

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 Programing**
- 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 2M65
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

448 Burnell Street
Winnipeg, MB R3G 2B4
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+)

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) 772-8035

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



Winnipeg Regional Health Authority Office régional de la santé de Winnipeg