-677-2350**

Provides an opportunity to sing with a choir that performs the works of the Masters. Performances include a Christmas and a Spring Concert. The group meets Wednesday evenings to practice.

Rosebud Theatre

www.rosebudtheatre.com

1-800-267-7553

Mission: Rosebud Theatre employs a resident company of artists who work together to produce shows as well as mentor apprentice performers and technicians for a life in the theatre. They have shows on their main stage (Opera House) and Encana Studio Stage.



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Strathmore Community Choir & Orchestra

Marvin Gill: **403-901-8241**

This choir “happens” once a year. Beginning the week after Thanksgiving, practices are underway and about 10 weeks later, there is a fantastic musical production, including voice and orchestra, performed for the community. If you have an interest in becoming a member of the choir or orchestra, contact the Music Director.

...

Strathmore Musical Arts Society (SMAS)

www.strathmorearts.com

Linda Storkson: **403-680-7721**

Mission: To provide excellent musical concerts and events to the Strathmore region.

SMAS has 4-6 regular concerts per year presenting artists from the region, Alberta and beyond! Tickets are available through local businesses.



...

Strathmore Performing Arts Festival (SPAF)

www.strathmorepaf.com

The Strathmore Performing Arts Festival is a non-competitive music festival that takes place in Strathmore, Alberta. The festival includes performance areas in Voice, Musical Theatre,

Choir, Concert Band, Jazz Band, Percussion Ensemble, Classroom Music, Piano, and Instrumental Solos, Duets, & Small Ensembles. Please visit our website for up to date information and dates.



...

Strathmore Theatre Players Guild

strathmoreplayers.ca

403-917-1206

strathmoreplayers@hotmail.com

This guild provides opportunities for theatre artists to create theatrical performances for the public to enjoy. Currently the troupe/guild holds their events at the Hope Community Covenant Church in Strathmore.



...

The Vault Cultural Collective

thevaultonline.ca

403-901-1654

To provide our community with a central resource dedicated to the promotion and enhancement of historical and fine arts initiative.

136 – 2nd Ave, Strathmore

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Western District Historical Society

www.wdhsociety.ca

wdhsociety@gmail.com

If you have an interest in preserving the stories of Western District life, then the recently established Historical Society is getting things moving! Their mission is to capture, preserve and share our communities' distinctive past. Partnering with others and bringing our people together through a number of social and educational events, their enthusiasm provides many enjoyable opportunities to ensure the continuation of our local heritage.

New members welcome!



...

Wheatland Society of the Arts

wheatlandarts.ca

403-934-6665

info@wheatlandarts.ca

Goals of WSA are to expand current adult offerings, and to develop extensive programming opportunities for kids and teens. Pervading these goals will be renewed efforts to build increased awareness of Wheatland Society of Arts in our community, county, and surrounding regions. Information: This society holds regular visual arts workshops facilitated by a variety of successful visual artists guests throughout the year. They share their art at festivals and galleries as well as local events.

213 – 3rd Ave, Strathmore



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CHURCHES AND RELIGIOUS ORGANIZATIONS

Bow River Alliance Church

www.bowriveralliance.com

403-991-6143

105 Main St, Carseland

...

Bethlehem Lutheran Church

403-823-7010

Dalum

...

Cluny Holy Trinity Parish

403-734-2028

Cluny

...

Dalemead Church

403-901-7980

www.dalemeadchurch.com

24 Argyle St, Dalemead

...

Gleichen Community Church

403-734-2140

204 Haskyne Ave, Gleichen

Harvest Healing Centre Church

403-880-3171

102 Canal Gardens,
Strathmore

...

Hope Community Covenant Church

<https://hope-community.ca/>

403-934-2424

245 Brent Blvd, Strathmore

...

Jehovah's Witnesses

403-902-2286

1 Bayside Place, Strathmore

...

Lord of All Lutheran Church

www.lordofall.ca

403-934-2374

112 Lakeside Blvd,
Strathmore

...

Nazareth Lutheran Church

403-644-3848

1020 – 1st St, Standard

The Neighbourhood Alliance Church
www.theneighbourhoodalliance.com
587-999-8663
333 Boulder Creek Dr,
Langdon

...

Our Savior's Community Lutheran Church
Center Street & 1st Ave,
Hussar

...

Rosebud Community Church
403-677-2244
rosebud.ca/church.htm
404 – 1st Ave,
Rosebud

...

Sacred Heart Catholic Church
www.sacredhc.ca
403-934-2641
221 – 4 Ave, Strathmore

...

St. Andrew's Anglican Parish
403-734-2562
219 – 4th Ave, Gleichen

...

St. Michael's Anglican Church
<https://www.calgary.anglican.ca/programs/st-michael-all-angels>
587-727-0649
112 Lakeside Blvd,
Strathmore (sharing Lord of All Lutheran Premises)

...

St. Rita's Catholic Church
403-533-3791 (Rectory)
210 Railway Ave East,
Rockyford

...

Strathmore Alliance Church
www.strathmorealliance.com
403-934-3543
325 – 1st Ave, Strathmore

...

Strathmore Full Gospel Church

www.

strathmorefullgospel.com

403-934-2225

sfgc@strathmorefullgospel.com

50 Maplewood Drive,
Strathmore

...

Strathmore Seventh-Day Adventist

www.

strathmoreadventist.ca

587-227-6956

info@strathmoreadventist.ca

112 Lakeside Blvd,
Strathmore. (sharing Lord
of All Lutheran premises)

...

Strathmore United Church

www.smoreuc.com

403-934-3025

410 – 4th St,
Strathmore

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The Church of Jesus Christ of Latter Day Saints

www.churchofjesuschrist.org

403-734-3547

Gleichen

...

The Church of Jesus Christ of Latter Day Saints

www.churchofjesuschrist.org

403-934-3612

60 Maplewood Drive,
Strathmore

...

The Redeemed Christian Church of God

www.rccgstrathmore.com

403-714-2283

322A, 2nd Ave,
Strathmore

...

Truth Baptist Church

www.standingfortruth.ca

403-703-2791

Meeting place: Strathmore
Civic Centre

DRUG STORES

All of the drug stores provide prescription delivery.

Loblaw Pharmacy

403-934-6510

100 – 900 Pine Road,
Strathmore

(Located inside No Frills)

...

Medicine Shop

#416 Gleichen

www.medicineshop.ca

403-734-2766

216 – 5th Ave, Gleichen

...

The Medicine Shoppe Pharmacy

403-734-5658

¼ TWP 6 RR2, Siksika

...

Mint Health + Drugs Crystal Ridge

www.mintdrugs.com

403-901-2244

crystalridge@mintdrugs.com

55 Wheatland Trail,
Strathmore

...

Pharmasave Carseland

403-902-1774

104 Main St, Carseland

...

Sandstone Pharmacy Langdon

www.sandstonepharmacies.com

403-936-5006

201 – 97 Centre St SW,
Langdon

...

Shoppers Drug Mart

403-901-2451

117 – 100 Ranch Market,
Strathmore

...

Strathmore CO-OP Pharmacy

www.calgarycoop.com

403-934-6632

100 Edgefield Gate,
Strathmore

...

**Strathmore Remedy's
Rx Pharmacy**

www.remedys.ca
403-902-0402
strathmorerx@gmail.com
320 – 2nd St, Strathmore

...

**Strathmore Value
Drug Mart**

www.valuedrugmart.com
403-934-3122
strathmore@
valuedrugmart.com
132 – 2nd Ave, Strathmore

**Valley Medical
Pharmacy**

403-983-8450
231 – 2nd Ave,
Strathmore

...

Walmart Pharmacy

403-934-3338
200 Ranch Market,
Strathmore

...

EDUCATION & EMPLOYMENT

Community Futures Wild Rose

www.wildrose.albertacf.com
403-934-8888
wildroseinfo@albertacf.com
Provides loans and consulting services to new and existing
businesses.
101 – 331 3rd Ave, Strathmore

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CORE Alberta

www.corealberta.ca
Collaborative Online Resources and Education knowledge
hub connecting organizations and seniors to advance
independent living for older Albertans, run by Healthy
Aging Alberta.

Global Training Centre

www.globaltrainingcentre.com

403-934-5046 Toll Free **1-855-321-3211**

gtc@globaltraining.ca

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Unison at Kerby Centre

<https://Unisonalberta.com>

403-265-0661

[HelloYYC@UnisonAlberta.com](mailto>HelloYYC@UnisonAlberta.com)

Senior Support in Alberta. Empowering seniors to live their best lives through a series of programs and services.
1133 – 7th Ave SW, Calgary

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Prospect - Rocky View and Wheatland Employment Services

www.prospectnow.ca

403-983-9910

info@prospectnow.ca

Rocky View and Wheatland Employment Services will help you with your employment and career goals, including helping you identify the steps needed to achieve your goals. Our services are at no charge and include assistance with resumes and cover letters, building your interview skills, and job search assistance.

Monday to Thursday 8:30am – 4pm

Unit #119 320 - 2nd St, Strathmore

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SAIL (Strathmore & Area Adult Inclusive Learning)

<https://www.strathmorelibrary.ca/SAIL/Strathmore-area-Adult-Inclusive-Learning>

403-934-5440

learn@ strathmorelibrary.ca

We provide accessible informal literacy learning opportunities so every adult can participate fully in society, at home, at work and in the community.

Get help with: Digital skills (including learning how to use email, a web browser and other basic tasks). English Language Learning. Reading and Writing. Math. CAEC (formerly GED). Work at your own speed with support from SAIL.

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University of Calgary For Seniors

403-210-7625

Tuition fees waived for seniors for undergraduate level courses.

LIBRARIES

Visit your local library for a wide selection of books, large print books, DVDs, and audio books. If you have a print disability, the library can also lend you a Victor Reader and Daisy Discs and help you set up an account with the CELA. The library has public computers for your use, and staff can help you access free eBooks and digital audio books on your e-reader, tablet, or smartphone. Visit your library to discover more programs and services. Strathmore and Wheatland County residents who are unable to visit the library are eligible to register for Marigold Library System's Library to You Service which allows you to order books and have them delivered by mail. You can return the books by mail at no cost to you. For Strathmore residents, the Strathmore Municipal Library's visiting library service provides volunteers to deliver library materials to your home on a monthly basis. Contact your local library for more information.

Carseland Community Library

www.carselandlibrary.ca

403-836-8090

acarselibrary@marigold.ab.ca

320 Railway Ave West,
Carseland

...

Gleichen & District Library

gleichenlibrary.ca

403-734-2390

agmlibrary@marigold.ab.ca
404 Main St, Gleichen

...

Hussar Municipal Library

www.hussarlibrary.ca

1-855-934-5334

LibraryLendingLockers@marigold.ab.ca

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Rockyford Municipal Library

www.rockyfordlibrary.ca

403-533-3964

rockyford.library@marigold.ab.ca

412 Serviceberry Trail,
Rockyford

Rosebud Paperback Deposit

www.rosebud.ca/library.htm

403-820-2870

Located in Rosebud
Centennial Museum

...

Standard Municipal Library

www.standardlibrary.ca

403-644-3995

astmlibrary@marigold.ab.ca

822 The Broadway,
Standard

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Strathmore Municipal Library

www.strathmorelibrary.ca

403-934-5440

info@strathmorelibrary.ca

85 Lakeside Blvd,
Strathmore

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EMERGENCY SERVICES

****IN CASE OF AN IMMEDIATE EMERGENCY CALL 911****

**Access Mental Health
403-943-1500 or Toll
Free 1-844-943-1500**

...

**Addiction Help Line
(Drug/Alcohol/
Gambling/Smoking)
1-866-332-2322**

...

**Ambulance, Fire,
Emergency and Police
911**

...

**Child and Family
Services**

403-934-1706

Strathmore

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**Distress Centre/Crisis
Line Calgary**

www.distresscentre.com

help@distresscentre.com

For help please call the Crisis
Line - 24 hours

403-266-4357

**Elder Abuse
Resource Line
403-705-3250**

The Elder Abuse Response
Team coordinates police and
social workers to respond to
allegations of abuse.

...

**Family Violence
Info Line**

403-310-1818

Help in 170 languages

...

**Health Link (AHS)
811**

...

Hospital

- refer to Medical section

...

**Mental Health
Help Line**

1-877-303-2642

24-hour support

...

Poison Centre Alberta
1-800-332-1414

24-hour support

...

**RCMP Gleichen/
Victim Services**

403-734-3923

Non Emergency

403-734-3056 Office

(open Monday – Friday
9 am to 5 pm)

...

RCMP Strathmore

403-934-3535

Non Emergency

403-934-3968 Office

(Monday – Friday
9 am to 5 pm)

...

**Siksika Crisis & Victim
Services 24/7**

403-734-2596

...

Siksika Fire and EMS

403-734-3999

...

**Strathmore Public
Health Unit (AHS)**

403-361-7200

650 Westchester Road,
Strathmore

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**Strathmore Regional
Victim Services**

403-934-6552

Located in the RCMP
Building. They provide non-
judgmental, emotional
support, a listening ear
and practical assistance to
victims of crime or tragedy.

500 Westlake Road,
Strathmore

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Suicide Crisis Hotline
Call 988 or Text 988

A safe space to talk, 24 hours
a day, every day of the year.

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True North

403-934-6634 (push 1)

A 24 hour Crisis Line that provides ongoing supports and services to women, men and children who are affected by family violence or in crisis.

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Veteran's Affairs Crisis Line and Referrals

1-800-268-7708

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Wheatland County Food Bank

403-324-4335

*See Food Section for more information

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FINANCIAL ASSISTANCE

Federal Programs for Seniors

www.servicecanada.gc.ca

1-800-277-9914

1-800-255-4786 TTY

- Old Age Security (OAS)
- Canada Pension Plan (CPP)
- Guaranteed Income Supplement (GIS)
- Allowance/Allowance for Survivor
- Survivor Benefits

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Money Mentors

www.moneymentors.ca

403-265-2201

1-888-294-0076

- Alberta Credit Counselling Agency
- Recover from financial crisis
 - Credit counselling
 - Money coaching
 - Retirement planning
 - Financial literacy

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TURNING 65? YOUR APPLICATION CHECKLIST

Federal Government Service Canada

www.servicecanada.gc.ca

1-800-277-9914

- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Canada Pension Plan (CPP)

Alberta Blue Cross Coverage for Seniors (Prescriptions)

403-234-9666

Three months before turning 65 you should receive a package containing a Proof of Age Declaration Form.

Provincial Government Alberta Supports

www.health.alberta.ca

1-877-644-9992

Seniors Financial Assistance covers:

- Alberta Seniors Benefit
- Dental Assistance for Seniors
- Optical Assistance for Seniors
- Property Tax Assistance for Seniors
- Special Needs Assistance for Seniors

Provide ONE of the following:

Birth Certificate, Passport, Canada Entry Document, Old Age Entitlement Letter or Baptismal Certificate

To provide Proof of Age Declaration, contact:

- Alberta Health
780-427-1432
- www.health.alberta.ca

If you require assistance applying for these programs, contact:

Strathmore FCSS 403-934-9090

Wheatland FCSS 403-934-5335

FOOD

DeliverMore

www.delivermore.ca

587-760-2417

support@delivermore.ca

Online ordering and delivery for select local restaurants,
Rx delivery for Strathmore No Frills, and custom delivery.

Hours of operation: 10 am – 10 pm daily

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Frozen Meal Program

Strathmore FCSS - 403-934-9090

Strathmore residents

Wheatland FCSS - 403-934-5335

Wheatland residents

This Frozen Meal Program, produced by Calgary Meals on
Wheels, offers nutritious options that can be stored in your
freezer for up to 3 months and used at your convenience.

- Available to anyone regardless of age, finances or status
- Call for order & delivery schedule
- Payment by: cash, cheque, debit or credit card

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Good Food Box

Strathmore FCSS - 403-934-9090

Strathmore residents

Wheatland FCSS - 403-934-5335

Wheatland residents

Provides residents an opportunity to purchase fresh produce at a very low cost. Participants pre-order & pay on or before the order date

- Strathmore FCSS: Payment by cash, cheque, credit card or e-transfer

Pick up 11am – 12 noon delivery day

- Wheatland FCSS: Payment by cash, cheque, or e-transfer

Pick up 2 - 4 pm delivery day

...

Gourmet2Door

gourmet2door.com

587-727-2506

order@gourmet2door.com

Gourmet heat and eat meals prepared by a Red Seal Chef delivered to your door. 1 day a week.

102 Canal Gardens, Strathmore



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Heart to Home Meals

www.hearttohomemeals.ca

403-374-6816 or 1-844-431-2800

Over 200 delicious frozen meals, soups, and desserts, delivered to your home. We offer a wide range of items that are suitable for many dietary needs.

Meals are delivered to Strathmore every 2 weeks on Tuesday and need to be ordered by noon the Friday prior.

Harvest Healing Centre Church

www.harvesthealingcentre.com

403-880-3171

- Bread Ministries

Cobs Bread available for free distribution on Saturdays 10:30 am – 12:00 pm
102 Canal Gardens,
Strathmore

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Meals on Wheels Strathmore

403-324-0655

Hot meals delivered daily Monday – Friday (including holidays). Available to Strathmore residents only.

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Strathmore and District Christmas Hamper Society

www.christmashampersociety.com

403-934-2266

Screening process for eligibility. Application begins mid-November. Please check website for dates.

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Wheatland County Food Bank

www.wheatlandfoodbank.ca

403-324-4335

Screening process for eligibility, two months minimum between hampers Bread & Extras on Tuesday, Wednesday & Thursday from 9 - 10:30 am. No appointment needed.

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GETTING INVOLVED

Volunteering can play a vital role in healthy aging. Remaining active and staying connected to the community can have a tremendous positive impact on a person's social, physical and emotional well-being. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues. According to Statistics Canada, Canada's senior adults volunteer an average of 198 hours each year, more than any other age group. Source ~ Volunteer Canada www.volunteer.ca Listed below is a small feature of what is available in our communities for volunteering and this section will continue to grow.

Bridging The Gap

www.
bridgingthegapalberta.ca
btgalberta@outlook.ca
403-361-7216

Serving Seniors 55+ in
Strathmore, Wheatland
County and area.

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Carseland Community Centre / Hall Rental

403-934-6007

president@
carselandalberta.ca

Carseland Lions Club

Paul Warren:

403-499-8722

Paul@immersiondesign.ca

...

Cheadle Community Club

587-355-6300

cheadleinfo@gmail.com

...

Cheadle Lions Club

Tom Ikert:
403-850-3030
tike1@me.com

...

Citizens on Patrol

RCMP
403-934-3968

...

Cluny Lions Club

Greg Brown:
403-901-8522
clunylions@gmail.com

...

Frozen Meal Program

Strathmore FCSS
403-934-9090
Wheatland FCSS
403-934-5335

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Gleichen Ag Society

Steven Yule:
403-734-3059
gleichenag@cciwireless.ca

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Gleichen Anglican Church Women

Dianne Brown:
403-734-2590

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Gleichen & District Community Association

Main Line: **403-734-2224**
Alice Booth:
lornmarg@telus.net
403-333-7523

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Gleichen Lions Club

Dave Sammons:
403-934-0940
gleichenlions@gmail.com

...

Growing Families Society

403-361-7216
growingfamiliesociety.ca
Mission: To promote, support and advocate for healthy lifestyles within our communities to enhance the unity of the family structure.

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**5 for Life
Early Childhood**

www.5forlife.ca

403-361-7216

5forlifeforever@gmail.com

...



**Hussar Fish & Game
Association**

Barry Traxel:

403-612-1705

traxel1@hotmail.com

...

Hussar Lions Club

Pete Anderson:

403-934-7427

...

**KARE Volunteer
Driver Program**

(Kind, Accessible,
Reliable, Economical)

Strathmore FCSS

403-934-9090

...

**Kinsmen Club of
Strathmore**

Basil Dwyer:

403-324-4031

bjd2@telus.net

**Lyalta Community
Club**

403-934-6012

icebookinginfo@gmail.
com

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**Nightingale
Community Hall
Association**

www.nightingalehall.com

Joan Denboer:

403-934-4156

info@nightingalehall.com

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Project H.O.P.E.

Project-hope.ca

info@project-hope.ca

Linda Tucker (Project
Coordinator):

403-934-4646

Sam Burton (Board
Chair):

403-934-0600

Project Hope provides
therapeutic services to
children between the ages
of 3-18 with severe learning,
social, emotional, physical
and behavioral needs.

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**Rockyford Catholic
Women's League**

stritasparish@outlook.
com

St. Rita's:

403-533-3791

Patsy Kathol:

403-533-3791

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**Rockyford
Community Centre**

Darcy Burke:

403-533-2127

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Rockyford Curling Club

Michael Kathol:

403-533-3883

...

Rockyford Fitness Club

Cathy Degroot:

403-533-3860

...

Rockyford Lions Club

rockyfordlions2020@
gmail.com

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**Royal Canadian Legion
#10 - Strathmore**

rcl10@shaw.ca

403-934-5119

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**Royal Canadian Legion
#10 Ladies Auxiliary
- Strathmore**

rcl10@shaw.ca

403-934-5119

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**Royal Canadian Legion
#166 - Standard**

Brettgates@

gatesagencies.com

Brett Gates:

403-644-3757

...

**Rural Crime Watch
RCMP**

403-934-4055

...

**Standard
Beautification
Committee**

Donna Christensen:

403-677-2296

...

Standard

Lionettes Club

Michelle Hutchison:
587-575-3859
standardlionettes@gmail.com

Meetings are held on the
1st Tuesday of the month,
7:30 pm, at the Senior's
Centre

...

Standard Lions Club

Brett Gates:
403-644-3757

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Step One Furniture

403-934-2424
Free gently used furniture
is available to Strathmore
and Wheatland County
residents through the Hope
Community Covenant
Church.

...

**Strathmore Catholic
Women's League**

sacredhc.ca/catholic-
womens-league

Strathmore

Communities in Bloom

cibstrathmore@gmail.com

Rob Pirie:
403-934-2270

...



**Strathmore Country
Gardens Club**

Trish Woods:
403-680-6271

...



**Strathmore & District
Curling Club**

www.strathmorecurling.ca
403-934-4514

180 Brent Blvd,
Strathmore

...

**Strathmore and District
Agricultural Society**

strathmorestampede.com
403-934-5811

...



Strathmore Elks

greg@assetins.com
Greg Whiteley:
403-888-6155

Strathmore FCSS
403-934-9090

...

Strathmore Historic
Walking Tour App

Download at:
www.OnThisSpot.ca
3 self guided walking tours
to discover the history that
surrounds you.

...

Strathmore Lions Club
strathmorelions@gmail.com

...

Strathmore Square
Dancing
Strathmoresquaredance.com

Dave & Claudia Littlefair:
403-620-5131
Claudia.Littlefair@gmail.com

...

Strathmore
Tri-Smore
[https://platinumracing.ca/
volunteer-master-page/
tom@platinumracing.ca](https://platinumracing.ca/volunteer-master-page/tom@platinumracing.ca)
403-542-5422

Strathmore United
Church Women

smoreuc.com
403-934-3025

...

Town of Strathmore,
Volunteer Connector
403-934-9090

[https://strathmore.ca/
en/residents/volunteer-
connector.aspx](https://strathmore.ca/en/residents/volunteer-connector.aspx)

The Strathmore FCSS is
here to help you! If you
need assistance signing up
for the Volunteer Connector
or want to learn more
about how the Volunteer
Connector can help
you, call to speak with a
Coordinator, or make an in-
person appointment.

...

Wheatland & Area
Hospice Society
wheatlandhospice.ca
info@wheatlandhospice.ca

403-934-8199

...

Wheatland FCSS
403-934-5335

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HEALTH

“It is health that is real wealth and not pieces of gold and silver.”

Mahandas Gandhi

211 Alberta

ab.211.ca

Call 2-1-1 Live Answer 24/7

Text INFO to 211

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

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Recovery Alberta Mental Health and Addiction Services

RecoveryAlberta.ca

403-361-7277 Strathmore Office

403-934-1500 Intake Line

- Therapy related to abuse/violence, addiction, complex grief, complex stress, anxiety and/or depression, suicidal thoughts, self-harm, persistent or severe mental illness, to individuals of all ages and their families.
- Assessment, treatment and follow-up are provided.
- Provides group therapy depending on need and availability.
- Geriatric services – provide client and caregivers with follow-up services for age related cognitive issues.
- Psychiatry is made available as necessary. For psychiatry only services, please speak with a family physician.

203 – 3rd Ave, Unit 1202,
2nd Floor Hilton Plaza

...

Addiction Help Line (Drug/ Alcohol/ Gambling)

www.albertahealthservices.ca/findhealth/service.aspx?id=1008399

1-866-332-2322

The Addiction and Mental Health Help Line is a 24-hour, 7 day a week, confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling. Available to all Albertans.

...

Alberta Aids to Daily Living (AADL)

310-0000 then **780-427-0731**

Helps individuals (subsidize the cost) who have a chronic disability / illness or are terminally ill to receive authorized basic medical equipment and supplies Includes: hearing aids, medical and surgical supplies, rehabilitation or respiratory equipment.

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Alberta Blue Cross Coverage for Seniors

www.ab.bluecross.ca

403-234-9666

Offers coverage for health related services not covered by Alberta Health Care Insurance.

The Government of Alberta pays the cost of the premiums for all Alberta seniors.

Coverage for seniors includes:

- Ambulance services
- 70% of prescription drugs
- Diabetic Supplies up to \$2,400.00 per year
- Chiropractic Services – (\$25.00 / visit – maximum \$200.00 annually)
- Clinical Psychological Services - \$60.00 per visit to a maximum of \$300.00 annually by a registered chartered psychologist
- Home Care Nursing to a maximum of \$200.00 annually

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Alberta Health Care Insurance Plan (AHCIP)

www.alberta.ca/ahcip

310-0000 then **780-427-1432**

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Hospital

Please refer to Medical section

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Health Link (Alberta Health Services)

811

Provides telephone advice and health information. Available 24 hours a day, seven days a week.

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MyHealth Alberta

myhealth.alberta.ca

Provides Information and tools to help manage your own health including: MyHealth Videos, Find Healthcare, Medications, Health Records, Symptom Checker, Advisories.

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Calgary Rural Diabetes Program

1-844-445-5588

Offers diabetes education and counselling for people with type 1, type 2 or gestational diabetes in the following communities and surrounding areas: Airdrie, Banff, Canmore, Claresholm, Diamond Valley, Didsbury, High River, Nanton, Okotoks, Strathmore and Vulcan.

This service may provide:

- diabetes education/counselling in a virtual group setting
- one-to-one appointments with nurses and dietitians, which include an overview of the disease, complications, medications, exercise and nutrition

...

Calgary Rural Primary Care Network 403-901-0142

Seniors face a greater need for primary care than younger generations due to their higher number of chronic health conditions, which are best managed by consistent visits with a primary care physician or nurse practitioner.

The Calgary Rural Primary Care Network emphasizes a team approach. With your family provider, we work to improve primary health care through disease and injury prevention, care of patients with chronic disease and medically complex problems, and overall promotion of good health habits. Our team of health specialists work with your family provider to offer group and one-on-one visits for: chronic disease management, nutritional counselling, medication reviews, blood pressure monitoring & management, tobacco cessation, chronic pain management, weight management, lifestyle management, child and adult counselling, foot care for chronic disease patients, health screening, discharge planning from hospital and an Internal Medicine & Geriatrician referral program.

The Primary Care Team consists of Registered Nurses, Licensed Practical Nurses, Registered Dietitians, Diabetes Educators, Peds Nurse Practitioner, Foot Care Nurses, Behavioral Health Clinicians, Community Development Coordinator, Clinic Panel Managers, and Administrative Assistants.

101, 320 - 2nd Ave, Strathmore



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Siksika Health Services

www.siksikahealth.com

403-734-5600

Offering dental, home care, pharmacy, eye care, community wellness–mental health, doctors office, lab, ultrasound, transportation, NNADAP – National Native Alcohol & Drug Abuse Program.

For emergencies call 911

- Addiction Services 403-734-5687
- Call Centre Line 403-734-5706
- Clinical Services 403-734-5690/5691
- Community Based Paramedics 403-585-0251
- Community Health 403-734-5687
- Fire & EMS 403-734-3999
- Health Hotline 403-734-5720
- Home Care 403-734-5695
- Laboratory & Xray 403-734-5667
- Medical Transportation 403-734-5676
- Pharmacy 403-734-5658
- Siksika Dental 403-734-3488
- Siksika Mental Health 403-734-5660

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Strathmore Adult Day Program

403-361-7121

Designated under Home Care, Alberta Health Services.

The program days are from Tuesday to Friday.

Adult Day Program services include:

- Therapeutic Recreation
- Health Monitoring & Promotion
- Respite Services
- Support Independent Living

Must be eligible to be a Home Care client for referral to Adult Day Program.

200 Brent Blvd, Strathmore

Strathmore Home Care

Home Care Access Intake Line **403-943-1920**

- Home care offers a range of services from nursing, therapy, rehabilitation, personal care and wound care
- Designed to compliment the care received from family, friends and other community services.
- The team consists of Nurses, Social Workers, Therapists, and Health Care Aides

200 Brent Blvd, Strathmore

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Strathmore Public Health

403-361-7200

Offering services to the general public, including vaccinations, maternal-child support, rehabilitation services for preschoolers, nutrition and public health inspection.

650 Westchester Road, Strathmore

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Drumheller Public Health

403-823-6500

351 - 9th St NW, Drumheller

...

With a Doctor's prescription the following Pharmacies will provide travel immunization:

**Mint Health + Drugs
Crystal Ridge
403-901-2244**
55 Wheatland Trail,
Strathmore

...

**Strathmore Remedy
RX Pharmacy
403-902-0402**
320 - 2nd St,
Strathmore

...

**Shoppers Drug Mart
403-901-2451**
117 - 100 Ranch Market,
Strathmore

...

**Strathmore Value
Drug Mart
403-934-3122**
132 - 2nd Ave,
Strathmore

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**Strathmore CO-OP
Pharmacy
403-934-6632**
100 Edgefield, Strathmore

HOME SERVICES

**Generations of Fun!
403-934-8644**
generationsoffun.com
Recreation Therapy and
Companion Services to
seniors in their homes and
Long Term Care settings.

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**Home Support
Wheatland County**
Wheatland FCSS
www.wfcss.org
403-934-5335
info@wfcss.org
Offers: Routine
housekeeping, companion
care, and grocery shopping.

Kennedy Senior Services Inc.

www.kennedysenior services.com

403-701-1885

kennedyseniorservices@gmail.com

- Home Care Services in Home or Long-Term Care
- Companionship Services
- Dementia Care
- Transportation with Assistance
- Non Medical Palliative Care
- Respite Care
- Servicing seniors of Strathmore, Langdon & Chestermere

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Kindred Companions

www.kindredcompanions.ca

587-727-0326 - Janet

janet@kindredcompanions.ca

Our Companions will visit clients at home, in supported living facilities, and in long-term care residences. We accompany seniors to appointments and outings in the community.

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Meals on Wheels, Strathmore Hot Meals

Please refer to Food Section.

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Meals on Wheels, Frozen Meal Program

Please refer to Food Section.

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Visiting Library

visitinglibrary@strathmorelibrary.ca

403-934-5440

A free service providing ongoing home delivery of library materials to citizens of all ages that are confined to their homes or care facilities.

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Umbrella Tree Home Care Services

403-629-3936

Offering respite care, home cleaning, support with daily living activities, patient advocacy, transportation and some lawn and garden care. Compassionate pricing available.

HOSPICE

Wheatland & Area Hospice Society

wheatlandhospice.ca

403-934-8199

info@wheatlandhospice.ca

- Bedside Respite Program: provides local, trained palliative volunteers, in home, hospital, or care facility to give family caregivers a break
- Palliative Navigator: identifies support for you and your caregivers and plans for collaborative care
- Dying2Learn Wheatland: provides quality and compassionate lectures and gatherings for palliative patients, family, and community

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HOUSING

Sagewood Seniors Community

agecare.ca/communities/sagewood

403-361-8000

sagewood@agecare.ca

A true “campus of care”, Sagewood enables seniors to age in place as their needs change by providing affordable housing apartments for active independent seniors. The Senior Care Centre provides supportive living, long term care and dementia care all under one roof. Attached to Sagewood Care Community is Sagewood Estate, an elegant three-story residence offering fully contained independent suites for low – moderate income seniors.

140 Cambridge Glen Drive, Strathmore

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Siksika Nation Housing Services

403-734-5200

403-734-3815 After hours

Monday - Friday 8:00 am to 4:30 pm.

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Step One Housing Society

www.wfcss.org

WFCSS 403-934-5335

info@wfcss.org

Provides transitional shared living accommodation/funding for persons with mental illness and at risk of being homeless. Offered to Strathmore and Wheatland County residents by referral only.

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Wheatland Housing Management Body

wheatlandhousing.ca

403-934-3937

There are six self-contained apartment buildings within Wheatland County and Strathmore with a total of 64 one- bedroom suites. These buildings, under the social housing program, are owned by the Alberta Government and are available to residents ages 65 and over. The units are smoke and pet free. Monthly rent is based on the applicant's income.

95 Wheatland Trail, Strathmore

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Wheatland Lodge

www.wheatlandhousing.ca

403-934-3474

Is a congregate, supportive-living lodge serving seniors 65 years of age and over in the Strathmore and Wheatland County area. The smoke-free lodge provides housekeeping, full-meal service, limited personal care, medication assistance, activities for entertainment and socialization.

76 – 2nd St, Strathmore

ADULT COMMUNITIES SUITABLE FOR SENIORS

Diamond Shore

A villa type of housing suitable for seniors - single levels no stairs.

Westlake Bay, Strathmore

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Lambert Village

403-934-2269

55+ years of age – 40 Units with guest suite. Ownership

Independent living

3 Park Lane Way,

Strathmore

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Parklane Place

Ranch Estates

403-934-5630

www.parkbridge.com

A safe and secure gated community with generous lot sizes, plenty of green space, and well-tended homes. Homes are

wheelchair accessible, contain an attached garage and are available to residents

65 years of age and older.

100 Ranchwood Lane,

Strathmore

Sagecourt

587-848-3130

avenueliving.ca

Community in a townhouse style family complex of 42 units. Providing safe and affordable 1 or 2 bedroom units to low-moderate income families.

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Strathmore Lakes Bay

A villa type of housing suitable for seniors - single levels, no stairs

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The Courtyard

Consists of apartments plus villas

43 Westlake Circle,

Strathmore

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LEGAL

Calgary Legal Guidance (formerly Dial-a-law)

clg.ab.ca

403-234-9266

Volunteer lawyers provide complimentary legal advice for individuals with a low income.

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Centre for Public Legal Education Alberta

www.cplea.ca

CPLEA creates resources that help people understand their rights and obligations under the law. We strive to improve both access to justice and the quality of justice available to Albertans.

...

Landlord Tenant Information

www.alberta.ca/residential-tenancies-act-handbook-and-reference-guide.aspx

1-877-427-4088

Provides information on the rights and responsibilities of all tenants, landlords, and agents involved in renting residential premises in Alberta under the *Residential Tenancies Act* (RTA) and regulations in Alberta.

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Law Society of Alberta

[www.lawsociety.ab.ca/
public/findalawyer/](http://www.lawsociety.ab.ca/public/findalawyer/)

403-229-4700

Toll free

1-800-661-9003

The Lawyer Directory allows people to search for information on a specific lawyer or find a lawyer who can help you with your legal issue based on certain search criteria.

Members of the public can find a lawyer to assist with their legal needs by searching by name, firm, location, practice areas, language(s) spoken, gender, and whether a lawyer offers limited scope retainers.

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Legal Aid Alberta

legalaid.ab.ca

1-866-845-3425

Based on client's legal issues and financial eligibility, people are eligible to receive services such as referrals, information and legal advice. Services are provided on the phone or in person.

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Office of the Public Guardian

alberta.ca/office-public-guardian-trustee.aspx

403-297-3364

The Office of the Public Guardian provides decision making mechanisms for individuals who are unable to make non-financial or personal decisions for themselves.

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Office of the Public Trustee

alberta.ca/office-public-guardian-trustee.aspx

403-297-6541

The primary function of the Public Trustee is to act as a trustee for a deceased persons' estate, and for clients with mental disabilities. Also assists minors who inherit from a deceased relative and/or are awarded a victim of crimes settlement.

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**Residential Tenancy
Dispute Service**

Landlords and tenants involved in a dispute can apply to this service to help resolve their dispute.

<https://www.alberta.ca/residential-tenancy-dispute-resolution-service>

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**Service Alberta
Consumer Contact
Centre**

1-877-427-4088

A government program in Alberta that investigates consumer complaints, enforces consumer protection legislation and residential tenancies.

LOCAL LAW OFFICES

**Getz, Collins &
Associates Law Office**
403-934-2500

225A Wheatland Trail,
Strathmore

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Jarvis Law Office
403-934-5000

110, 304 – 3rd Ave,
Strathmore

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Heming & Associates
403-934-5922

239 Brentwood Dr,
Strathmore

...

Lynn Woods Law Office
403-934-6333

101, 318 – 3rd Ave,
Strathmore

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MEDIA

Drumheller Mail

www.drumhellermail.com

403-823-2580

Weekly Paper Subscription

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Strathmore Now

www.strathmorenow.com

403-902-1111 Studio

403-902-1212 Reception

403-902-1111 Text Line

265 Edgefield Place, Strathmore

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Strathmore Times

www.strathmoretimes.com

403-934-5589

Free weekly newspaper available for pick up at Strathmore Times office; or available at retail businesses throughout Strathmore and Wheatland County.

129 - 2nd Ave, Strathmore



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The Newsy Neighbour Magazine

www.thenewsyneighbour.com

403-478-9114

Monthly online publication.



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MEDICAL

CHIROPRACTOR

**Back to Health
Chiropractic &
Wellness Clinic**
403-901-0664
240 - 3rd Ave,
Strathmore

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**Langdon Chiropractic
& Wellness**
403-936-2450
119 - 355 Centre St,
Langdon

...

**Centerpoint
Chiropractic &
Natural Health**
403-901-6088
Suite 102, 304 - 3rd Ave,
Strathmore

...

**Optimum Wellness
Centers**
403-934-5633
9, 55 Wheatland Trail,
Strathmore

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DENTAL

Crystal Ridge

Dental Care

403-934-9681

11, 55 Wheatland Trail,
Strathmore

...

Family Dental Clinic

403-983-2001

410 Lakeside Blvd,
Strathmore

...

Ranch Dental Centre

403-934-5292

105 Ranch Market,
Strathmore

...

Siksika Dental

403-734-3488

...

Strathmore

Dental Centre

403-934-5620

115 - 2nd Ave, Strathmore

...

Strathmore

Denture Clinic

403-902-2228

219 - 3 Ave, Strathmore

...

Valley Dental Clinic

403-934-2882

231 - 2nd Ave, Strathmore

...

Wheatland

Denture Centre

403-901-0440

115 - 2nd Ave, Strathmore
(Side entrance)

...

DIAGNOSTIC IMAGING

Frontier Diagnostics

www.fds.health

admin@fds.health

403-983-9998

231 - 2nd Ave, Strathmore

DOCTORS

Crystal Ridge Medical

403-934-5911

3, 55 Wheatland Trail,
Strathmore

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Pinnacle

Medical Centre

403-814-9780

120 Edgefield Place
Strathmore

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Gleichen

Medical Clinic

403-734-3434

216 - 5th Ave, Gleichen

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Strathmore

Medical Clinic

403-361-2422

320 - 2nd St, Strathmore

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Langdon Medical Clinic

403-936-5990

106 - 355 Centre Street
NW, Langdon

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Valley Medical Clinic

403-934-4444

231 - 2nd Ave, Strathmore

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Dr. Maria Muller

(Private Practice)

403-934-9210

28 Hillcrest Blvd,
Strathmore

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HEARING

Belton Hearing Center
403-901-6332
1-855-834-7359
202 - 2nd Ave,
Strathmore

...

**Calgary Hearing Aid
and Audiology**
403-262-2839
55 Wheatland Trail,
Strathmore

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HOSPITAL

Strathmore District Health Services (AHS)

200 Brent Blvd. Strathmore

Has acute care beds and long-term care beds. Services include acute care, rehabilitation, respite, palliative care, home care, diagnostic imaging, laboratory, ultrasound, cardiology, physical therapy, respiratory, diabetic clinic and a social worker.

Switchboard - 403-361-7000

Diagnostic Imaging Services - 403-361-7126 (X-Ray)

Laboratory Services - 403-361-7123 (Lab)

Rehabilitation Services - 403-361-7155

Ultrasound - 403-361-7126

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LAB SERVICES _____

Alberta Precision Labs

albertaprecisionlabs.ca

403-814-0709

299 Edgfield Place, Strathmore

Hospital

- refer to Medical Section

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OPTOMETRISTS _____

FYidocors

Strathmore

403-934-5034

321 - 3rd St,

Strathmore

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Jaffery Optical

587-333-2546

219 A - 3rd Ave,

Strathmore

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Gleichen Optical

403-734-3434

216 - 5th Ave,

Gleichen

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Ranch Market Eyecare

403-934-4159

105l, 1 - 100

Ranch Market,

Strathmore

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PHYSIOTHERAPY / REHABILITATION SERVICES

**Active Solutions
for Health**

[https://
activesolutionsforhealth.
com](https://activesolutionsforhealth.com)

403-983-3675

Rehabilitation, Sports
Medicine & Shockwave
Therapy Centre
280 B Ridge Road,
Strathmore

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FSM Physiotherapy

403-901-0664

240 – 3rd Ave, Strathmore
(inside Back to Health
Clinic)

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**Impact Health
Physiotherapy and
Sports Injury Clinic**

[www.
impacthealthstrathmore.
com](http://www.impacthealthstrathmore.com)

403-901-1460

Full-service, all-in-one
physiotherapy and
massage clinic for sports
and non-sports
related injury recovery.
216A, 4 Ave, Strathmore

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**Strathmore
Physiotherapy Clinic**
403-934-2913

231 - 2nd Ave, Strathmore

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SENIOR GROUPS

Bridging the Gap (BTG)

www.bridgingthegalberta.ca

403-361-7216

btgalberta@outlook.com

If you are looking to get out and connect with new people in your community, Bridging the Gap (BTG) could be just what you are looking for! We provide unique programs for anyone 55+ including: Community Lunch Club, sessions on health and wellness, loads of fun activities, connection to volunteer postings like baby cuddling, and opportunities to learn something new. We also participate in partnership events like Senior Power, Seniors' Week, Volunteer Appreciation, and the Women's Conference. There's a little bit of something for everyone!

Bridging the Gap also hosts a community events calendar if you are looking to attend and/or advertise your event. Go to bridgingthegalberta.ca/events/month/

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Carseland Jet Setters Club 55+

403-934-6007

Connie Mort: 403-934-3315

easymort@gmail.com

The Jet Setters make donations to charitable organizations, plan outings and at home functions and get involved supporting other community functions.

330 Railway Ave, Carseland

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Gleichen Community Hall Association

403-734-2224

204 - 3rd Ave, Gleichen

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Happy Gang 50+ Society of Strathmore

www.thehappygang.ca

403-934-2676

happygangofstrathmore@gmail.com

Provides a place for seniors age 50+ to gather for social activities and outings, as well as being kept informed of happenings in the community. Welcome to drop in.

85 Lakeside Blvd, Strathmore (next to the Library)

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Hussar Sundowners Senior Centre 50+

Rennie Jensen: **403-787-2268**

Everyone welcome! Men's coffee meeting, monthly potluck supper and meeting, movie night, stitch and chat. We make charitable donations and provide comfort through donations of afghans and slippers to newborns, Woman's Shelter, Hospice and those in hospital.

Center St and 2 Ave, Hussar

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Rockyford Friendship Centre

403-533-3955

The Rockyford Friendship Center is open to everyone 40+, which means the young and the young at heart! Coffee daily from 10am-12pm. Meetings are held on the third Wednesday of each month at 7pm.

110 Main St, Rockyford

Standard Young At Heart Centre
403-644-3940

Lynn Hagan **403-890-2738**

The Standard Young at Heart Centre is open for coffee Monday to Saturday from 10 – 11am, and holds meetings the third Tuesday of the month, with supper starting at 6:30pm.

814 Broadway, Standard

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TAXES

PROPERTY TAXES

Town of Strathmore

<https://strathmore.ca/en/residents/seniors-tax-rebate-program.aspx>

403-934-3133

tax@strathmore.ca

Wheatland County

wheatlandcounty.ca/taxes/

Property Taxes:

403-934-3321

Personal Tax Services:

403-934-5335

TAX SERVICES

Income Tax Program

Strathmore FCSS 403-934-9090

Wheatland FCSS 403-934-5335

If you have a modest income and a simple tax situation, FCSS and volunteers can help prepare your basic income taxes. This service is for seniors and people that can't prepare their taxes on their own.

Drop in or call to make an appointment.

Excludes – self employed, rental property, capital gains or losses, bankruptcies, filing for a deceased person.

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Seniors Property Tax Deferral Program

www.SeniorsPTDP.alberta.ca

1-877-644-9992

- Your home must be your primary residence
- You must be 65 or older
- Can defer residential property taxes owed to a municipality and this may include arrears and or penalties
- This program is offered by the Alberta Government

...

If you have a computer, you may net file your taxes at
www.netfile.gc.ca/menu-eng.html

**Seniors Property Tax Rebate Program
Town of Strathmore FCSS at 403-934-9090**

Provides Support to Low Income Senior Property Owners. Applicant must be 65 years of age or older; applicant must be the registered homeowner on title and must reside in the home.

Applicant's annual gross household income is the same as or less than the income thresholds set by the Government of Alberta based on line 15000 of the tax year notice of assessment and applicant's taxes are in good standing. Applications must be made before November 30th of the tax year being applied for.

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TRANSPORTATION

Genesis Medi Shuttle

www.genesismedishuttle.ca

403-201-2053

1-888-201-2030

We are a non-emergency stretcher and wheelchair transportation service. Our success has grown by providing a cost effective option to using ambulances for routine, yet time-sensitive appointments.

...

KARE Volunteer Driver Program

(Kind, Accessible, Reliable, Economical)

403-934-9090

Strathmore FCSS

The purpose of KARE Volunteer Driver Program (KVDP) is to assist those who do not have access to affordable, inter-municipal transportation (between communities) for their healthcare and personal appointments. By creating a formal program, the Strathmore FCSS office ensures that drivers and passengers alike are protected through appropriate insurance coverage and adequate volunteer screening.

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Kennedy Senior Services Inc.

www.kennedyseniorservices.com

403-734-5676

kennedyseniorservices@gmail.com

Transportation services, with assistance. Can accommodate wheelchairs.

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Siksika Medical Transportation

403-734-5676

Hours of operation are 8:00 am-4:30 pm Monday-Friday.

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Strathmore Handi-Bus

handibus.ca

Dispatch **403-934-3418**

Provides safe, courteous, timely and cost-effective transportation service to seniors 65+ and/or physically handicapped residents of the Town of Strathmore and Wheatland County.

Priority will be given to trips requiring a visit to a health care professional. Trips for shopping, entertainment and cultural events will be accommodated wherever possible.

TAXI

Strathmore Cabs

countrycabs.ca

403-499-9301

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WheatlandTaxi/Calgary

Airport Shuttle

wheatlandtaxi.com

403-499-8294

...

Strathmore Taxi

strathmoretaxi.ca

403-830-8294

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VETERANS SERVICES

Last Post Fund

www.lastpostfund.ca

info@lastpost.ca

1-800-465-7113

The Last Post Fund's mission is to ensure that no Veteran is denied a dignified funeral and burial, as well as a military gravestone, due to insufficient funds at the time of death. Its primary mandate is to deliver the Veterans Affairs Canada Funeral and Burial Program which provides funeral, burial and grave marking benefits for eligible Canadian and Allied Veterans. The Unmarked Grave Program provides military markers for unmarked Veterans' graves. In March 2019, the Indigenous Veterans Initiative was launched in an effort to commemorate and honour the memory of over 18,000 Indigenous Veterans, many of whom are thought to lie in unmarked graves.

"To honour and protect in death seems but a small return to those who have protected their country in life." Arthur Hair, Founder

Royal Canadian Legion #10 - Strathmore

www.strathmorelegion.ca

403-934-5119

Your Royal Canadian Legion is committed to making a difference in the lives of Veterans and their families, providing essential services in our communities, and remembering the men and women who sacrificed for our country. The Legion offers a variety of programs, resources and referrals to support Veteran health, transition to civilian life, financial assistance, and well-being. The Strathmore Branch offers Buddy Checks through Coffee & Comradeship, referrals to the Veterans' Homelessness Program, Music Healing, and a wide variety of recreational activities. Everyone is welcome to join or to simply visit.

Volunteer opportunities available.

230 – 2nd Ave, Strathmore

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Veterans Affairs Canada

www.veterans.gc.ca

1-866-522-2122

TDD/TTY 1-833-921-0071

information@veterans.gc.ca

The Veterans Independence Program provides annual tax-free funding for services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services. This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

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Veterans Independence Program

www.veterans.gc.ca

1-866-522-2122

TDD/TTY 1-833-921-0071

information@veterans.gc.ca

The Veterans Independence Program (VIP) helps seniors remain independent and self-sufficient in their home and community. Depending on individual circumstances and health needs, seniors may qualify for financial assistance to obtain services such as:

- Grounds maintenance
- Housekeeping
- Personal care
- Access to nutrition
- Health
- Support services provided by a health professional.

VIP does not replace other federal, provincial or municipal programs. Instead its role is to complement existing programs to help meet your needs.

WELLNESS

ADDICTIONS SUPPORT GROUPS

AA Meetings Strathmore

All meetings are mixed and open

Monday: 8:00 pm at Hope Community Church

403-901-9666 or **403-901-4570**

Tuesday: 7:00 pm Strathmore Full Gospel Church

403-901-6816.

Thursday: 7:00 pm at Strathmore Full Gospel Church

403-361-9396

Sunday: 2:00 pm at Strathmore United Church

403-934-9570

AA Meetings Gleichen

Meetings are mixed and open

Wednesday: 7:00 pm at the Gleichen Community Church,
204 Haskayne Ave, Gleichen

Main doors, downstairs

AA Meetings Rockyford

Meetings are mixed and open

Tuesday: 7:00 pm Rockyford United Church,
110 Main Street, Rockyford

hosted by the 'One Day At A Time Group'

To find an AA meeting close to you, please visit:
www.calgaryAA.org/meetings

Al-Anon Meetings Strathmore

24 hour help line **403-266-5850**

Are you concerned or affected by someone's drinking?

Strathmore New Hope Al-anon Family Group can help.
Meetings every Thursday at 8 pm @ Lord of All Lutheran
Church. 112 Lakeside Blvd, Strathmore (Entrance at back)

***Mixed** meetings refers to mixed gender; **Open** meetings
welcomes visitors seeking information. Visitors and friends
are expected to respect the anonymity of all persons they
see or meet at any and all meetings.

Care Givers' Support Group

403-361-7277

Recovery Alberta, Mental Health and Addiction Services - Strathmore

4th Tuesday of the month from 1:30 - 3:00 pm in the Day Program Room, Sagewood, Strathmore

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Compass for the Caregiver

Crystal Gaudet: **403-934-5335**

Joanne Simpson: **403-361-7277**

Group support sessions for caregivers. A program that helps caregivers balance their own well-being with the challenges of care giving. Free to residents within Wheatland County and Strathmore.

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Community Coats

Strathmore residents – program located at Harvest Healing Church **403-901-0893**

Wheatland County residents – program located at the Wheatland County Office, Hwy #1, travel 8 km east of Strathmore at Range Road 243

Wheatland FCSS **403-934-5335**

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Family and Community Support Services (FCSS)

FCSS is a partnership between the Government of Alberta, Municipalities and Métis Settlements that develops locally driven preventative social initiatives to enhance the well-being of individuals, families, and communities.

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Strathmore FCSS

<https://strathmore.ca/en/residents/family-and-community-support-services.aspx>

403-934-9090

The Strathmore Family & Community Support Services (FCSS) is a department of the Town of Strathmore. They provide preventative social programs and services that enhance the social well-being of families and individuals. We are committed to providing programs, services and resources to ensure our seniors feel included, welcomed, safe and healthy. Some of these programs and services include Advocacy, Frozen Meal Program, Good Food Box program, Seniors Helping Seniors, (assistance with government forms), Senior's Week celebrations, Snow Angels, Outreach and the Seniors Tax Rebate.

1 Parklane Drive, in the Strathmore Municipal Building

Wheatland FCSS

www.wfcss.org

403-934-5335

Serving Wheatland County residents, including Gleichen, Hussar, Rockyford and Standard. Residents can reach out to obtain information about local programs including counseling, affordable housing, and mental health. We also offer information for Government programs including assistance with applications. Programs and events we support are Compass for the Caregiver, County Coats, Good Food Box, Home Support, Income Tax preparation, Meals on Wheels, Senior Power, Volunteering, and Collective Cooking and Community Fee Assistance Program.

242006 Rge Rd 243 (Wheatland County Administration building)

FASD Support Group - Strathmore

Pam Groeneveld

pam.groeneveld@foothillsfas.com

403-652-4776

403-601-0862 cell

Caregiver meetings are held the 3rd Tuesday of every month at the Strathmore United Church, from 9:30 a.m. to 11:30 am. Staff are also available at Accredited Supports in Strathmore the first Tuesday of every month

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Foothills Advocacy In Motion (AIM) Society

bev@saims.org

403-934-4888

Offers supports to adults with developmental disabilities who reside in Wheatland County. The AIM Society offers support in the areas of home living, respite, outreach, employment placement and community access.

239B - 3rd Ave, Strathmore

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Growing Families Society

www.growingfamiliesociety.ca

www.bridgingthegapalberta.ca

www.5forlife.ca

403-361-7216

Our aim is to promote, support and advocate for healthy lifestyles within our communities to enhance the unity of the family structure.

Programs/Partnerships: Bridging the Gap, Growing Opportunities, 5 for Life Early Childhood and Post Partum Support Group.



Health First 365 Wellness

www.healthfirst365.com

587-365-1100

Acupuncture, TCM, Osteopathy, Shockwave, Herbal Medicine, Sport Injury, Women's Health, Weight Loss, Esthetics & Beauty Products.

244 – 3rd Ave, Strathmore



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Parkinson Disease Support Group

1-800-561-1911

**Please call for zoom link, as meetings have moved to an online platform.*

1st Thursday of each month from 1:30-3:00 pm

Learn up-to-date information on Parkinson's, share tips, resources, make new friends gain knowledge, and get the support you need. Open to individuals with Parkinson's, care partners, family and friend's.

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Rebloom Community Health & Wellness

www.rebloomstrathmore.com

403-988-3325

Offering a variety of treatments, groups and services to improve and help you maintain your optimal health. Whether you are experiencing pain or simply want to improve your physical, mental, or spiritual health. Rebloom Community Health and Wellness provides the resources to do so in a healing, friendly, local environment.

225C Wheatland Trail, Strathmore



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Root to Crown

rtcstrathmore@gmail.com

403-324-7742

A community hub where people can come to learn, grow, heal and connect, with diverse offerings and practitioners. Offering Crystal healing, Energy healing, Hypnotherapy, Mediumship, Reiki, Sound healing, Therapy, and Yoga.

235 – 3rd Ave, Strathmore



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Step One Peer Support and Wellness Group

Joanne Simpson: **403-361-7277**

Provides free access to educational, social, and physical activities in a group setting to adults in the Strathmore and Wheatland County area in order to facilitate emotional wellness and prevent isolation and/or relapse to those with mental health needs.

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Strathmore Aquatic Centre

<https://strathmore.ca/en/residents/strathmore-aquatic-centre.aspx>

403-934-3325

130 Brent Blvd, Strathmore



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Strathmore Disc Golf Course

Site map available on www.strathmore.ca or on www.strathmorediscgolf.com

Email: www.strathmorediscgolf.com/contact.html

Designed and built by the Strathmore Assembly of Youth

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Strathmore Family Centre Arena

<https://strathmore.ca/en/residents/family-centre-arena.aspx>

403-934-4772

The Strathmore Family Centre is the destination for ice sports including ice hockey, ringette, and figure skating. During the summer the facility is utilized for indoor lacrosse, ball hockey and roller hockey. The Family Centre houses two ice rinks; an NHL sized ice surface and an Olympic ice surface.

160 Brent Blvd, Strathmore

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Strathmore Farmers Market

www.strathmorefarmersmarket.ca

403-901-0477

June to September, every Friday 3:00 pm to 6:30 pm
Kinsmen Park.

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Strathmore Motor Products Sports Centre

<https://strathmore.ca/en/residents/strathmore-motor-products-sports-centre.aspx>

403-361-2121

The Strathmore Motor Products Sports Centre is an indoor, year-round multigenerational recreation facility for residents and organized sports groups. Includes an indoor walking track.

1150 Edgeview Road, Strathmore

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Strathmore Square Dance

Dance Instructor Dave: **403-620-5131**

strathmoresquaredance.com/home

The Strathmore Square Dance meet every Wednesday at 7 pm, October to April at Westmount School Gym, 220 Wheatland Trail, Strathmore. Use side door on LHS of building. Drop in any time.

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Suicide Bereavement Group

403-297-1700

info@cmha.calgary.ab.ca

Grief is complicated and you don't have to go through it alone. Through our Suicide Bereavement program, individuals are supported through the one to one interactions and group sessions to receive coping strategies to stay well after the loss of their loved one.

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FITNESS CLUBS

Anytime Fitness

1-888-261-8758

287 Edgefield Place,
Strathmore



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Feel Good Gym & Wellness Centre

[www.feelgoodgym
andwellnesscentre.ca](http://www.feelgoodgym
andwellnesscentre.ca)

403-983-2722

137 – 2nd Ave, Strathmore

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Strathmore Aquatic Center

403-934-3325

130 Brent Blvd,
Strathmore



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Studio 4 Pilates

403-361-0566

116 – 2nd Ave, Strathmore

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Target Fitness

403-901-8147

Bay A, 202 Canal Court,
Strathmore



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Transcend Yoga

[www.transcendyoga
andwellness.com](http://www.transcendyoga
andwellness.com)

587-365-3651

107 - 95 Brent Blvd,
Strathmore



FOOT HEALTH

**Calgary Rural Primary
Care Network**

403-901-0142

Please refer to Health Section

**Colleen Best
Foot Care**

587-727-0459

Colleen Best, Nurse

**Health & Soles
Mobile Foot Care**

587-727-0352.

Leah Julve, Nurse

Home Instead

403-910-5860

Enuice Sanyade, Nurse

**Lianna's Foot Care
Service**

403-325-0797

Lianna Hilton, Nurse

Longevity Foot Care

403-472-8885

Becky Li, Nurse

**Mountain Peak
Advanced Foot Care**

403-901-3748

Brittany McNarland, Nurse

**Sally Evoldson
Foot Care**

403-934-8561

Sally Evoldson, Nurse

As Community Agencies we often hear from seniors and colleagues that there isn't a collection point of information available for senior resources and services for our area. Through Bridging the Gap – Health Interagency meetings, a subcommittee was established to undertake this endeavour. We are so grateful for the many hours individuals spent collecting, writing, proofing and sharing what might be of value to seniors. A special THANK YOU to the agencies below for the realization of this 5th edition.

We realize this is a ‘work in progress’ and welcome updates and comments you may have for future editions. Contact us at Growing Families Society at 403-361-7216. Please know that nobody was intentionally missed, a resource handbook like this is never complete. Watch for the 6th edition in fall of 2027 in conjunction with Senior Power – Resource and Community Expo.



www.bridgingthegapalberta.ca

