

# SENIOR CENTRES

Living Well  
at **55+**

*Senior Centres are a community focal point where older adults, as individuals and in groups, come together for services and programs that promote, maintain and improve health and quality of life, support personal independence and encourage involvement in community life. The Centres offer accessible and affordable programs and services such as:*

- Fitness and Exercises Programing**
- Health Promotion and Wellness**
- Intergenerational Programming**
- Social, Recreational, Cultural and Educational Programming**
- Volunteer and Leadership Opportunities**
- Nutritional Programming**
- Mental Well Being Programming**
- Multi-Cultural Programming**
- Life long learning Programming**
- Information and Referral**

*Senior Centres are located throughout the City of Winnipeg.*



## **A & O: Support Services for Older Adults-Senior Centre Without Walls**

Virtual Senior Centre  
200-280 Smith Street  
Winnipeg, MB R3C 1K2  
Phone: (204) 956-6440

## **Aboriginal Seniors Resource Centre of Winnipeg**

527 Selkirk Ave  
Winnipeg, MB R2W 2M5  
Phone: (204) 586-4595

## **Archwood 55 Plus**

565 Guilbault Street  
Winnipeg, MB R2J 0R2  
Phone: (204) 416-1067

## **Brooklands Active Living Centre**

1960 William Avenue  
Winnipeg, MB R2R 0C4  
Phone: (204) 632-8367

## **Charleswood 55+ Active Living Centre**

5006 Roblin Boulevard  
Winnipeg, MB R3R 0G7  
Phone: (204) 897-5263

## **Creative Retirement Manitoba**

101-1075 Portage Avenue  
Winnipeg, MB R3G 0R8  
Phone: (204) 949-2565

## **Elmwood East Kildonan Active Living Centre**

180 Poplar Avenue  
Winnipeg, MB R2L 2C3  
Phone: (204) 669-0750

## **Good Neighbours Active Living Centre**

720 Henderson Highway  
Winnipeg, MB R2K 0Z5  
Phone: (204) 669-1710

## **Gwen Selter Creative Living Centre**

1588 Main Street  
Winnipeg, MB R2V 1Y3  
Phone: (204) 339-1701

## **North Point Douglas Seniors Association**

99 Euclid Avenue  
Winnipeg, MB R2W 2W5  
Phone: (204) 947-0380

## **Pembina Active Living (55+)**

50 Barnes Street  
Winnipeg, MB R3T 4Z7  
Phone: (204) 946-0839

## **Rady Jewish Community Centre**

B100-123 Doncaster Street  
Winnipeg, MB R3N 2B3  
Phone: (204) 477-7510

## **Rainbow Resource Centre**

170 Scott Street  
Winnipeg, MB R3L 0L3  
Phone: (204) 474-0212

## **St. James-Assiniboia 55+ Centre**

3rd Floor-203 Duffield Street  
Winnipeg, MB R3J 0L3  
Phone: (204) 987-8850

## **West End Active Living Centre**

1315 Strathcona Street  
Winnipeg, MB R3E 2Y4  
Phone: (204) 772-8035

To volunteer, please call the Senior Centre in your area!



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg