

# 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 Programming**
- 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  
200-207 Donald Street  
Winnipeg, MB R3C 1K2  
Phone: (204) 956-6440

## **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**

Mailing Address:  
PO Box 10022 Selkirk South  
Selkirk, MB R1A 0P5  
Phone: (204) 481-5030

## **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 Sectar Creative Living Centre**

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

## **Indigenous Seniors Resource Centre of Winnipeg**

A1-100 Robinson St  
Winnipeg, MB R2W 4C6  
Phone: (204) 586-4595

## **North Point Douglas Seniors Association**

49 Euclid Ave  
Winnipeg, MB R2W 2W4  
Phone: (204) 880-1655

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

170 Fleetwood Road  
Winnipeg, MB R3Y 1R3  
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) 599-6672

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



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg