

# SENIORS RESOURCE FINDERS

## Information and Referral Hub

1. St. James Assiniboia Area Seniors Resource Coordinator	<a href="http://www.stjamescentre.com">www.stjamescentre.com</a> <a href="mailto:resource@stjamescentre.com">resource@stjamescentre.com</a>	204-560-5184
2. Assiniboine South Area Seniors Resource Coordinator	<a href="http://www.swsrc.ca">www.swsrc.ca</a> <a href="mailto:resources@swsrc.ca">resources@swsrc.ca</a>	204-478-6169
3. Fort Garry Area Seniors Resource Coordinator	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:fortgarry@aosupportservices.ca">fortgarry@aosupportservices.ca</a>	204-792-1913
4. St. Vital Area Seniors Resource Coordinator	<a href="http://www.dakotacc.com">www.dakotacc.com</a> <a href="mailto:seniorsresources@dakotacc.com">seniorsresources@dakotacc.com</a>	204-254-1010 Ext. 217
5. St. Boniface Area Seniors Resource Coordinator	<a href="http://www.dakotacc.com">www.dakotacc.com</a> <a href="mailto:seniorsresources@dakotacc.com">seniorsresources@dakotacc.com</a>	204-254-1010 Ext. 217
6. Transcona Area Seniors Resource Coordinator	<a href="http://www.transconaseniors.ca">www.transconaseniors.ca</a> <a href="mailto:tcs@mymts.net">tcs@mymts.net</a>	204-222-9879
7. River East Area Seniors Resource Coordinator	<a href="http://www.gnalc.ca">www.gnalc.ca</a> <a href="mailto:resrf@gnalc.ca">resrf@gnalc.ca</a>	204-667-6812
8. Seven Oaks Area Seniors Resource Coordinator	<a href="http://www.gwensecter.com">www.gwensecter.com</a> <a href="mailto:sevenoaksseniors@gwensecter.com">sevenoaksseniors@gwensecter.com</a>	204-339-1701 Ext 205
9. Keewatin/Inkster Area Seniors Resource Coordinator	<a href="http://www.kinrc.ca">www.kinrc.ca</a> <a href="mailto:kinrc@mts.net">kinrc@mts.net</a>	204-774-3085
10. Point Douglas Area Seniors Resource Coordinator	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:pdsc@aosupportservices.ca">pdsc@aosupportservices.ca</a>	204-792-2920
11. East Downtown Area Seniors Resource Coordinator	<a href="http://www.aosupportservices.ca">www.aosupportservices.ca</a> <a href="mailto:dsrca@aosupportservices.ca">dsrca@aosupportservices.ca</a>	204-803-8329
11. West Downtown/Broadway Area Seniors Resource Coordinator	<a href="http://www.bsrtc.ca">www.bsrtc.ca</a> <a href="mailto:broadwayseniors@gmail.com">broadwayseniors@gmail.com</a>	204-772-3533
12. River Heights Area Seniors Resource Coordinator	<a href="http://www.swsrc.ca">www.swsrc.ca</a> <a href="mailto:resources@swsrc.ca">resources@swsrc.ca</a>	204-478-6169
Conseil des francophones 55+ serves French speaking population of Winnipeg	<a href="http://www.fafm.mb.ca">www.fafm.mb.ca</a> <a href="mailto:conseil55@fafm.mb.ca">conseil55@fafm.mb.ca</a>	204 235-0670
West St. Paul and East St. Paul Area Senior Resource Coordinator	<a href="http://www.gwensecter.com">www.gwensecter.com</a> <a href="mailto:sevenoaksseniors@gwensecter.com">sevenoaksseniors@gwensecter.com</a>	204-339-1701 Ext 205

*Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; however, some common services are:*

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations

