

CONGREGATE MEAL PROGRAMS

Living Well
at **55+**

Congregate meal programs offer the opportunity to enjoy well-balanced affordable meals in a social setting.

Individuals are encouraged to participate in planning, cooking meals, setting tables and helping with clean up. Hot nutritious meals are offered three to five days per week in a group setting, such as an apartment block or senior centre. Meals are very reasonably priced.

64 Nassau Meal Program	64 Nassau St.	204-452-8758
ArlingtonHaus	880 Arlington St.	204-783-0241
Bethel Place	445 Stafford St.	204-284-3762
Brooklands Active Living Centre	1960 William Ave.	204-632-8367
Columbus Manor	303 Goulet St.	204-233-9276
Delmar Congregate Meal Program	110 Adamar Rd.	204-269-6322
EK Active Community Program	180 Poplar Av.	204-669-1710
Fort Garry Rotary Villa	528 Hudson St.	204-284-7228
Foyer Vincent	200 Horace St.	204-233-1925
Gwen Sectar Creative Living Centre	1588 Main St.	204-339-1701
Kingsford Haus Co-op	426 Kingsford Ave.	204-663-3004
L'Accueil Colombien	200 Masson St.	204-233-0501
Manitoba Eastern Star Chalet	525 Cathcart St.	204-889-3687
Metropolitan Kiwanis Courts	2300 Ness Ave.	204-885-7700
Manitoba Housing	125 Carriage Road	204-831-7963
Manitoba Housing	515 Elgin Ave.	204-775-5456
Manitoba Housing	875 Elizabeth Rd.	204-231-3942
Manitoba Housing	170 Hendon Ave.	204-945-6906
Manitoba Housing	444 Kennedy St.	204-232-7712
Manitoba Housing	601 Osborne St.	204-474-0642
NorWest Co-op Food Centre	61 Tyndall Ave.	204-615-3117
Parkside Plaza Meal Program	1630 Henderson Hwy.	204-339-4428
Place des Meurons	400 des Meurons St.	204-233-5337
River East Meal Program	1100 Henderson Hwy.	204-338-6284
St. James-Assiniboia Meal Program	203 Duffield St.	204-987-8850
Transcona Council for Seniors	209 Yale Ave. W.	204-222-9879
Transcona Council for Seniors	500 Widlake St.	204-222-9879
Villa Cabrini	433 River Ave.	204-284-2880



To volunteer, please call the Congregate Meal Program in your area!



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg