

Foreword

As the Chairman of the Board of St. Aidan's Society and on behalf of the Board, it is with pleasure that we introduce this Senior's Guide to our community. "Building Strength in Our Region" is our tag line and guides the work that our organization focuses on. This Senior's Guide encompasses what resources and services are available to our senior population in the urban area of Fort McMurray as well as in our rural communities.

This Guide is as complete and accurate as possible at the time of printing. We regret any errors or omissions that are made and would appreciate being contacted about any changes that need to be corrected. All of the information included in this book can also be found online at staidanssociety.ca/servicesforsenior.ca. It is color coded for ease of reference between the printed guide and the online resources. The online version will be kept up to date and all significant changes made will be noted in the monthly newsletter that will come out at the end of each month in the Connect Newspaper. Any new businesses and organizations that chose to offer a discount will be added and will be included in the next print version.

We thank everyone who has contributed to the guide and has helped ensure the information is accurate at the time of printing. We would also like to thank Dan Sorenson of foto Source Photography for his photo contribution on the front cover and to United Way for their artistic contribution and their partnership in the printing of this book.

We hope you find this Guide useful and informative of the resources and services available to our senior population in the Regional Municipality of Wood Buffalo.

With Warm Regards,

Jay Bueckert
Chairman

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Fort McMurray: Community Services

NAME	Alzheimer Society Fort McMurray
CONTACT PERSON	Lauren Toews
PHONE NUMBER	780-791-0077 ext. 3042
EMAIL	Ltoews@alzheimer.ab.ca
ADDRESS	The Redpoll Centre at Shell Place; 1 C. A. Knight Way; Ft. McMurray, AB T9H 5C5
WEBSITE	http://www.alzheimer.ca/en/ab
HOURS OF OPERATION	Monday to Friday: 10:00 a.m. – 3:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Lauren is able to provide education and support programs for people with Alzheimer's disease and their care partners.</p> <p>Walk On: A free walking program for Seniors to attend at MacDonald Island Park on the upper level track. Takes place every Tuesday and Friday beginning at 9:30 a.m. with coffee to follow at the Island Café at 10:15 a.m. Call Lauren for more information.</p> <p>The Alzheimer's Society of Alberta and the Northwest Territories also helps to fund research into the cause, prevention and find cure of the disease.</p>

Fort McMurray: Community Services

NAME	Canadian Cancer Society
PHONE NUMBER	780-791-0174
EMAIL	info@cis.cancer.ca
ADDRESS	101-9908 Franklin Avenue Fort McMurray, AB T9H 2K5
WEBSITE	http://www.cancer.ca/en/?region=ab
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Volunteer Driver Program: Trained volunteers will be made available to drive you to and from any necessary appointments in Edmonton or Calgary. The Canadian Cancer Society will also help with securing a hotel discount when needed.</p> <p>Compassionate Financial Assistance Program: For any end of life needs the Society is able to provide financial support to all those who have exhausted all other means of financial support.</p> <p>Wig Lending Program: Wigs are available for cancer patients.</p> <p>Call for more information on any of The Canadian Cancer Society's support services and programs.</p>

Fort McMurray: Community Services

NAME	Fort McMurray Royal Canadian Legion
CONTACT PERSON	Manager
PHONE NUMBER	780-743-2329
EMAIL	royalcanadianlegion@shaw.ca
ADDRESS	9317 Huggard Street Fort McMurray, AB T9H 1C4
HOURS OF OPERATION	Monday: Closed Tuesday - Thursday: 8:00 a.m. - 9:00 p.m. Friday - Saturday: 8:00 a.m. - 4:00 p.m. Sunday: 9:00 a.m. - 4:00 p.m.
SERVICES OFFERED	<p>The third Thursday of every month the Legion hosts a brunch for Seniors 65+, which is \$15.95 per person</p> <p>Remembrance Day events are held at MacDonald Island.</p> <p>Hall rental is available, call 780-743-2329 if interested.</p> <p>The Legion caters special events which have included a Grandparents Day Brunch, Seniors Month dinner and bingo, Christmas and New Year's Celebrations.</p>

Fort McMurray: Community Services

NAME	Fort McMurray SPCA
CONTACT PERSON	Karlee Westenberg
PHONE NUMBER	780-743-8997 Ext. 1
EMAIL	info@fortmcmurrayspca.ca
ADDRESS	155 MacAlpine Crescent Fort McMurray, AB T9H 4A5
WEBSITE	www.fortmcmurrayspca.ca click on “FMSPCA” tab and then select “programs” from drop down menu.
HOURS OF OPERATION	Monday and Tuesday: Closed Wednesday to Sunday: 12:30 p.m. – 6:00 p.m.
SERVICES OFFERED	<p>The Nine Lives Companion Program matches Seniors with a senior feline that has been a long-term resident of the shelter.</p> <p>Fort McMurray SPCA will provide all necessary supplies and services including: food, litter, yearly vaccines, proper care training, health checks, and transportation to veterinary clinics.</p> <p>An online application is available at the above website. You may fill one out at home or visit the SPCA to complete an application.</p> <p>For more information or to apply contact Karlee.</p>

Fort McMurray: Community Services

NAME	Golden Years Society
CONTACT PERSON	Mari-Lee Paluszak
PHONE NUMBER	780-743-4088
EMAIL	goldenyears1976@shaw.ca
ADDRESS	10111 Main Street Fort McMurray, AB T9H 2G6
WEBSITE	www.goldenyearssociety.ca
HOURS OF OPERATION	Monday-Friday: 9:00 a.m. - 5:00 p.m. Saturday & Sunday: Closed
SERVICES OFFERED	<p>Cribbage: Every Tuesday evening starting at 7:00 p.m. From September – June.</p> <p>Catered Luncheons: Every Wednesday from 12:00 p.m. - 1:00 p.m. Cost is \$5.00 for members and \$10.00 for non-members. A 50/50 raffle is held and bingo follows lunch.</p> <p>Social Events: Valentine's Day, St. Patrick's Day, and Christmas. Music is provided by the Legion Jammers.</p> <p>Foot Clinic: Every other Thursday of the month, beginning on the second Thursday of each month. New clients please call 780-791-6250 to register.</p> <p>Craft Get Together: Every Monday beginning at 1:00 p.m.</p> <p>Bocce: Every Wednesday at 6:45 p.m.</p> <p>Tai Chi: Every Sunday at 2:00 p.m. Contact Mari-Lee to register</p> <p>Membership: The annual cost is \$15, and is open to anyone aged 55+. Mari-Lee also provides assistance to seniors who need help with their income tax return.</p> <p>The Golden Years Society bus is available to members only.</p>

Fort McMurray: Community Services

NAME	Long Term Care (NLRHC, 4th Floor) Activities and Events.
CONTACT PERSON	Denise Wilkinson – Area Manager Seniors Health Nancy Wentzel- Recreation Therapist
PHONE NUMBER	780-791-6251 - Denise 780-791-6197 – Nancy
EMAIL	Denise.wilkinson@albertahealthservices.ca Nancy.wentzel@albertahealthservices.ca
ADDRESS	7 Hospital Street Fort McMurray, Alberta T9H 1P2
WEBSITE	www.albertahealthservices.ca/facilities.asp
HOURS OF OPERATION	Visiting hours are Monday to Sunday from 12:00 p.m. – 10:00 p.m.
SERVICES OFFERED	<p>Regular activities for long-term care patients throughout the week.</p> <p>Families may attend any activity with their loved one who are at long-term care.</p> <p>Special events are always open to the public.</p>

Have you heard about Lumosity? It is the internet's most popular brain training program. You can enjoy games and tools that are developed by a team of neuroscientists for free; testing your memory, attention, speed, flexibility, and problem solving skills. Visit www.lumosity.com and get your personalized training program started instantly.

Fort McMurray: Community Services

NAME	Marine Park Museum and Heritage Park
PHONE NUMBER	Marine Park: 780-881-3005 Heritage Park: 780-791-7575
EMAIL	events@fortmcmurrayhistory.com
ADDRESS	Marine Park: 8405 Prairie Loop Blvd Fort McMurray, Alberta T9H 0G2 Heritage Park: 1 Tolen Drive Fort McMurray, Alberta T9H 1G7
WEBSITE	www.fortmcmurrayhistory.com and select "Marine Park" tab.
HOURS OF OPERATION	Monday to Saturday: 10:00 a.m. – 6:00 p.m. Sunday: 11:00 a.m. – 6:00 p.m.
SERVICES OFFERED	Admission rates for Seniors 65+: Marine Park Daily Rate: \$ 9.00 Heritage Park Daily Rate: \$10.00 Combined Park Daily Rate: \$14.50 Season Pass: \$37.50 Marine Park will re-open for the season in May. Heritage Park is currently closed due to damage caused by the flood but is anticipated to open in 2016. Heritage Park Gift Shop is open Monday to Saturday 9:00 a.m. – 5:00 p.m. Located at: 1 Tolen Drive.

Originally called McMurray Island, MacDonald Island was home to John James MacDonald, the first known settler in Fort McMurray. MacDonald was believed to have arrived in 1872 to work for the Hudson's Bay Company (HBC) soon after the original post was built by John Moberly. – *Heritage Park*

Fort McMurray: Community Services

NAME	McMan – Senior Outreach
CONTACT PERSON	Terri Bellwood
PHONE NUMBER	780-743-9721
EMAIL	Terri.bellwood@mcman.ca
ADDRESS	9916 Manning Avenue Fort McMurray, Alberta
WEBSITE	www.mcman.ca/PROGRAMSSERVICES/NorthernAlberta/OutreachandCommunityServices/SeniorsOutreach.aspx
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Matches volunteers with potentially isolated Seniors in the Wood Buffalo Region to enhance their quality of life through friendly visits, shopping, community outings and providing assistance in other areas of their lives.</p> <p>If you are interested in becoming a volunteer or would like any further information please contact the Volunteer Coordinator, Terri-Lynn Bellwood.</p>

Did you know that seniors aged 65+ are recommended to stay active for a minimum of 2.5 hours per week? You can spread your activities into sessions of a minimum of 10 minutes. The health benefits of remaining active include; an improvement in your balance, helps to reduce falls and injuries, helps you stay independent longer, and helps to prevent heart disease, stroke, osteoporosis, type 2 diabetes, and some cancers.

– *Public Health Agency of Canada*

Fort McMurray: Community Services

NAME	MS Society
CONTACT PERSON	Cait Evans
PHONE NUMBER	587-601-1716
EMAIL	Cait.evans@mssociety.ca
ADDRESS	1 C.A. Knight Way Fort McMurray, AB T9H 5C5
WEBSITE	https://mssociety.ca/chapter/fort-mcmurray-chapter
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. - 4:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>The MS Society offers a variety of programs to help people affected by multiple sclerosis effectively manage and cope with the disease.</p> <p>Special events and programs offered specifically in Fort McMurray include: Support groups, yoga, and meditation.</p> <p>Contact Cait for any support services or to register for upcoming events. Visit the online website for up-to-date events.</p>

Fort McMurray: Community Services

NAME	Snow Angels- Regional Municipality of Wood Buffalo
CONTACT PERSON	Nicole Martyn-Dickinson
PHONE NUMBER	780-743-7917
EMAIL	Nicole.Martyn-Dickinson@rmwb.ca
ADDRESS	Future Forward Building 9717 Franklin Ave Fort McMurray, AB T9H 2K1
WEBSITE	www.rmwb.ca select the "Living" tab and then chose "Seniors" and select Snow Angel Program
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Available to seniors in the community aged 65+.</p> <p>Student and community volunteers will shovel personal driveways and sidewalks. Priority will be given to seniors with less social supports and resources available to them.</p> <p>A service request can be filled out online or by contacting Steve directly.</p> <p>Processing times typically take two to three weeks.</p> <p>To volunteer to become a Snow Angel an online application is available at: www.rmwb.ca/living/Seniors and select Snow Angel Programs.</p>

Fort McMurray: Community Services

NAME	Spinal Cord Injury Alberta
CONTACT PERSON	Stephanie Myrick
PHONE NUMBER	Office: 587-410-2603 Cell: 587-645-0771
EMAIL	Stephanie.myrick@sci-ab.ca
ADDRESS	1 C.A. Knight Way, Shell Place Fort McMurray, AB T9H 5C5
WEBSITE	http://www.sci-ab.ca/
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:00 p.m. Saturday, Sunday, and Holidays: Reachable on Cell
SERVICES OFFERED	<p>Provides support with grants and information services regarding accessibility, parking and mobility aids</p> <p>Community advocacy for accessibility and safety in the community.</p> <p>Loan program for wheelchairs and other mobility aids.</p> <p>Facilitator for Discovering the Power in Me, a program designed by the Pacific Institute to help people overcome physical changes and help to cope with the emotions surrounding a change in mobility.</p> <p>Contact Stephanie for assistance or for any questions about programming.</p>

Fort McMurray: Community Services

NAME	St. Aidan's Society
CONTACT PERSON	Heather Landeen
PHONE NUMBER	Office: 780-743-4370 Extension 1 Cell: 780-880-8688
EMAIL	heatherl@staidanssociety.ca
ADDRESS	1 C.A. Knight Way, Shell Place Fort McMurray, AB T9H 5C5
WEBSITE	www.staidanssociety.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Providing Seniors and their Caregivers in the Region with an easy to access online guide of Services that are available. Visit the St. Aidan's website for current up to date information. Contact Heather for more information or to order a hardcopy of the available resources.</p> <p>The Coordinated Committee on Elder Abuse was formed through St. Aidan's with a primary purpose of building an Elder Abuse model for the entire Region. This committee meets once per month, and is currently looking for a Senior aged 60+ to join as a member.</p>

Fort McMurray: Community Services

NAME	Wood Buffalo Food Bank Association
CONTACT PERSON	Dan Edwards Colin Samson
PHONE NUMBER	780-743-1125 Dan: Extension 2221 Colin: Extension 2222
EMAIL	cs@woodbuffalofoodbank.com
ADDRESS	10117 King Street Fort McMurray, Alberta T9H 3J1
WEBSITE	www.woodbuffalofoodbank.com
HOURS OF OPERATION	Monday: 12:00 p.m. – 8:00 p.m. Tuesday to Friday: 8:30 a.m. – 4:30 p.m. Saturdays and Sundays: Closed
SERVICES OFFERED	<p>Distribution of food hampers to low income seniors.</p> <p>Call Dan or Colin for eligibility and to set up an appointment.</p> <p>Volunteer opportunities are also always available. You can volunteer any time during hours of operation, or the Food Bank is open for volunteers on the second Saturday every month 8:30 a.m. – 4:30 p.m. Contact Dan or Colin for more information.</p> <p>Basic Shelf Program: Six week cooking class for all those who are wanting to learn how to cook on a budget. Contact Yvonne Ormson to sign up Extension 2227</p> <p>Slow Cooker Program: A free 6 week cooking program; participants share a slow-cooker meal, discuss a health and nutrition topic, and assemble the ingredients for a recipe to take home and prepare. All participants receive a free Slow Cooker. Contact Yvonne to sign up Extension 2227.</p>

Fort McMurray: Community Services

NAME	Wood Buffalo Regional Library
CONTACT PERSON	Kelly Moore
PHONE NUMBER	780-743-7058
EMAIL	kelly.moore@wbrl.ca
ADDRESS	1 C.A. Knight Way (MacDonald Island Park) Fort McMurray, AB T9H 5N5
WEBSITE	www.wbrl.ca/programs-resources/adults/seniors-social
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. - 9:00 p.m. Saturday: 9:00 a.m. - 5:00 p.m. Sunday: 12:00 p.m. - 5:00 p.m.
SERVICES OFFERED	<p>Seniors aged 50+ can attend a Seniors Social which is held one Tuesday per month.</p> <p>Refreshments are provided.</p> <p>Membership is FREE.</p> <p>Other Events include: Zumba, Grandparents Day (Second week of each September), and Spa Day.</p> <p>The Wood Buffalo Regional Library also offers a Homebound Service. If you are unable to make it to the library due to mobility, physical, visual, and medical barriers a staff member will bring books and material right to you.</p>

Fort McMurray: Community Services

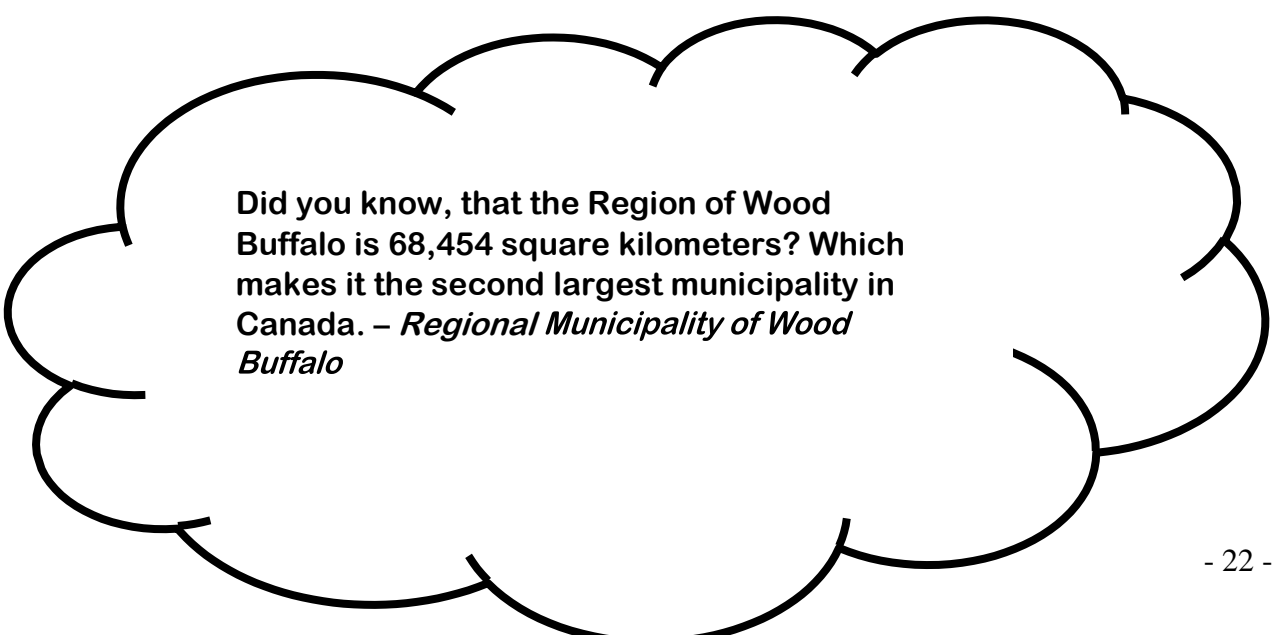
NAME	Wood Buffalo Senior Support Society
CONTACT PERSON	Colleen Wiebe
EMAIL	colleenwiebe@shaw.ca
ADDRESS	10006 Fraser Ave Fort McMurray, AB T9H 2C7
HOURS OF OPERATION	Every Tuesday and Thursday 9:30 a.m. – 12:00 p.m. Program runs from September until June
SERVICES OFFERED	Activities take place every Tuesday and Thursday at Legion Manor; however activities are open to the public. To register to attend an event, please contact Colleen by email.



Did you know the Region of Wood Buffalo celebrates our seniors during the entire month of June? Events include free luncheons at Golden Years Society, Bingo, Dinner at the Royal Canadian Legion, a Fashion Show, Anzac events, Social gatherings, and more.

Fort McMurray: Emergency & Crisis

NAME	Alberta Health Services: Addiction and Mental Health
CONTACT PERSON	Andrea Ziegler
PHONE NUMBER	780-743-7187 (Andrea) Toll Free: 1-866-332-2322 (24 hour helpline)
ADDRESS	410-9915 Franklin Ave Fort McMurray, AB T9H 2K4
WEBSITE	www.albertahealthservices.ca.amh.asp
HOURS OF OPERATION	Office Hours: Monday to Friday: 8:15 a.m. – 4:30 p.m. Toll Free Helpline is open 24 hours a day, 7 days a week.
SERVICES OFFERED	Offers assessments, counselling, and treatment to those in the community having difficulty with alcohol, drugs, and/or gambling. Seniors can call Andrea for more information on receiving individual counselling sessions.



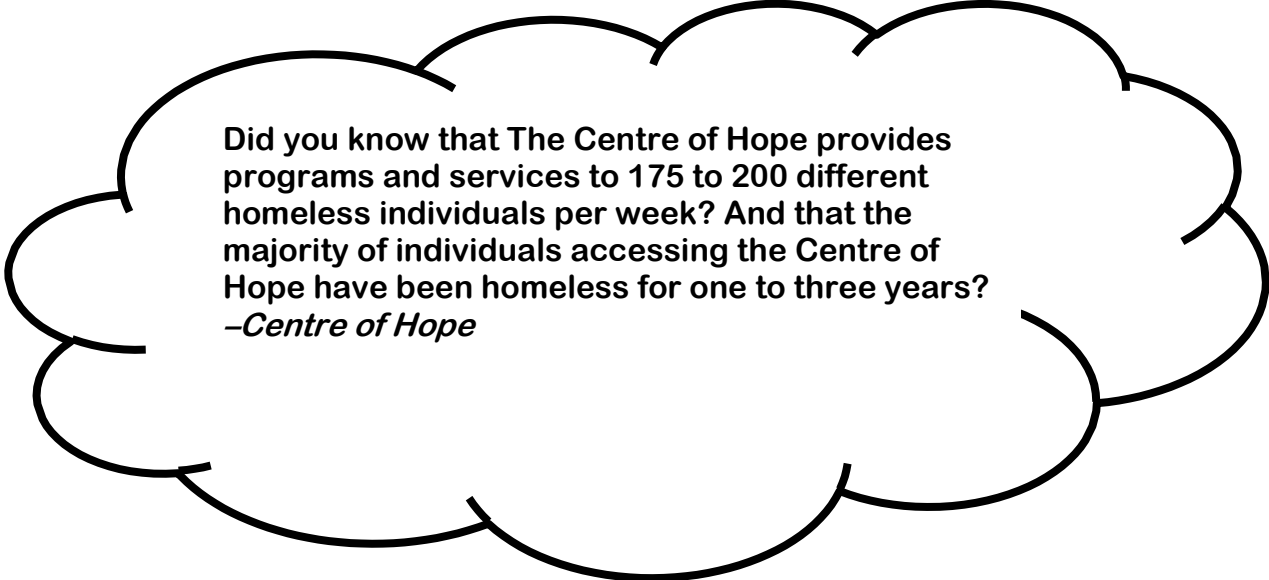
Did you know, that the Region of Wood Buffalo is 68,454 square kilometers? Which makes it the second largest municipality in Canada. – *Regional Municipality of Wood Buffalo*

Fort McMurray: Emergency & Crisis

NAME	Canadian Mental Health Association
CONTACT PERSON	Jane Barter
PHONE NUMBER	780-743-1053
EMAIL	director@woodbuffalo.cmha.ab.ca
ADDRESS	302-10011 Franklin Avenue Fort McMurray, Alberta T9H 2K7
WEBSITE	www.woodbuffalo.cmha.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:00 p.m. Saturdays, Sundays, and Holidays: Closed
SERVICES OFFERED	<p>Provides workshops, support groups, educational material, and aids to help clients cope in their environment.</p> <p>Offers a Pet Therapy Program. Please contact the office for more information and eligibility.</p> <p>Promotes seniors mental health through workshops that include focus on: Anger Management, Stress Management, Women's Self –Esteem, Living Life To The Full as well as Mental Health First Aid</p>

Fort McMurray: Emergency & Crisis

NAME	The Centre of Hope
CONTACT PERSON	Stephen Bryant
PHONE NUMBER	780-743-3912
EMAIL	stephen@fmcentreofhope.com
ADDRESS	1 McLeod Street Fort McMurray, AB T9H 1Z4
WEBSITE	www.fmcentreofhope.com
HOURS OF OPERATION	Monday to Sunday: 8:30 a.m. – 4:30 p.m.
SERVICES OFFERED	Offers daily drop in programs for individuals who are homeless or near homeless that includes laundry and shower facilities, nourishment, and support services.



Did you know that The Centre of Hope provides programs and services to 175 to 200 different homeless individuals per week? And that the majority of individuals accessing the Centre of Hope have been homeless for one to three years?
–*Centre of Hope*

Fort McMurray: Emergency & Crisis

NAME	Fellowship Baptist Church
CONTACT PERSON	Joseph Enverga (Director)
PHONE NUMBER	780-743-3747
ADDRESS	141 Alberta Drive Fort McMurray, AB T9H 1R2
WEBSITE	www.fb.me/soupkit4thesoul
HOURS OF OPERATION	11:30 a.m. – 12:30 p.m.
SERVICES OFFERED	<p>The Fort McMurray Soup Kitchen provides a hot lunch to residents.</p> <p>The Soup Kitchen is open Monday to Friday from September until the end of June.</p> <p>During July and August the Soup Kitchen is open on Monday, Wednesday, and Friday.</p> <p>Volunteers are always needed.</p>

Did you know that between 1990 and 2005, the amount of seniors with a post-secondary certificate, diploma or degree jumped from 18% to 31%? This trend will continue, as half of the Canadians who will turn age 65 over the next decade have one or more of these credentials. – *Statistics Canada*

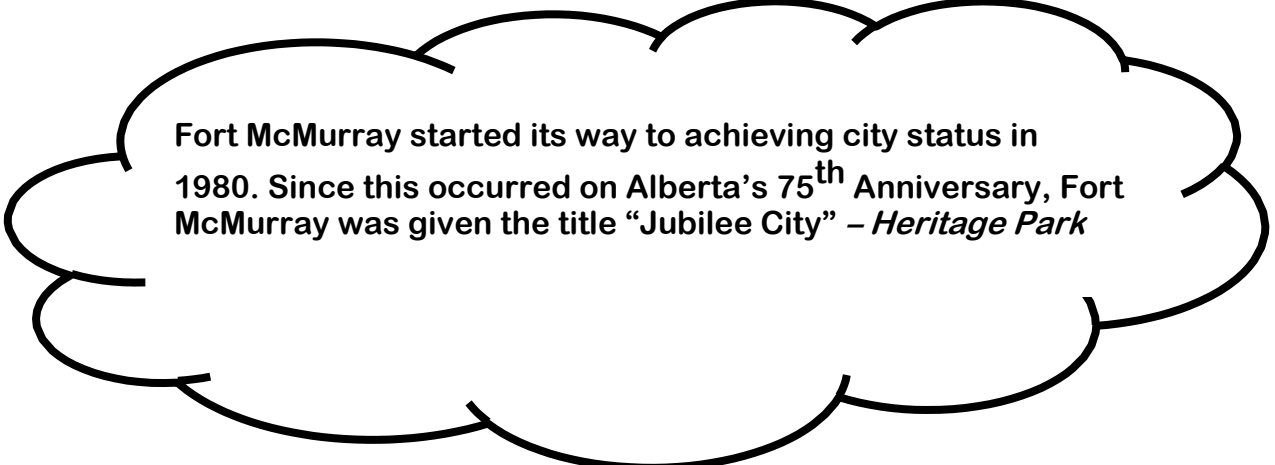
Fort McMurray: Emergency & Crisis

NAME	Marshall House
CONTACT PERSON	Irene Dempsey (Supervisor)
PHONE NUMBER	780-715-1870
EMAIL	irene@wbhadc.ca
ADDRESS	10095 Marshall Street Fort McMurray, AB T9H 1X6
WEBSITE	www.wbhadc.ca/rg_marshall.html
HOURS OF OPERATION	Monday to Sunday: 5:00 p.m.- 8:30 a.m.
SERVICES OFFERED	<p>Emergency accommodation for those in need. Doors open at 5:00 p.m. daily.</p> <p>Doors close to new arrivals at 11:00pm.</p> <p>Must leave by 8:30am.</p> <p>Bring photo ID for registration upon arrival.</p> <p>Individuals cannot use drugs or alcohol on the premises.</p>

Did you know that in 2005 the percentage of seniors in Canada living below the low-income cut-off was 10.2 % and rose to 12.3% in 2010?
– *Statistics Canada*

Fort McMurray: Emergency & Crisis

NAME	Northern Lights Regional Health Centre
CONTACT PERSON	Reception
PHONE NUMBER	780-791-6161 (press 4 to reach the operator)
ADDRESS	7 Hospital Street Fort McMurray, AB T9H 1P2
WEBSITE	www.albertahealthservices.ca/facilities
HOURS OF OPERATION	The hospital is open for emergencies 24 hours per day; however visiting hours for patients who have been admitted to the hospital are from 12:00 p.m. – 10:00 p.m.
SERVICES OFFERED	<p>If you have a loved one or friend in the hospital you may call for any patient information (information will not be released unless authorized by a nurse first).</p> <p>Wash hands upon arrival and when leaving the hospital.</p> <p>Call 911 if you are experiencing a medical emergency.</p>



Fort McMurray started its way to achieving city status in 1980. Since this occurred on Alberta's 75th Anniversary, Fort McMurray was given the title "Jubilee City" – *Heritage Park*

Fort McMurray: Emergency & Crisis

NAME	The Salvation Army of Fort McMurray
CONTACT PERSON	Dianne Rice (Family and Community Services Coordinator) Florence Bouchard (Family and Community Services Department)
PHONE NUMBER	780-743-4135 Fax: 780-791-2909
EMAIL	Dianne.rice@shawcable.com
ADDRESS	9919 MacDonald Avenue Fort McMurray, Alberta T9H 1S7
WEBSITE	www.salvationarmy.ca/Alberta
HOURS OF OPERATION	Monday to Friday: 10:00 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>There are emergency accommodations for those in need. This includes 32 emergency shelter beds (available to men only), and 30 emergency mats in winter for those who are homeless.</p> <p>A soup kitchen is offered at the Salvation Army in the Summer months (July and August) on Tuesday, Thursday, Saturday, and Sunday from 11:30 a.m. – 12:30 p.m. They will also serve a second meal from 4:30 p.m. – 5:30 p.m.</p> <p>The Family and Community Services Department will help to provide low-income seniors with resources such as financial help with prescriptions, and free clothing from their thrift store. An application for need will be filled out and assessed by Diane and Florence.</p>

Fort McMurray: Emergency & Crisis

NAME	Some Other Solutions (SOS)
CONTACT PERSON	Courtney Fiander at Reception (press 0) Janene Hickman – Support and Wellness Counselor (press 7)
PHONE NUMBER	Office: 780-743-8605 (press 0 for Courtney or 7 for Janene) 24 hr Crisis Line: 780-743-4357 Toll Free 24 hr Crisis Line: 1-800-565-3800
EMAIL	Janene.hickman@someothersolutions.ca
ADDRESS	9908 Manning Avenue Fort McMurray, Alberta T9H 2B9
WEBSITE	www.someothersolutions.ca
HOURS OF OPERATION	Office Hours: Monday to Friday: 8:30 a.m. – 4:00 p.m. Crisis line is open to take callers 24 hours per day
SERVICES OFFERED	<p>Some Other Solutions offers a 24/7 telephone listening and referral service.</p> <p>Trained listeners are ready to assist in moments of crisis.</p> <p>211: Provides callers links to other resources which are available in Fort McMurray.</p> <p>Janene provides Seniors with gap counselling which is a free service provided to Seniors who may be on a waiting list to receive help and would like short-term counselling.</p>

Fort McMurray: Entertainment

NAME	Fort McMurray Giants
PHONE NUMBER	<p>To purchase tickets by phone: 780-791-0070 – press 3 for the Box Office</p> <p>Purchase tickets online at: http://www.onerecreation.ca/events/fort-mcmurray-giants-baseball</p>
ADDRESS	<p>1 C.A. Knight Way Fort McMurray, AB T9H 5C5</p>
WEBSITE	http://fortmcmurraygiants.ca
HOURS OF OPERATION	<p>2016 Games to begin on May 27th</p> <p>To view a schedule online visit: http://highplainsbaseball.ca/game-schedules/2016-05/</p>
SERVICES OFFERED	<p>Rates for Seniors (Ages 60+)</p> <p>Single Game Tickets: \$10.00</p> <p>Regular Season Pass (24 games): \$210.00</p> <p>You can purchase your tickets online, by phone, or by visiting the Box Office at Shell Place.</p> <p>If you do not have access to a computer visit Shell Place Box Office for a copy of the schedule.</p>

Fort McMurray: Entertainment

NAME	Fort McMurray Oil Barons
PHONE NUMBER	780-743-5509 – press 0 for the Box Office
EMAIL	admin@oilbarons.com
ADDRESS	110 Eymundson Road Fort McMurray, AB T9H 5A5
WEBSITE	http://fortmcmurrayoilbarons.ca/
HOURS OF OPERATION	To view a schedule online visit: http://fortmcmurrayoilbarons.ca/schedule--results/game-schedule--results.html
SERVICES OFFERED	<p>Rates for Seniors (Ages 60+)</p> <p>Regular Season:</p> <p>Single Game Tickets: \$12.00</p> <p>Season Pass Package: \$210.00</p> <p>Playoffs:</p> <p>Single Game Tickets: \$15.00</p> <p>Package (10 games): \$150.00</p> <p>If you do not have access to a computer you may visit the Casman Centre Box Office for a copy of the schedule.</p>

Fort McMurray: Entertainment

NAME	Fort McMurray Social Dance Club
PHONE NUMBER	780-215-8677
EMAIL	fm.socialdanceclub@gmail.com
ADDRESS	<p>Current Event Location: 9317 Huggard Street Fort McMurray, AB T9H 1C4</p> <p>Mailing Address: Box 6103, Stn Main Fort McMurray, AB T9H 4W1</p>
WEBSITE	www.facebook.com/FortMcMurraySocialDanceClub
HOURS OF OPERATION	<p>Dances take place once per month. Please refer to the Facebook page or contact the dance club by phone for upcoming dance dates.</p> <p>Beginner lesson: 8:30 p.m. – 9:00 p.m. Social Dance: 9:00 p.m. – 12:00 a.m.</p>
SERVICES OFFERED	<p>Prior to each class a 30 minute lesson will be taught to those interested in the dance. No partner or experience is required.</p> <p>Membership cost is \$80/person. Memberships includes entry to all regular, monthly dance events for 1 year. (Sept to June)</p> <p>Drop-in: \$15/person</p> <p>The Fort McMurray Social Dance Club is a non-profit organization offering monthly dance events for adults to learn and practice ballroom, Latin and other dancing styles, including Foxtrot, Rumba, Cha Cha, Waltz, Swing, Two-Step, Tango and Salsa.</p>

Fort McMurray: Entertainment

NAME	Oil Sands Discovery Centre
PHONE NUMBER	780-743-7167
EMAIL	osdc@gov.ab.ca
ADDRESS	515 Mackenzie Boulevard Fort McMurray, Alberta T9H 4X3
WEBSITE	www.history.alberta.ca/oilsands/default.aspx
HOURS OF OPERATION	Monday: Closed Tuesday to Sunday: 10:00 a.m. - 4:00 p.m.
SERVICES OFFERED	<p>Rates for Seniors (Ages 65+)</p> <p>Daily Admission: \$8.00</p> <p>Annual Pass: \$35.00</p> <p>An educational facility with interactive exhibits to increase awareness and knowledge about the oil sands.</p>

Arriving in 1913, Sydney Ells, a geologist, was determined to map the oil sand deposits for the Mines Department so that they could be developed. While he was mapping the deposits and sending samples to Dr. Karl Clark for research on separation methods, oil sands plants started to be built to utilize the oil sand. – *Heritage Park*

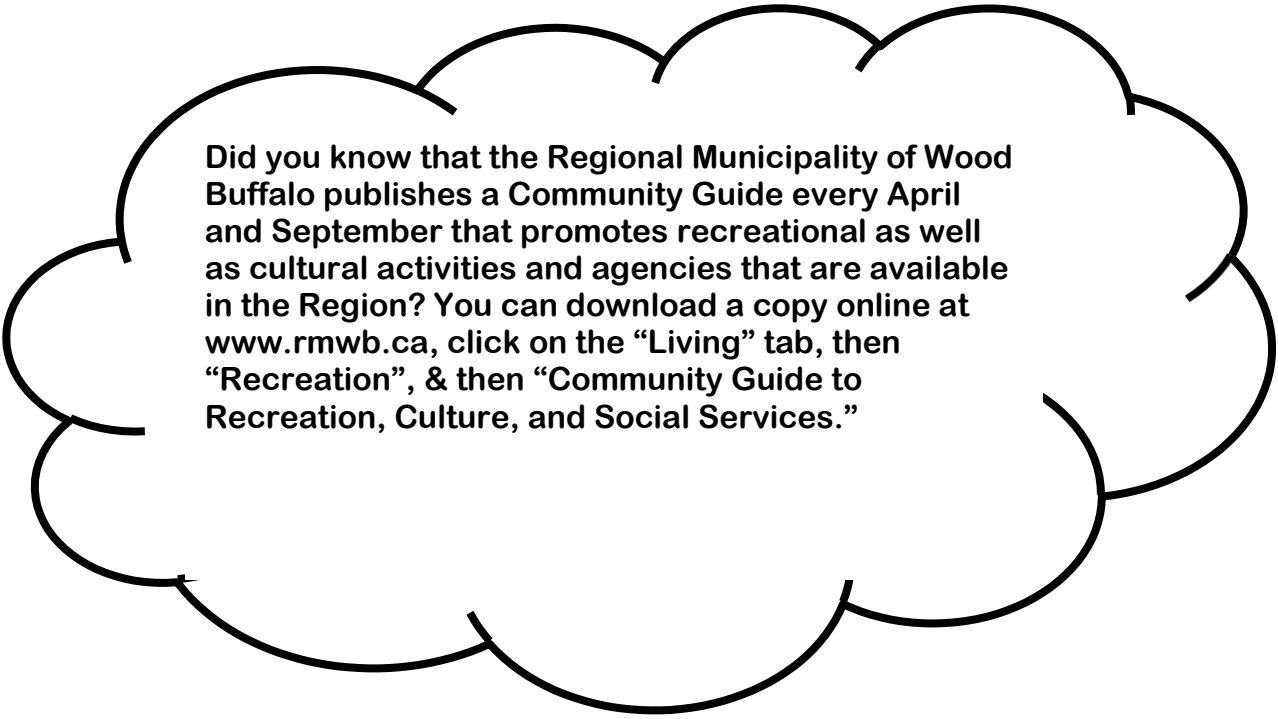
Fort McMurray: Entertainment

NAME	Keyano Theatre
PHONE NUMBER	780-791-4990
EMAIL	boxoffice@keyano.ca
ADDRESS	8115 Franklin Ave Fort McMurray, Alberta T9H 2H7
WEBSITE	www.keyano.ca/theatre
HOURS OF OPERATION	Tuesday to Wednesday: 12:30 p.m. - 4:00 p.m. Thursday to Friday: 12:30 p.m. - 8:00 p.m. Saturday: 11:00 a.m. - 4:00 p.m. Monday, Sunday and Holidays: Closed
SERVICES OFFERED	Those in the community aged 60+ are eligible for a discount. Call the box office for more details and pricing. Must buy theatre ticket a minimum of two hours before show time.

Did you know that during performances at Keyano, cameras and recording devices are prohibited, unless consent is given by the presenter? To avoid disappointment, you can check with the box office to confirm whether or not the presenter will allow for photos or video recording. –*Keyano College*

Fort McMurray: Entertainment

NAME	Landmark Cinema
PHONE NUMBER	Movie Information Line: 780-791-6610 Theatre office: 780-791-5949
ADDRESS	10015 Manning Avenue Fort McMurray, AB T9H 2C2
WEBSITE	www.landmarkcinemas.com/fort-mcmurray
HOURS OF OPERATION	Hours of operation are dependent on movie times.
SERVICES OFFERED	Matinee and Regular Show prices for those aged 65+ are \$9 per show. 3D shows are \$12 for those aged 65+.



Did you know that the Regional Municipality of Wood Buffalo publishes a Community Guide every April and September that promotes recreational as well as cultural activities and agencies that are available in the Region? You can download a copy online at www.rmwb.ca, click on the “Living” tab, then “Recreation”, & then “Community Guide to Recreation, Culture, and Social Services.”

Fort McMurray: Financial

NAME	ATB Financial
CONTACT PERSON	Downtown Branch: Reception Timberlea Branch: Reception
PHONE NUMBER	Downtown: 780-790-3301 Timberlea: 780-790-6945
ADDRESS	Downtown: 11 Haineault Street Fort McMurray, Alberta T9H 1R8 Timberlea: 315 Powder Drive Fort McMurray, Alberta T9K 0M3
WEBSITE	www.atb.com
HOURS OF OPERATION	Both branches are open: Monday and Tuesday: 9:30 a.m. – 5:00 p.m. Wednesday and Thursday: 9:30 a.m. – 7:00 p.m. Friday: 9:30 a.m. – 5:00 p.m. Saturday: 9:30 a.m. – 4:00 p.m. Sunday: Closed
SERVICES OFFERED	ATB offers a free Seniors chequing account. The Freedom Account is available to Seniors in Alberta ages 59+.

Fort McMurray: Financial

NAME	Bank of Montreal (BMO)
CONTACT PERSON	Downtown Branch: Reception Timberlea Branch: Lynn Adams (Branch Manager)
PHONE NUMBER	Downtown: 780-790-6992 Timberlea: 780-762-3500
ADDRESS	Downtown: 9920 Franklin Avenue Fort McMurray, Alberta T9H 2K5 Timberlea: 289 Powder Drive Fort McMurray, Alberta T9K 0M3
WEBSITE	www.bmo.com
HOURS OF OPERATION	Downtown Branch Hours: Monday to Wednesday: 9:00 a.m. – 5:00 p.m. Thursday and Friday: 9:00 a.m. – 6:00 p.m. Saturday: 9:00 a.m. – 4:00 p.m. Sunday: Closed Timberlea Branch Hours: Monday to Wednesday: 9:00 a.m. – 6:00 p.m. Thursday and Friday: 9:00 a.m. – 8:00 p.m. Saturday: 9:00 a.m. – 4:00 p.m. Sunday: 12:00 p.m. – 4:00 p.m.
SERVICES OFFERED	BMO offers a \$4.00 monthly credit to Seniors ages 60+ on their bank account monthly fee.

Fort McMurray: Financial

NAME	Canadian Imperial Bank of Commerce (CIBC)
CONTACT PERSON	Downtown Branch: Reception Timberlea Branch: Reception
PHONE NUMBER	Downtown: 780-743-3312 Timberlea: 780-791-1145
ADDRESS	Downtown: 8553 Manning Avenue Fort McMurray, Alberta T9H 3N7 Timberlea: 104 Riverstone Ridge Fort McMurray, Alberta T9K 1S6
WEBSITE	www.cibc.com
HOURS OF OPERATION	Downtown Branch Hours: Monday to Wednesday: 9:30 a.m. – 5:00 p.m. Thursday and Friday: 9:30 a.m. – 6:00 p.m. Saturday: 9:30 a.m. – 4:00 p.m. Sunday: Closed Timberlea Branch Hours: Monday to Wednesday: 9:30 a.m. – 5:00 p.m. Thursday and Friday: 9:30 a.m. – 7:00 p.m. Saturday: 9:30 a.m. – 4:00 p.m. Sunday: Closed
SERVICES OFFERED	CIBC offers a free chequing account that offers unlimited transactions. Visit a branch and ask for the 60 Plus Advantage available to all Seniors ages 60+.

Fort McMurray: Financial

NAME	Property Taxes - Regional Municipality of Wood Buffalo																			
PHONE NUMBER	780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050																			
EMAIL	assessment.taxation@woodbuffalo.ab.ca																			
ADDRESS	1 st Floor, Jubilee Centre 9909 Franklin Avenue Fort McMurray, Alberta T9H 2K4																			
WEBSITE	www.rmwb.ca select the “Living” tab and chose “Property Taxes.”																			
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed																			
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>						July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
	July 1	September 1	November 1	January 1																
Current	3%	7%	3%																	
Arrears	2%	2%	2%	9%																

Did you know that in 1870, Henry "John" Moberly was dispatched by the Hudson's Bay Company to open a trading post here? He named the post Fort McMurray after William McMurray – *Fort McMurray Tourism*

Fort McMurray: Financial

NAME	Royal Bank of Canada (RBC)
CONTACT PERSON	Downtown Branch: Debbie Fingas Timberlea Branch: Cheryl Alexander Stoneycreek Timberlea Branch: Shaun Geurts
PHONE NUMBER	Downtown: 780-790-3207 Timberlea: 780-792-5444 Stoneycreek Timberlea: 780-747-7637
ADDRESS	Downtown: 8540 Manning Avenue Fort McMurray, Alberta T9H 5G2 Timberlea: 106 Millennium Drive Fort McMurray, Alberta T9K 2S8 Stoneycreek Timberlea: 100 Riverstone Ridge, Unit 101 Fort McMurray, Alberta T9K 1S6
WEBSITE	www.rbc.com
HOURS OF OPERATION	Downtown Branch Hours: Monday to Thursday: 9:30 a.m. – 7:00 p.m. Friday: 9:30 a.m. – 6:00 p.m. Saturday: 9:00 a.m. – 4:00 p.m. Sunday: Closed Timberlea Branch Hours: Monday to Thursday: 9:30 a.m. – 7:00 p.m. Friday: 9:30 a.m. – 6:00 p.m. Saturday and Sunday: 9:00 a.m. – 4:00 p.m. Stoneycreek Timberlea Branch Hours: Monday to Thursday: 9:30 a.m. – 7:00 p.m. Friday: 9:30 a.m. – 6:00 p.m. Saturday: 9:00 a.m. – 4:00 p.m. Sunday: Closed
SERVICES OFFERED	RBC offers a rebate of \$4/month to Seniors ages 65+.

Fort McMurray: Financial

NAME	Scotiabank
CONTACT PERSON	Downtown: Reception Thickwood: Laurel Krusel Timberlea: Donna Anstey
PHONE NUMBER	Downtown: 780-743-3386 Thickwood: 780-743-5838 Timberlea: 780-588-0134
ADDRESS	Downtown: 9541 Franklin Avenue Fort McMurray, Alberta T9H 3Z7 Thickwood: 331 Thickwood Boulevard Fort McMurray, Alberta T9H 4V2 Timberlea: 287 Powder Drive Fort McMurray, Alberta T9K 0M3
WEBSITE	www.scotiabank.com
HOURS OF OPERATION	All three Fort McMurray Scotiabank branches are open: Monday to Wednesday: 10:00 a.m. – 5:00 p.m. Thursday and Friday: 10:00 a.m. – 6:00 p.m. Saturday: 9:00 a.m. – 4:00 p.m. Sunday: Closed
SERVICES OFFERED	Scotiabank offers Seniors ages 60+ a \$4.00 discount off of their monthly banking account fees.

Fort McMurray: Financial

NAME	Servus Credit Union
CONTACT PERSON	Downtown Branch: Claudette Kadi Timberlea Branch: Tracy Kim
PHONE NUMBER	Downtown Branch: 780-742-2061 Extension 67285 Timberlea Branch: 780-743-2165 Extension 67293
EMAIL	Downtown: claudette.kadi@servus.ca Timberlea: tracy.kim@servus.ca
ADDRESS	Downtown: 9804 Morrison Street Fort McMurray, Alberta T9H 5B8 Timberlea: 295 Powder Drive Fort McMurray, Alberta T9K 0M3
WEBSITE	www.servus.ca
HOURS OF OPERATION	Branch Hours: Monday to Thursday: 9:30 a.m. – 5:00 p.m. Friday: 9:30 a.m. – 6:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	Seniors 60+ are eligible for a no-fee banking plan with unlimited transactions. Contact Claudette Kadi at the Downtown location or Tracy Kim for any questions about appointing a financial power of attorney, estate planning, or any benefits Seniors will receive by becoming a Servus Credit Union client.

Fort McMurray: Financial

NAME	Toronto Dominion Bank (TD)
CONTACT PERSON	Downtown: Reception Timberlea: Lorraine Zacharias
PHONE NUMBER	Downtown: 780-743-2261 Timberlea: 780-790-6911 Extension 226
ADDRESS	Downtown: 8600 Franklin Avenue (Plaza 2) Fort McMurray, Alberta T9H 4G8 Timberlea: 331 Powder Drive Fort McMurray, Alberta T9K 0M3
WEBSITE	www.tdcanadatrust.com
HOURS OF OPERATION	TD Branch Hours: Monday and Tuesday: 8:00 a.m. – 6:00 p.m. Wednesday and Thursday: 8:00 a.m. – 8:00 p.m. Saturday: 8:00 a.m. – 4:00 p.m. Sunday: Closed
SERVICES OFFERED	TD offers Seniors ages 60+ 25% off their monthly service banking fee.

Did you know June 15th is recognized annually around the world as World Elder Abuse Awareness Day? Elder Abuse is defined as any action or inaction by self or others that jeopardizes the health or well-being of any older adult. Elder abuse comes in many forms including: Physical Abuse, Sexual Abuse, Financial Abuse, Neglect, Psychological Abuse, and any Violation of Human Rights.

Fort McMurray: Fitness & Recreation

NAME	Fort McMurray Golf Club
PHONE NUMBER	780-743-5577
ADDRESS	1 Real Martin Drive Fort McMurray, AB T9K 2S1
WEBSITE	www.fortmcmurraygolfclub.com
HOURS OF OPERATION	Hours vary depending on tee time and time of season.
SERVICES OFFERED	<p>Rates (Ages 60+):</p> <p>9 holes: \$46.00</p> <p>18 holes: \$68.00</p> <p>Associate Senior Membership (2016 membership sold out): \$1,590.00</p> <p>Associate Senior and Spouse Membership (2015 membership sold out): \$3,180.00</p> <ul style="list-style-type: none"> Those interested in a membership must present their photo identification to the Fort McMurray Golf Club prior to April 1st.

In 1923 the first float plane, a Vicker's Vindette landed on the Snye, an event so anticipated that all school children were released and went to the waterfront to see the plane. This historic landing started a thirty year era of bush pilots flying people and supplies to the north.
– *Heritage Park*

Fort McMurray: Fitness & Recreation

NAME	Keyano College- Syncrude Sport & Wellness Centre
PHONE NUMBER	Customer Service: 780-791-7792
ADDRESS	9908 Penhorwood Street Fort McMurray, Alberta T9H 0C2
WEBSITE	www.keyano.ca/Services/SportWellnessCentre
HOURS OF OPERATION	Monday to Friday: 5:00 a.m. - 11:00 p.m. Saturday and Sunday: 8:00 a.m. - 10:00 p.m. Statutory Holidays: 8:00 a.m. - 8:00 p.m.
SERVICES OFFERED	<p>Senior Membership Rates (Ages 60+)</p> <ul style="list-style-type: none"> • Annual Pass: \$400 • Four month pass: \$180 • Monthly pass: \$55 • Day pass: \$8.50 <p>Seniors receive free access to the indoor track daily from 10:00 a.m. – 12:00 p.m.</p> <p>FREE admission to all Huskies home games.</p>

Did you know that Birchwood Trails is home to Canada's largest outdoor exercise equipment circuit? This outdoor gym has 14 stations with over 50 pieces of equipment. The location of the gym is in Thickwood from Woodland Drive to Cornwall Drive area.

Fort McMurray: Fitness & Recreation

NAME	MacDonald Island Park
PHONE NUMBER	780-791-0070
ADDRESS	1 C. A. Knight Way Fort McMurray, AB T9H 5N5
WEBSITE	www.macdonaldisland.ca
HOURS OF OPERATION	<p>Monday to Friday: 5:00 a.m. – 11:00 p.m. Saturday, Sunday, and Holidays: 7:00 a.m. – 10:00 p.m. December 24th & December 25th: Closed December 30th: 5:00 a.m. – 6:00 p.m. December 31st: 12:00 p.m. – 6:00 p.m.</p> <p>Aquatic Centre Hours of Operation: Monday to Friday: 6:00 a.m. – 9:30 p.m. Saturday, Sunday, and Holidays: 7:00 a.m. – 9:30 p.m.</p>
SERVICES OFFERED	<p>Rates for Seniors (Ages 60+)</p> <ul style="list-style-type: none"> • Annual membership: \$413 • One month membership: \$41 • 10 visit pass card: \$72 • Daily rate: \$9.00 <p>Aquafit Class for Seniors is \$2.25 for Non-Members or FREE for Members.</p> <p>Class times: Monday to Friday: 9:15 a.m. - 10:15 a.m. Monday to Thursday: 7:30 p.m. - 8:30 p.m. Saturdays: 10:00 a.m. - 11:00 a.m.</p>

Fort McMurray: Fitness & Recreation

NAME	MacDonald Island Park- Miskanaw Golf Club
PHONE NUMBER	Proshop: 780-790-1812 (To book a tee time)
ADDRESS	1 C. A. Knight Way Fort McMurray, AB T9H 5N5
WEBSITE	www.macdonaldisland.ca/golf/course
HOURS OF OPERATION	Hours vary depending on Tee Time and time of season.
SERVICES OFFERED	<p>Seniors Membership Rate (Ages 65+)</p> <p>Premium: \$1,449.00</p> <p>Traditional: \$849.00 (if you were a 2014 member)</p> <p>Traditional: \$929.00 (New member)</p> <p>A Premium Membership includes a cart rental and 4 extra days of booking.</p>

Did you know Grandparents Day is celebrated annually throughout Canada on the second Sunday in September? Grandparents Day began to be recognized in Canada in 1995. It was originally initiated by West Virginian Marian Lucille who had 15 children, 43 grandchildren, 10 great-grandchildren, and one great-great grandchild. The three purposes envisioned for Grandparents Day are: To honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the strength, information and guidance older people can offer.

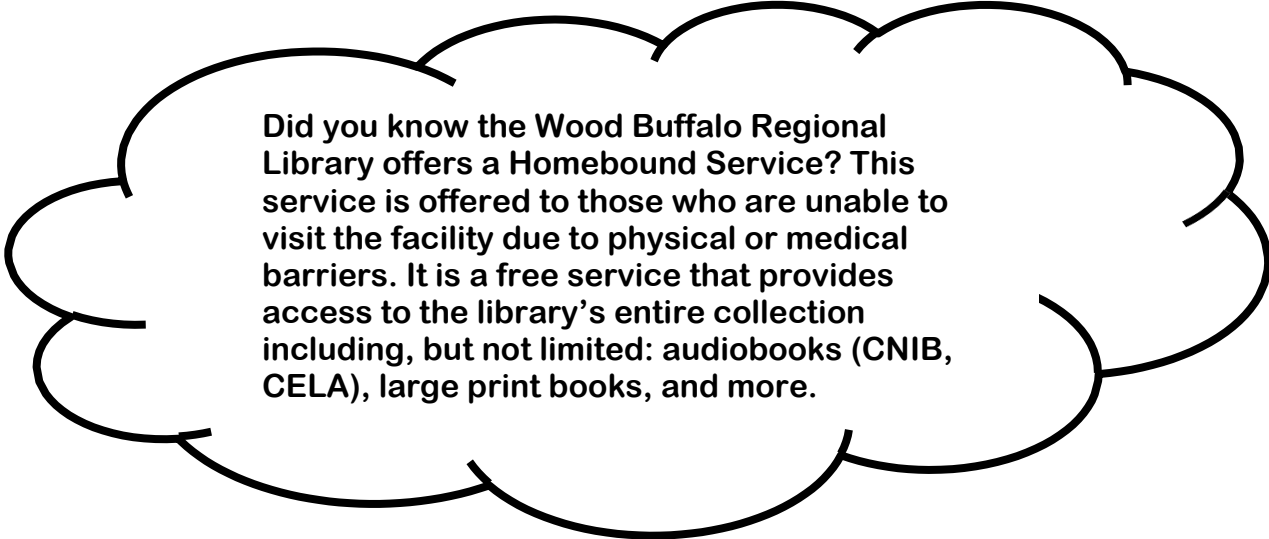
Fort McMurray: Fitness & Recreation

NAME	YMCA
PHONE NUMBER	780-790-9622
ADDRESS	221 Tundra Drive Fort McMurray, AB T9H 4Z7
WEBSITE	www.ymca.woodbuffalo.org
HOURS OF OPERATION	Monday to Friday: 4:30 a.m. - 11:00 p.m. Saturday and Sunday: 7:00 a.m. - 9:00 p.m. Holidays: 9:00 a.m. - 7:00 p.m.
SERVICES OFFERED	Rates for Seniors (Ages 65+): Continuous Membership: \$44.10/month Day Pass: \$9.00/day <ul style="list-style-type: none">• Annual memberships paid in full qualify for an additional 10% off the posted rate.• Swimming lessons are offered free to members.




Did you know that boarded rinks are located throughout the Region and are free to use? Rinks typically operate from mid-December until spring time. Rural rinks outside of Fort McMurray are located in Sapræ Creek, Anzac, Conklin, and Janvier.

NAME	M & M Meat Shops
PHONE NUMBER	780-743-2235
ADDRESS	213 Timberline Drive Fort McMurray, Alberta T9K 1S1
WEBSITE	www.mmmeatshops.com
HOURS OF OPERATION	Monday to Wednesday: 10:00 a.m. – 7:00 p.m. Thursday and Friday: 10:00 a.m. – 8:00 p.m. Saturday: 9:00 a.m. – 7:00 p.m. Sunday: 10:00 a.m. – 6:00 p.m.
SERVICES OFFERED	All Seniors 55+ receive 10% off their entire order. Free delivery in town is also available.



Did you know the Wood Buffalo Regional Library offers a Homebound Service? This service is offered to those who are unable to visit the facility due to physical or medical barriers. It is a free service that provides access to the library's entire collection including, but not limited: audiobooks (CNIB, CELA), large print books, and more.

NAME	Meals on Wheels
CONTACT PERSON	Cindy Alton
PHONE NUMBER	780-790-0900
HOURS OF OPERATION	Delivery Times: Monday to Friday: 11:30 a.m. – 1:00 p.m. Saturday, Sunday, and Statutory Holidays: Closed
SERVICES OFFERED	<p>Meals on Wheels is available to all Seniors in Fort McMurray.</p> <p>Meals are prepared at the Northern Lights Regional Health Centre, and follow a two week menu rotation.</p> <p>You are able to choose to have delivery once a week or up to five times a week.</p> <p>For information on the current meal plan pricing or to sign up for Meals on Wheels, contact Cindy.</p>



Did you know that the first Meals on Wheels kitchen was established in Port Adelaide Australia on August 9th, 1954? Eleven volunteers delivered meals to eight clients. – *Meals on Wheels*

Fort McMurray: Funeral Arrangements

NAME	Municipal Operations
CONTACT PERSON	To arrange a burial contact Municipal Operations
PHONE NUMBER	780-799-5832
WEBSITE	www.rmwb.ca/living/Services-and-Utilities/Cemeteries.htm
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. – 4:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Cemetery Fees:</p> <p>Plot Reservation: \$97.65</p> <p>Adult Burial: \$1,520.40</p> <p>Ash Burial: \$539.70</p> <p>Columbarium Niche: \$1,050.00</p> <p>The cemeteries are open to the public 24 hours a day, 7 days a week.</p> <p>Staff for the Municipal Operations can assist with grave locations Monday to Friday from 8:00am – 4:00pm.</p>

Did you know the Regional Municipality offers a memorial and recognition program? Memorial and Recognition trees are \$800 and benches start at \$1,200. Contact the Parks department for more information 780-799-5832 or by email at contactparks@rmwb.ca.

Fort McMurray: Funeral Arrangements

NAME	Robert Anderson Funeral Services Inc.
CONTACT PERSON	Andrew Montgomery
PHONE NUMBER	780-790-1220
EMAIL	info@rafuneralservices.com
ADDRESS	115-190 MacAlpine Crescent Fort McMurray, AB T9H 4A6
WEBSITE	www.rafuneralservices.com
HOURS OF OPERATION	Available 24/7 for emergencies. Consultations are by appointment.
SERVICES OFFERED	<p>Offers assistance with traditional burials and cremation.</p> <p>Assistance with any international and provincial transfers.</p> <p>For pricing and information on monuments contact Nandi Young at 1-855-495-4960.</p> <p>Service areas include the entire Municipality of Wood Buffalo.</p>

Fort McMurray: Government

NAME	Mayor and Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey-Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, Alberta T9H 2K4
WEBSITE	www.rmwb.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m.-4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	To discuss anything that is municipally related please contact your Councillor or the Mayor. City Councillor's – Ward 1 Tyran Ault – tyran.ault@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-215-4555 Lance Bussieres – lance.bussieres@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-215-4555 Sheldon Germain – sheldon.germain@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-743-9058 Keith McGrath – keith.mcgrath@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-531-5998 Phil Meagher – phil.meagher@rmwb.ca Telephone Number: 780-799-7900 Colleen Tatum – colleen.tatum@rmwb.ca Telephone Number: 780-880-0757

Fort McMurray: Government

NAME	Regional Municipality of Wood Buffalo Project Lead – Age Friendly Communities
CONTACT PERSON	Steve Andrejiw
PHONE NUMBER	Office: 780-799-8673 Fax: 780-743-7937
EMAIL	steve.andrejiw@rmwb.ca
ADDRESS	9717 Franklin Avenue (Future Forward Place) Fort McMurray, Alberta T9H 2K1
WEBSITE	www.rmwb.ca/living/Seniors-Program-Development
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Steve is the lead person on bringing the RMWB into World health Organization compliance as Age Friendly Community. He is also Chairperson for the Wood Buffalo Senior Resource Committee, administrative support for the Council appointed Advisory Committee on Aging and is the Northeast representative for the Alberta Elder Abuse Awareness Network.

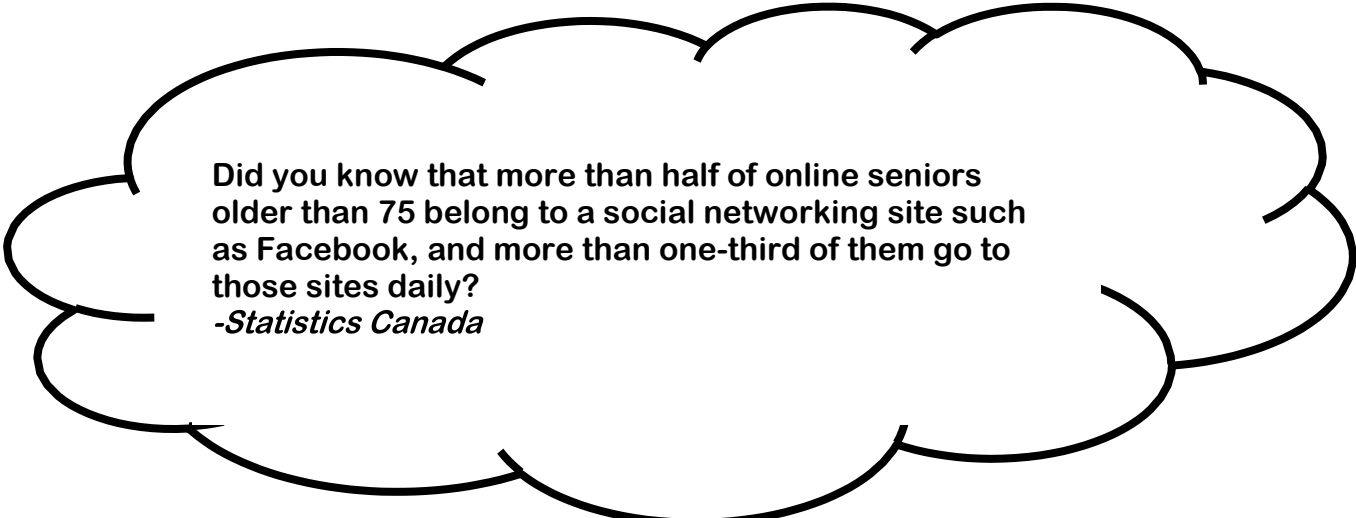
Did you know that Gladys Hill was the first woman to serve on the town council in 1950? She held this post for five years. – *Heritage Park*

Fort McMurray: Health

NAME	Alberta Health Services - Adult Day Program
CONTACT PERSON	Susan White
PHONE NUMBER	780-881-0846 1-855-371-4122 (Referral for Home Care contact – press 2 for Northern Alberta)
ADDRESS	YMCA in Thickwood 221 Tundra Drive Fort McMurray, Alberta T9H 4Z7
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. - 3:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	<p>Participants must be Home Care clients who are at risk for being placed in a supportive living facility or who are in the hospital frequently.</p> <p>You can self-refer or a caregiver may call the referral telephone number to request an assessment for Home Care.</p> <p>Provides therapeutic daytime activities to dependant seniors in the community who are 50+.</p> <p>Allows the caregivers and other family members to have respite during the day.</p> <p>Caregivers can bring participants to the program, or there is a bus service available. The bus will typically have the participant there by 10:00 a.m. and pick up happens typically at 3:00 p.m. Meals and snacks are provided.</p> <p>Referral can be made for participants to see an Occupational Therapist, Physical Therapist or Registered Nurse. We can also add Home Support Aids as a service provider.</p>

Fort McMurray: Health

NAME	Alberta Health Services: Diagnostic Imaging Services
PHONE NUMBER	Diagnostic Imaging: 780-791-6161 (press 3)
ADDRESS	7 Hospital Street Fort McMurray, AB T9H 1P2
HOURS OF OPERATION	Monday to Friday: 7:30 a.m. - 3:45 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>For all diagnostic imaging requests a referral must be made first by your family physician or authorized healthcare practitioner.</p> <p>Call 24-48 hours after the referral is made to book your appointment.</p> <p>Diagnostic Imaging includes: X-Rays, ultrasounds, MRI's, CT scans, nuclear medicine scans, mammograms, fluoroscopies, bone density tests, and some heart tests.</p>



Did you know that more than half of online seniors older than 75 belong to a social networking site such as Facebook, and more than one-third of them go to those sites daily?

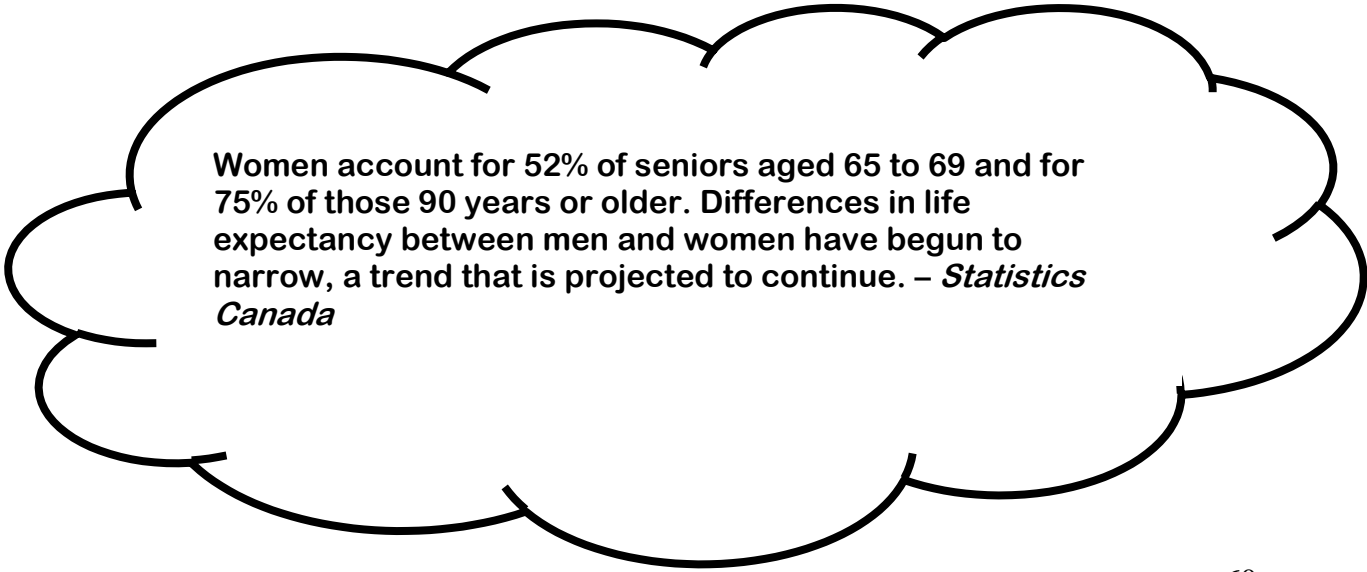
-Statistics Canada

Fort McMurray: Health

NAME	Alberta Health Services- Home Care
CONTACT PERSON	Donna Stacey
PHONE NUMBER	780-791-6250 Toll Free: 1-855-371-4122 (Continuing Care Access Phone Number)
EMAIL	Donna.stacey@albertahealthservices.ca
ADDRESS	7 Hospital Street Second Floor of the Hospital Fort McMurray, Alberta T9H 1P2
WEBSITE	www.albertahealthservices.ca/4482.asp
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	<p>Home Care helps people who live at home and need support with care after surgery, long-term care, palliative care, and respite services.</p> <p>A case manager nurse will meet with clients to help decide what service will be best to support them.</p> <p>The Continuing Care Access Phone Number has someone available Monday to Friday 8:15 a.m. to 8:15 p.m. and Saturday, Sunday and Holidays 9:00 a.m. to 5:15 p.m.</p> <p>Most services are covered but there may be charges for services that are not covered by Alberta Health Care Insurance.</p>

Fort McMurray: Health

NAME	Alberta Health Services: Physical Therapy and Occupational Therapy Services
PHONE NUMBER	780-791-6016
ADDRESS	7 Hospital Street Fort McMurray, AB T9H 1P2
WEBSITE	www.albertahealthservices.ca select “information for” and click on “Seniors”
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. - 4:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Waiting period for an appointment is dependent on the resources that are available on-site, as well as triage priority.</p> <p>Assess and uses exercises to treat pain and arthritis, work-related and traumatic injuries, lung and heart conditions, cancer, stroke, spinal cord issues, and Parkinson’s Disease.</p> <p>Call to book an appointment.</p>



Women account for 52% of seniors aged 65 to 69 and for 75% of those 90 years or older. Differences in life expectancy between men and women have begun to narrow, a trend that is projected to continue. – *Statistics Canada*

Fort McMurray: Health

NAME	Alberta Health Services: Public Health Promotion
CONTACT PERSON	Carolyn Evancio
PHONE NUMBER	780-714-5637
EMAIL	Carolyn.evancio@ahs.ca
ADDRESS	113 Thickwood Blvd. Fort McMurray AB T9H 5E5
WEBSITE	www.albertahealthservices.ca
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. - 4:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Provides services, programs and support to seniors to enable them to live as healthy and independently as possible. This includes presentations and resources on healthy living including benefits of active living, disease and cancer prevention, injury prevention, and tobacco and substance cessation.</p> <p>Walk On Program: A free walking program for seniors at MacDonald Island to encourage seniors to be active and connect with others in the community. Contact Carolyn for more information.</p>

Fort McMurray: Health

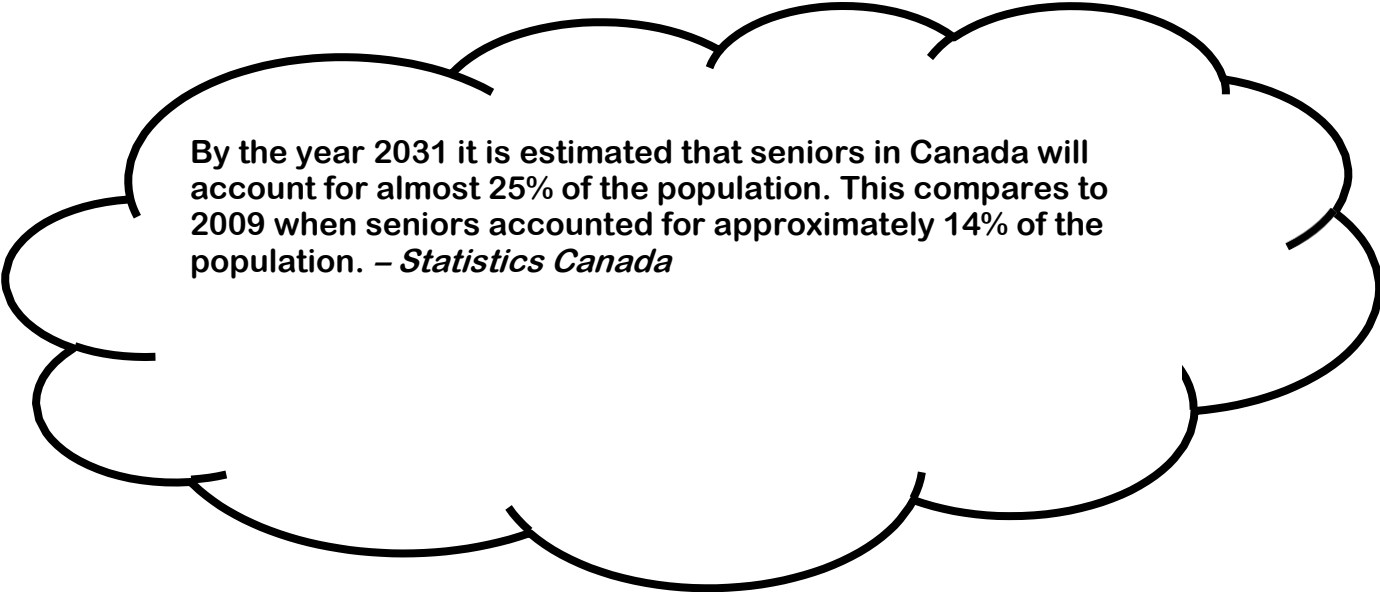
NAME	Alberta Health Services: Social Work Home Care/ Continuing Care Unit
CONTACT PERSON	Lauren McCormack, BSW, RSW
PHONE NUMBER	780-788-1309
EMAIL	Lauren.McCormack@ahs.ca
ADDRESS	7 Hospital Street Fort McMurray, AB T9H 1P2
WEBSITE	www.albertahealthservices.ca select “information for” and click on “Seniors”
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. - 4:30 p.m. Saturday, Sunday & Holidays: Closed
SERVICES OFFERED	<p>The Home Care/Continuing Care Social Worker provides a range of generalist social work services to clients and their families, including, but not limited to:</p> <p>Assessing client/family resource based needs related to finances, housing, transportation, employment, immigration and diversity services, and other relevant resources.</p> <p>Referral to specialized resources and program (diabetic programs, addictions treatment and mental health counselling services).</p> <p>Psychosocial support and crisis intervention to clients and families during periods of crisis, vulnerability, and transition.</p> <p>Supportive and adjustment counselling during periods of bereavement, new medical diagnosis, adjustment to chronic illness, caregiver support, end of life planning, coping, family stress, and life transitions.</p> <p>Advocate for client/family centered care, and resources.</p> <p>Liaise/collaborate with community supports to enhance client/family care.</p>

Fort McMurray: Health

NAME	Clearwater Physical Therapy – Pelvic Health
CONTACT PERSON	Helene Bouchard
PHONE NUMBER	780-742-0005 Extension 2
ADDRESS	Thickwood Office: 201C Thickwood Boulevard Fort McMurray, AB T9H 5A9
WEBSITE	www.clearwaterphysio.com
HOURS OF OPERATION	Monday to Thursday: 9:00 a.m. – 3:30 p.m.
SERVICES OFFERED	<p>Helene offers assistance with pelvic health through physical therapy. Treatment includes Education Sessions with assistance in providing support for the bladder, uterus or prostate, and anus. Assessment and treatment is available for a variety of conditions including menopause changes, irritable bowel, pelvic pain, painful bladder, and leakage of urine.</p> <p>Call Helene for more information or to book an appointment.</p>

Fort McMurray: Health

NAME	Fort McMurray Community Health Services - Public Health
PHONE NUMBER	780-791-6247
ADDRESS	113 Thickwood Boulevard Fort McMurray, Alberta T9H 5E5
WEBSITE	www.albertahealthservices.ca select “information for” and click on “Seniors”
HOURS OF OPERATION	Monday and Friday: 8:30 a.m. - 4:30 p.m. Tuesday, Wednesday, & Thursday: 8:30 a.m. - 8:00 p.m.
SERVICES OFFERED	The Pneumococcal vaccine and influenza vaccine are recommended for all seniors 65+.



By the year 2031 it is estimated that seniors in Canada will account for almost 25% of the population. This compares to 2009 when seniors accounted for approximately 14% of the population. – *Statistics Canada*

Fort McMurray: Health

NAME	Primary Care Network Wood Buffalo After Hours Clinic
PHONE NUMBER	Automatic clinic information only: 780-743-3900 Fax: 780-788-1764
EMAIL	info@wbpcn.ca
ADDRESS	327-8600 Franklin Avenue Fort McMurray, Alberta T9H 4G8
HOURS OF OPERATION	Monday to Friday: 5:00 p.m. - 10:00 p.m. Saturday: 10:00 a.m. - 10:00 p.m. Sunday: 12:00 p.m. - 6:00 p.m.
SERVICES OFFERED	<p>The After Hours Clinic requires you to bring your personal health card and one piece of photo ID with you.</p> <p>Short term prescription renewals will be prescribed a maximum of three-times per year.</p> <ul style="list-style-type: none"> • The After Hours Clinic requires you to bring your personal health card and one piece of photo ID with you. • Short term prescription renewals will be prescribed a maximum of three-times per year. <p>If you are experiencing a medical emergency go to the Northern Lights Regional Health Centre.</p>

Fort McMurray: Health

NAME	Primary Care Network Wood Buffalo Programs & Services
PHONE NUMBER	780-788-1765 Fax: 780-788-1764
ADDRESS	9908 Penhorwood Street Fort McMurray, AB T9H 3N3
WEBSITE	www.wbpcn.ca
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Type I and II Adult Diabetes: A three hour group session that will help you learn how to control your diabetes with healthy eating and activity, manage your medication, and prevent other health conditions related to diabetes. Call the Primary Care Network to register for a session.</p> <p>Weight Management: A group workshop which also includes one-on-one consultations. Individualized exercise plans will be created based on your initial assessment. Call the Primary Care Network for more information; however in order to enrol into the course a referral must be made by your doctor.</p> <p>Heart and Stroke Program: Open to those who have a history of cardiovascular disease and those who may be at risk. Patients of the program have the choice of attending group education sessions or one-on-one visits with a wide variety of health professionals, including dietitians, a cardiac nurse, an exercise specialist, mental health therapist, and a pharmacist. A referral must be made by your family physician unless you have recently been recently hospitalized due to a cardiac event; in which a registered nurse will make a referral.</p>

Secondary Stroke Prevention Clinic: Provides individualized one-on-one care to those who are recovering from a stroke. A registered nurse will focus on risk reduction and prevention strategies. Referrals to the Stroke Clinic are made either by a patient's family physician, or the Stroke Navigator at the Fort McMurray Hospital.

Lung Wellness – Pulmonary Rehabilitation: Provides patients with chronic lung problems the ability to better manage their disease through clinically-supervised exercise and education services. Ask your local family physician if you would benefit from participation. The program duration is 8 weeks with two sessions per week (Tuesday's, and Thursday's). Call the Primary Care Network for more information or have your family physician send a referral in.

Lung Wellness - Smoking Cessation: Offers free smoking cessation classes with no referral needed. Participants are offered stress-free appointments with a pharmacist, who will explain the quitting process and prescribe smoking cessation medication to help you along your way. For more information on the smoking cessation session, please visit the online website at www.albertaquits.ca or to register call the Primary Care Network.

Fort McMurray: Housing

NAME	Landlord and Tenant Advisory Board
CONTACT PERSON	Heidi Major
PHONE NUMBER	780-743-7888
EMAIL	heidi.major@woodbuffalo.ab.ca
ADDRESS	9717 Franklin Avenue Fort McMurray, Alberta T9H 2K1
WEBSITE	http://www.rmwb.ca/page1342.aspx
HOURS OF OPERATION	Monday to Friday: 10:00 a.m. – 2:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Mediates disputes between landlords and tenants at no cost. Inspects rental units.

After the Fort McMurray area was surveyed in the late 1800's the MacDonald family was allotted the island to reside on. Since they were in the town before the first lumber mills were built, the family used milled lumber from the partially destroyed scows to build a home, and then put tar on the roof with sand over it so that the oil would not melt away. – *Heritage Park*

Fort McMurray: Housing

NAME	Wood Buffalo Housing & Development Corporation (WBHD)
CONTACT PERSON	Ingrid Blasius: 780-715-2358 Terry Richardson: 780-791-1164
PHONE NUMBER	780-743-4140 Applications Office Fax: 780-715-1547
ADDRESS	203-10020 Franklin Ave Fort McMurray, AB T9H 2K6
WEBSITE	www.wbhadc.ca/
HOURS OF OPERATION	Monday to Friday: 10:00 a.m. - 4:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>WBHD provides housing to seniors in Fort McMurray at Rotary House, Legion Manor, and Araubasca House.</p> <p>Assistance is provided to seniors 65+. You must have been a resident for a minimum of three months before the application in the Region of Wood Buffalo.</p> <p>Household income must be under \$69,500.</p> <p>Rent will be based on 30% of your income plus \$50 per month towards the cost of utilities.</p> <p>Corporate Office Phone: 780-799-4050 Toll Free: 1-888-799-4050 Fax: 780-799-4025 Address: 9011-9915 Franklin Ave Office Hours: Monday to Friday: 8:30 a.m. - 4:00 p.m.</p>

Fort McMurray: Legal

NAME	Allan Vinni Law Office
CONTACT PERSON	Patricia White
PHONE NUMBER	780-714-6888 Extension 2011
EMAIL	law@avlogroup.com
ADDRESS	8219 Fraser Avenue, Unit G Fort McMurray, AB T9H 0A2
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 5:00 p.m. Thursdays: Closed 12:00 p.m. – 1:30 p.m. Evening & Weekend Appointments available upon request Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	A 15% discount will be given to all Seniors 65+.

NAME	Don Scott McMurray Law Office
PHONE NUMBER	780-750-9888
EMAIL	info@donscottlaw.ca
ADDRESS	102-122 Millennium Drive Fort McMurray, AB T9K 2S8
WEBSITE	www.donscottlaw.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Offers assistance with Wills and any Estate Planning which includes the distribution of property in the event of death. All Seniors ages 65+ in Fort McMurray will receive a 30% discount on all available services offered.

Fort McMurray: Legal

NAME	Flett Manning Moore
CONTACT PERSON	Diane Loder
PHONE NUMBER	780-799-9290 Extension 115
EMAIL	info@flettmanningmoore.com
ADDRESS	9703 Franklin Avenue Fort McMurray, AB T9H 2K1
WEBSITE	www.flettmanningmoore.com
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 5:00 p.m. Closed for lunch: 12:00 p.m. – 1:00 p.m. Saturday, Sunday, and Holidays: Office is Closed; Evening and weekend appointments are available.
SERVICES OFFERED	<p>Bring in the St. Aidan's online ad or Resource book and receive a discount on the following fees:</p> <ul style="list-style-type: none"> • Family Law Matters • Wills and Estate Planning Matters • Real Estate – Sales& Purchases (some conditions apply) <p>Ages 55 to 64: Receive a 25% discount on fees Ages 65 and up: Receive a 30% discount on fees</p>

Fort McMurray: Legal

NAME	Susan Bottern Law Office
CONTACT PERSON	Susan Bottern
PHONE NUMBER	780-791-1332
EMAIL	sblaw@shaw.ca
ADDRESS	203B-9707 Franklin Avenue Fort McMurray, AB T9H 2K1
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. - 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Susan Bottern offers assistance with Wills and any Estate Planning.</p> <p>All those in the community 60+ are eligible to receive a 25% discount on all fees and services offered through Susan.</p> <p>Contact Susan to arrange a consultation.</p>

Fort McMurray: Personal Care

NAME	Razor's Edge Hair Studio
PHONE NUMBER	780-791-3344
ADDRESS	1-101 Signal Road Fort McMurray, Alberta T9H 4N6
WEBSITE	www.razorsedgehairstudio.ca
HOURS OF OPERATION	Monday: 9:00 a.m. - 5:00 p.m. Tuesday to Friday: 9:00 a.m. - 8:00 p.m. Saturday: 9:00 a.m. - 3:00 p.m. Sunday: Closed
SERVICES OFFERED	Seniors age 65+ will receive a 10% discount off services provided – no discount on in store product. Mention your discount eligibility to your stylist.

NAME	Stillbrook Spa
PHONE NUMBER	780-743-0578
ADDRESS	4 Haineault Street (Inside the Clearwater Suite Hotel) Fort McMurray, AB T9H 1R7
WEBSITE	www.clearwaterfortmcmurray.com/spa.php
HOURS OF OPERATION	Monday to Friday: 10:00 a.m. - 9:00 p.m. Saturday: 10:00 a.m. - 5:00 p.m. Sunday: Closed
SERVICES OFFERED	Seniors aged 65+ receive a special discount, call ahead to book and determine what discount you will be eligible for.

Fort McMurray: Pharmacy

NAME	Dave Hill Pharmacy
CONTACT PERSON	Dave Hill
PHONE NUMBER	780-715-1111
ADDRESS	200 Thickwood Boulevard Fort McMurray, AB T9K 1X9
WEBSITE	www.pharmachoice.com/ab/dave-hill-pharmacy
HOURS OF OPERATION	Monday to Friday: 7:00 a.m.- Midnight Saturday: 9:00 a.m. - 6:00 p.m. Sunday: 10:00 a.m. - 6:00 p.m.
SERVICES OFFERED	Dave Hill offers a free delivery service for prescriptions to all seniors in Fort McMurray. Drive Thru service is also available.

Did you know that in 1922 Walter Hill came to Fort McMurray with the intent being to only stay three months to assist Fort McMurray's first pharmacist Angus Sutherland who was on leave due to an illness? When Sutherland returned still ill, he asked Walter to buy him out; instead because Walter did not have the funds they decided to partner which lasted until Sutherland's passing 29 years later.

– *Walter and Gladys Hill Public School*

Fort McMurray: Pharmacy

NAME	Shoppers Drug Mart
CONTACT PERSON	Downtown: George Cloete Timberlea: Christopher White
PHONE NUMBER	Downtown: 780-743-1251 (press 3 for pharmacy) Timberlea: 780-743-3362 (press 3 for pharmacy)
EMAIL	Downtown: asdm327@shoppersdrugmart.ca Timberlea: asdm2303@shoppersdrugmart.ca
ADDRESS	Downtown: 500-8600 Franklin Avenue Fort McMurray, AB T9H 4G8 Timberlea : 103-112 Riverstone Ridge Fort McMurray, AB T9K 2T6
WEBSITE	www.shoppersdrugmart.ca
HOURS OF OPERATION	Monday to Sunday: 8:00 a.m. - 10:00 p.m.
SERVICES OFFERED	<p>Every Thursday is Seniors Day; for Seniors ages 65+ you are eligible to receive 20% off of your regular priced merchandise (must have a Shoppers Optimum card, and spend a minimum of \$50 - excludes prescriptions, and gift cards).</p> <p>The Downtown Shopper's Drug Mart delivers prescriptions to Rotary House free of charge.</p>

Fort McMurray: Pharmacy

NAME	Shoppers Drug Mart
CONTACT PERSON	Thickwood Signal Road: Tizy Joseph Thickwood Wolverine Drive: Sakina Adamjee
PHONE NUMBER	Signal Road: 780-743-4662 (press 3 for pharmacist) Wolverine Drive: 780-790-1441 (press 3 for pharmacist)
EMAIL	Signal Road: asdm337@shoppersdrugmart.ca Wolverine Drive: asdm2417@shoppersdrugmart.ca
ADDRESS	Signal Road Location: 190-121 Signal Road Fort McMurray, AB T9H 4N6 Wolverine Drive Location: 108 Wolverine Drive Fort McMurray, AB T9H 4Y7
WEBSITE	www.shoppersdrugmart.ca
HOURS OF OPERATION	Signal Road Location: Monday to Sunday: 8:30 a.m. - 10:00 p.m. Wolverine Drive: Monday to Friday: 8:00 a.m. - 9:00 p.m. Saturday: 9:00 a.m. - 6:00 p.m. Sunday: Closed
SERVICES OFFERED	Every Thursday is Seniors Day; for Seniors ages 65 and up you are eligible to receive 20% off of your regular priced merchandise (must have a Shoppers Optimum card, and spend a minimum of \$50 - excludes prescriptions, and gift cards).

Fort McMurray: Pharmacy

NAME	The Medicine Shoppe Pharmacy
CONTACT PERSON	Downtown: Hamida Benaly Timberlea: Rimoun Gergis
PHONE NUMBER	Downtown: 780-792-0708 Timberlea: 780-790-1234
ADDRESS	Downtown Location: 9914 Morrison Street Fort McMurray, AB T9H 4A4 Timberlea Location: 355 Loutit Road Fort McMurray, AB T9K 0Z3
WEBSITE	www.medicineshoppe.ca/
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. - 6:00 p.m. Saturday: 10:00 a.m. - 3:00 p.m. Sunday: Closed
SERVICES OFFERED	Free delivery service for prescriptions available to all seniors in Fort McMurray.

Did you know The Medicine Shoppe has an online Drug Database? This database allows you to research how your medication works, the right way to take it, when you shouldn't take it, possible side effects, and what drugs shouldn't be taken together. You can find this directory online at:
www.medicineshoppe.ca/health-advisor/drug-database

- *The Medicine Shoppe*

Fort McMurray: Restaurants

NAME	Boomtown Casino/Clearwater Cafe
PHONE NUMBER	780-790-9739
ADDRESS	9825 Hardin Street
WEBSITE	www.boomtowncasino.ca
HOURS OF OPERATION	Monday to Sunday: 10:00 a.m. - 3:00 a.m.
SERVICES OFFERED	<p>Seniors Day is every Tuesday from 10:00am – 9:00pm for anyone 50+.</p> <p>Receive a \$5 off coupon at the security desk upon entering the casino.</p>

NAME	Denny's
PHONE NUMBER	587-276-1080
ADDRESS	321 Sakitawaw Trail
WEBSITE	www.dennys.ca/west
HOURS OF OPERATION	Open Monday to Sunday 24 hours a day.
SERVICES OFFERED	A special Seniors menu is available with lower cost meals.

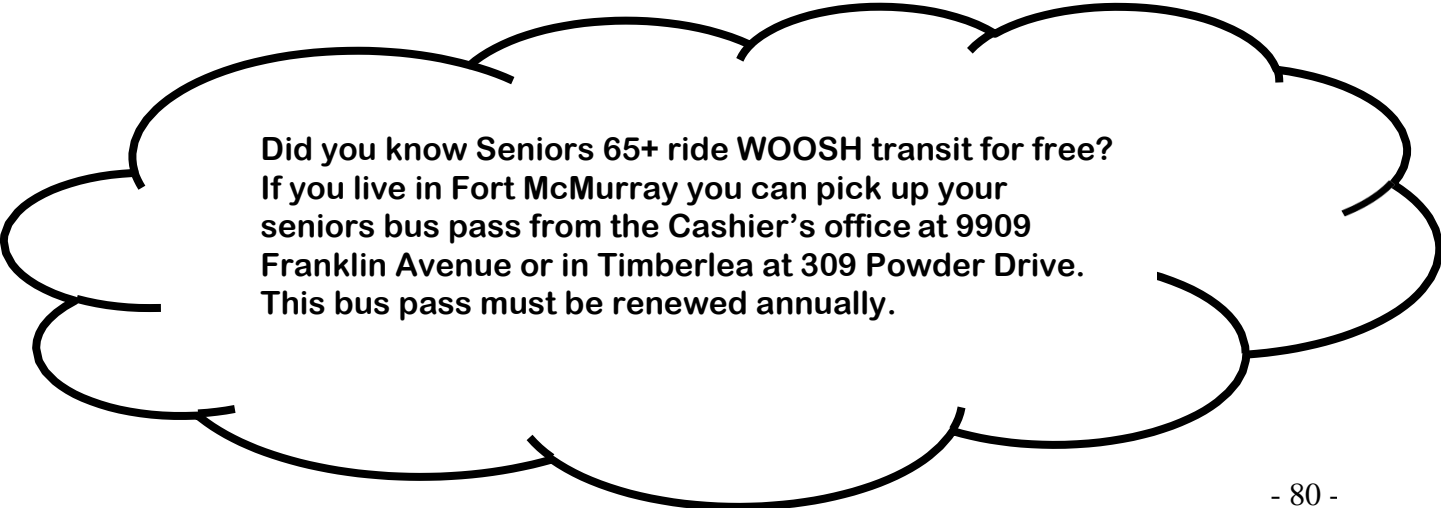
Fort McMurray: Restaurants

NAME	Moxie's Grill
PHONE NUMBER	780-791-1996
ADDRESS	9521 Franklin Avenue
WEBSITE	www.moxies.ca
HOURS OF OPERATION	Monday to Thursday: 11:00 a.m. – 1:00 a.m. Friday and Saturday: 11:00 a.m. – 2:00 a.m. Sunday: 9:00 a.m. – 12:00 a.m.
SERVICES OFFERED	A Seniors discount of 10% is offered to those aged 60+ on a full entrée. Request the discount from your server.

NAME	Smitty's
PHONE NUMBER	780-799-4499
ADDRESS	9713 Hardin Street
WEBSITE	smittys.ca/OurClubs/Seniorsclub.aspx
HOURS OF OPERATION	Monday to Sunday: 9:00 a.m. – 9:00 p.m.
SERVICES OFFERED	Smitty's offers a Seniors Club card for those aged 60+. A \$2.00 annual membership fee entitles you to receive a \$5.00 gift certificate for your next visit, a free entrée card (sent by mail) for your birthday, and 15% off any menu or retail items. Card must be renewed annually. Register for the club card online or by visiting Smitty's.

Fort McMurray: Transportation

NAME	Greyhound
PHONE NUMBER	Depot: 780-791-3664 Booking Number: 1-800-661-8747
EMAIL	Canada.info@greyhound.ca
ADDRESS	8220 Manning Avenue Fort McMurray, AB T9H 1V9
WEBSITE	www.greyhound.ca
HOURS OF OPERATION	Monday to Friday: 6:30 a.m. - 8:00 p.m. Saturday and Sunday: 6:30 a.m. - 7:00 p.m.
SERVICES OFFERED	<p>Passengers 62+ are eligible for a 20% discount on unrestricted passenger fares.</p> <p>Seniors companion fare – If you purchase your ticket at least three days in advance of travel, you save 50% for up to three companions.</p> <p>Wheelchair accessible coaches available – call to confirm when booking.</p>



Did you know Seniors 65+ ride WOOSH transit for free?
If you live in Fort McMurray you can pick up your seniors bus pass from the Cashier's office at 9909 Franklin Avenue or in Timberlea at 309 Powder Drive.
This bus pass must be renewed annually.

Fort McMurray: Transportation

NAME	Red Arrow
PHONE NUMBER	Depot: 780-791-2990 Booking Number: 1-800-232-1958
EMAIL	info@redarrow.ca
ADDRESS	8217 Franklin Avenue Fort McMurray, AB T9H 4P4
WEBSITE	www.redarrow.ca
HOURS OF OPERATION	Monday to Friday: 6:00 a.m. - 9:30 p.m. Saturday, Sunday and Holidays: 8:00 a.m. - 9:30 p.m.
SERVICES OFFERED	Red Arrow offers discount packages to Seniors 60+. Call the booking telephone number to check your fare discount.

The first car trip from Fort McMurray to Edmonton took 18 hours & covered 462 miles in February, 1957. Although the trip was uneventful, they did not get stuck anywhere, the climb out of the valley of the Athabasca was difficult. The group, who rode in two cars travelled 273 miles from Fort McMurray to Slave Lake, & from Slave Lake 189 miles along the Alaska Highway to Edmonton. This trip would have been impossible in the summer muskeg. The group was excited about the trip, but stated that by heading north from Edmonton through Wandering River would make a much faster trip, only 310 miles, and would make more sense to develop. Highway 63, the first all-weather road from Fort McMurray to Edmonton, was completed and opened 10 years later, in 1967. – *HeritagePark*

Fort McMurray: Transportation

NAME	Special Mobility Assistance Required Transportation (SMART) Service
CONTACT PERSON	Dispatch
PHONE NUMBER	Booking Number: 780-743-7909 (call before 5:00 p.m.) After Hours Number: 780-743-4157
WEBSITE	www.rmwb.ca select "Living" tab and click on "Public Transport" from drop down menu and select SMART bus from menu on right side of screen.
HOURS OF OPERATION	SMART service is available in Fort McMurray: Monday to Thursday: 7:00 a.m. – 8:00 p.m. Friday: 7:00 a.m. – 10:00 p.m. Saturday, Sunday, and Holidays 8:00 a.m. – 6:00 p.m.
SERVICES OFFERED	<p>Offers curb-to-curb service.</p> <p>Available to all Seniors 65+ and those with special needs who are unable to use the conventional bus service.</p> <p>Equipped with wheelchair lifts.</p> <p>SMART Bus Fares:</p> <p>Cash fare (per ride) \$1.25</p> <p>10 Rides \$12.50</p> <p>20 Rides \$25.00</p> <p>One way to Anzac or Janvier (Anzac on Wednesdays and Janvier on Thursdays) \$10.00</p>

Fort McMurray: Transportation

NAME	Sun Taxi
CONTACT PERSON	Dispatch
PHONE NUMBER	780-743-5050
WEBSITE	www.suntaxi.ca
HOURS OF OPERATION	Operates 24 hours a day, 7 days a week
SERVICES OFFERED	<p>Seniors 65+ receive \$1.00 off of their fare.</p> <p>Mention the discount to dispatch when ordering you taxi and to the driver upon pick-up.</p>

NAME	Wood Buffalo Co-op Taxi Inc.
CONTACT PERSON	Dispatch
PHONE NUMBER	780-743-9111
HOURS OF OPERATION	Operates 24 hours a day, 7 days a week
SERVICES OFFERED	<p>Seniors 65+ receive 10% discount.</p> <p>Mention the discount to dispatch when ordering the taxi and to the driver upon pick-up.</p>

Anzac: Community Resources

NAME	Anzac Community Hall
CONTACT PERSON	Crystal Lund
PHONE NUMBER	Hall: 780-334-2424 Cell Phone: 780-714-4724
EMAIL	Crystal.Lund@rmwb.ca
ADDRESS	4 Christina Drive Anzac, Alberta T0P 1J0
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>The last Tuesday of every month the Community Hall will host a Seniors Luncheon from 12:00 p.m. – 3:00 p.m. There will be food, bingo, prizes, and music.</p> <p>Seniors Bingo is held immediately after the Seniors luncheon the last Tuesday of each month.</p> <p>Senior Activity Day is held the second Wednesday of each month from 1:00 p.m.-3:00 p.m. Refreshments will also be served.</p> <p>Big Bin Event is held in the parking lot of the Community Hall. You can dispose of large household items which cannot be set out for regular waste such as: large furniture, renovation materials, and yard waste. Electronic waste and hazardous waste are also collected for recycling and proper environmental disposal. Call (780)743-7947 to find out when the next event will be held.</p>

Anzac: Community Resources

NAME	Anzac Grocery
PHONE NUMBER	780-334-2710
EMAIL	anzacgrocery@gmail.com
ADDRESS	1-232 Stony Mountain Road, Anzac, Alberta T0P 1J0
WEBSITE	www.facebook.com/AnzacGrocery
HOURS OF OPERATION	Monday to Sunday: 9:00 a.m. - 9:00 p.m.
SERVICES OFFERED	Anzac Grocery offers a Customer Loyalty Rewards Program. Earn points when you purchase groceries and use your points to receive a percentage discount off of your purchase. Starting at 10% off.



Did you know that Anzac has a monthly newsletter called the Willow Lake Newsletter? You can view an online copy at:
www.rmwb.ca/living/communities/anzac

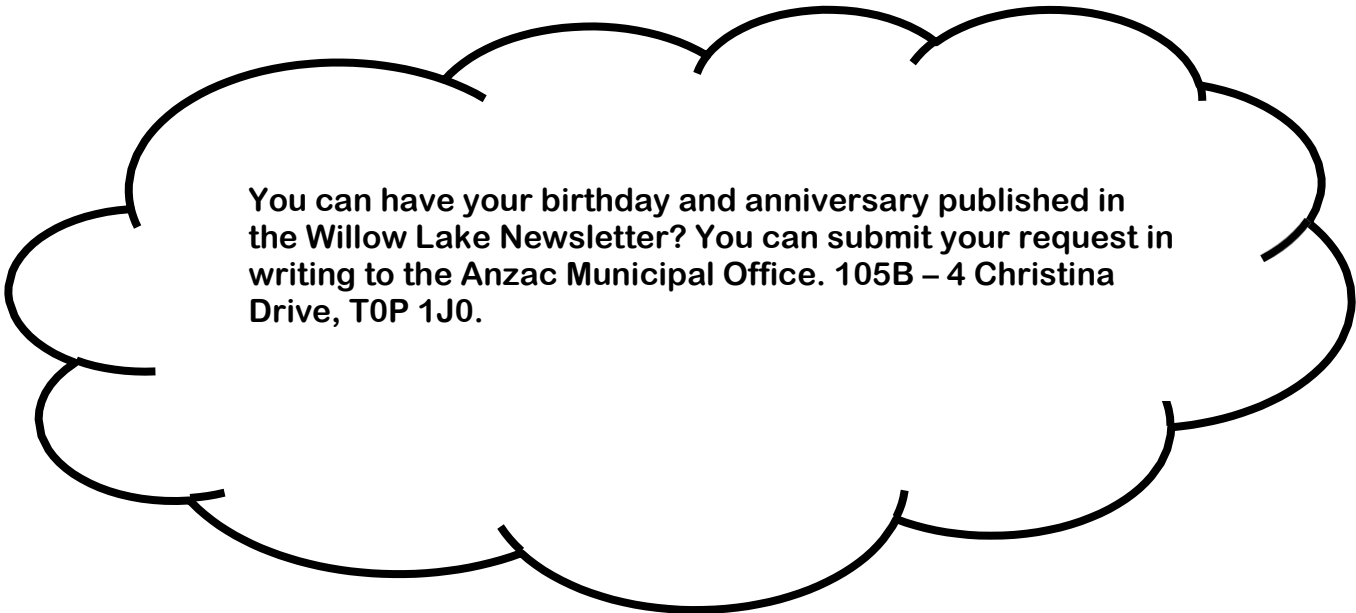
Anzac: Community Resources

NAME	Anzac Recreation Centre
PHONE NUMBER	780-793-6900
ADDRESS	237 Stony Mountain Road, Anzac, Alberta T0P 1J0
WEBSITE	www.anzacrec.ca
HOURS OF OPERATION	Fall and Winter Hours (September 1st – May 31st) Monday to Friday: 12:00 p.m. – 10:00 p.m. Saturdays and Sundays: 10:00 a.m. – 10:00 p.m. Holidays: Closed Summer Hours (June 1st – August 31st) Monday to Friday: 5:00 a.m. – 10:00 p.m. Saturdays and Sundays: 10:00 a.m. – 10:00 p.m. Holidays: Closed
SERVICES OFFERED	Seniors Membership Fees (Ages 60+ Willow Lake Senior Resident pricing only) Daily Pass - \$6.75 10 Visit Punch Pass - \$54.00 Monthly Membership - \$29.00 Yearly Membership - \$294 Includes access to the Suncor Community Leisure Centre in Fort McMurray.

Did you know that The Anzac Recreation Centre has a Seniors Skate? It runs for 2 hours and includes a 30 minute coffee break. To find out dates and times contact the recreation centre at 780-793-6900.

Anzac: Community Resources

NAME	Meals on Wheels
CONTACT PERSON	Anzac FCSS
PHONE NUMBER	780-334-2450
ADDRESS	105B – 4 Christina Drive Anzac, Alberta T0P 1J0
HOURS OF OPERATION	Delivery is Monday to Friday from 12:00 p.m. - 1:30 p.m.
SERVICES OFFERED	<p>A fixed menu catered by Anzac Grocery.</p> <p>No delivery on holidays.</p> <p>Contact FCSS Office for more information on eligibility and cost of program.</p>



You can have your birthday and anniversary published in the Willow Lake Newsletter? You can submit your request in writing to the Anzac Municipal Office. 105B – 4 Christina Drive, T0P 1J0.

Anzac: Community Resources

NAME	Touche - Anzac Beauty and Barber
PHONE NUMBER	780-531-1187
ADDRESS	7-232 Stony Mountain Road Anzac, Alberta T0P 1J0
WEBSITE	www.facebook.com/AnzacSalon
HOURS OF OPERATION	Monday: 12:00 p.m. - 6:00 p.m. Tuesday to Friday: 10:00 a.m. - 8:00 p.m. Saturday: 10:00 a.m. - 6:00 p.m. Sunday: Closed
SERVICES OFFERED	Seniors (60+) receive a 15% discount on all services and products.

Did you know that Fire Prevention Week 2015 is October 4th – 10th? To help keep your family and your home safe it is recommended that you install working smoke alarms on every level of your home including outside each sleeping area, test your smoke alarms every month, change the batteries in your alarms once a year, replace your smoke alarms once every 10 years, and develop and practice a home fire escape plan.

Anzac: Community Resources

NAME	Wood Buffalo Food Bank Association- Mobile Pantry Program
CONTACT PERSON	Mike Janssens
PHONE NUMBER	780-743-1125 ext 2226
EMAIL	mpp@woodbuffalofoodbank.com
ADDRESS	10117 King Street Fort McMurray, Alberta T9H 3J1
WEBSITE	www.woodbuffalofoodbank.com select “about us” tab and click on “program” scroll down to Mobile Pantry Program.
HOURS OF OPERATION	Monday: 12:00 p.m. – 8:00 p.m. Tuesday to Friday: 8:30 a.m. – 4:30 p.m. Saturdays and Sundays: Closed
SERVICES OFFERED	Distribution of food hampers to low income seniors. Call Mike for eligibility. Mike delivers to Anzac once per month on the first Tuesday or Thursday of the month. Call Mike a week prior to have your order prepared and to determine the exact date of delivery.

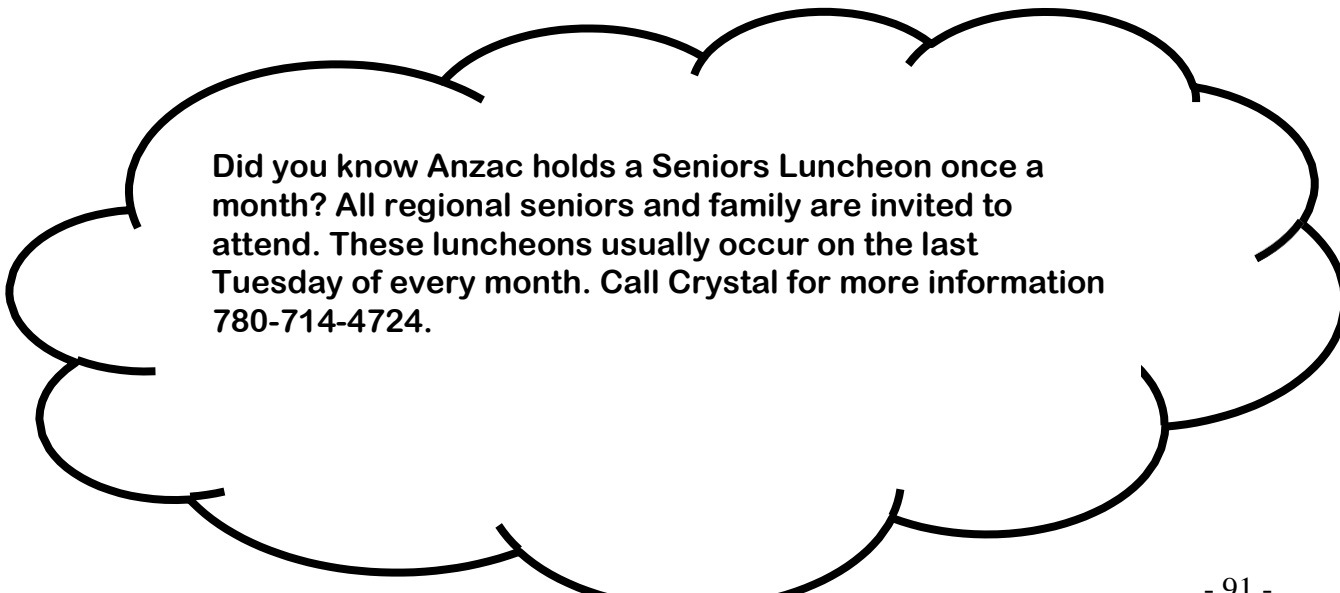
Anzac: Financial

NAME	Property Taxes- Regional Municipality of Wood Buffalo																		
PHONE NUMBER	Office: 780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050																		
EMAIL	Assessment.taxation@woodbuffalo.ab.ca																		
ADDRESS	1 st Floor, Jubilee Centre Fort McMurray, AB T9H 2K4																		
WEBSITE	www.rmwb.ca select the “Living” tab and chose “Property Taxes.”																		
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday, Sunday, and Holidays: Closed																		
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>					July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
	July 1	September 1	November 1	January 1															
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Arrears	2%	2%	2%	9%															

Did you know Anzac is named after the Australian and New Zealand Army Corps? They surveyed the land during World War I for construction of a rail line to Waterways.

Anzac: Financial

NAME	Tax Preparation
CONTACT PERSON	Crystal Lund
PHONE NUMBER	780-714-4724
EMAIL	Crystal.lund@rmwb.ca
ADDRESS	105B-4 Christina Drive Anzac, Alberta T0P 1J0
WEBSITE	www.rmwb.ca/living/Communities/Anzac.htm
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m.
SERVICES OFFERED	Assistance for all seniors with annual tax returns. Trained CRA certified volunteers available. Call Crystal for information or to book an appointment.



Did you know Anzac holds a Seniors Luncheon once a month? All regional seniors and family are invited to attend. These luncheons usually occur on the last Tuesday of every month. Call Crystal for more information 780-714-4724.

Anzac: Government

NAME	Mayor & Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey- Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Mayor Melissa Blake Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, AB T9H 2K4
WEBSITE	www.rmwb.ca/Municipal-Government/Mayor-and-Council.htm
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m.
SERVICES OFFERED	To discuss any issue that is Municipally related please contact your Councillor or Mayor. Councillor – Ward 4 Jane Stroud – jane.stroud@rmwb.ca Telephone Number: 780-334-0516 Fax Number: 780-743-7028

Anzac: Health

NAME	Anzac Health Services: Anzac Community Health
CONTACT PERSON	Gail Braun
PHONE NUMBER	Booking Phone Number for Immunizations: 780-791-6012
ADDRESS	Anzac Community hall 4 Christina Drive, Anzac, AB T0P 1J0
HOURS OF OPERATION	Every second Wednesday 10:30 a.m. - 3:00 p.m.
SERVICES OFFERED	<p>Call Gail in advance to book any request for immunizations.</p> <p>If Gail is unavailable please leave a message.</p> <p>Home Care is provided through Alberta Health Services: Contact 1-855-371-4122 for eligibility.</p>

In 2003, 23% of families headed by a person aged 65 or older had access to the Internet from home—up from less than 5% in 1997. More recent findings show that almost one third of Canadian seniors are currently online.

– *Statistics Canada*

Anzac: Transportation

Conventional Rural Bus Schedule

Bus Service to Anzac and back occurs every Friday. Seniors 65+ ride for free.

Friday Schedule

7:00 a.m.	Start	TOK Transit Yard
9:00 a.m.	Pick up	Conklin
10:30 a.m.	Pick up	Anzac Community Hall
10:40 a.m.	Pick up	Anzac (Raven's Nest)
11:15 a.m.	Drop off	Hardin St & MacDonald Ave (Across from Provincial Building)
11:20 p.m.	Drop off	Manning Ave (Behind Shoppers Drug Mart at the River City Centre)
5:00 p.m.	Pick up	Manning Ave (Behind Shoppers Drug Mart at the River City Centre)
5:15 p.m.	Pick up	Hardin St & MacDonald Ave (Across from Provincial Building)
5:45 p.m.	Drop off	Anzac (Raven's Nest)
6:00 p.m.	Drop off	Anzac Community Hall
7:30 p.m.	Drop off	Conklin drop then deadhead to Fort McMurray

Anzac: Transportation


NAME	Special Mobility Assistance Required Transportation (SMART) Service
CONTACT PERSON	Dispatch
PHONE NUMBER	Booking Number: 780-743-7909 (call before 5:00 p.m.) After Hours Number: 780-743-4157
WEBSITE	www.rmwb.ca select "Living" tab and click on "Public Transport" from drop down menu and select SMART bus from menu on right side of screen.
HOURS OF OPERATION	Schedule is determined according to need.
SERVICES OFFERED	<p>Offers curb-to-curb service.</p> <p>Available to all Seniors 65+ OR to those with special needs who are unable to use the conventional bus service.</p> <p>Equipped with wheelchair lifts.</p> <p>SMART service is available to and from Anzac every Wednesday.</p> <p>\$10.00 fee which is payable to the driver upon pickup.</p> <p>Low income Seniors may contact Crystal for discounts and passes 780-714-4724.</p>

Conklin: Community Resources

NAME	Conklin Nakewin Centre
CONTACT PERSON	Mary-Jean Quintal: Senior Enhancement Worker Peggy Beaudry: Community Resource Worker
PHONE NUMBER	Mary-Jean Quintal: 780-714-1069 Peggy Beaudry: 780-559-8900
EMAIL	Peggy.beaudry@gov.ab.ca
ADDRESS	245 Northland Drive Conklin, Alberta T0P 1H0
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Twice a month the Nakewin Centre and the Conklin Community Association host a Seniors Luncheon. This typically takes place on the 1st and 3rd Thursday of each month at 12:00 p.m. A Bingo activity takes place following the luncheon. Seniors 55+ can contact Mary-Jean for more information. If you anticipate missing the luncheon contact Mary-Jean so that meals are ordered accordingly.</p> <p>Typically once a year Mary-Jean will hold a Seniors' Gathering. This meeting will have government officials present, allowing Seniors to discuss any concerns or ensure they are up-to-date on all community, federal, and provincial information.</p>

Conklin: Community Resources

NAME	Meals on Wheels
CONTACT PERSON	Mary-Jean Quintal Peggy Beaudry
PHONE NUMBER	Mary-Jean Quintal: 780-714-1069 Peggy Beaudry: 780-559-8900
EMAIL	Peggy.beaudry@gov.ab.ca
HOURS OF OPERATION	Delivery is Monday to Friday beginning at 11:30 a.m. No delivery on Saturday, Sunday, and Holidays.
SERVICES OFFERED	A free service for Seniors 65+. Meals are supplied by Karen's Katering



Did you know Conklin has a monthly newsletter called the Conklin Nakewin News? You can view an online copy at:
www.rmwb.ca/living/communities/conklin

Conklin: Community Resources

NAME	Wood Buffalo Food Bank Association- Mobile Pantry Program
CONTACT PERSON	Mike Janssens ext 2226
PHONE NUMBER	780-743-1125
EMAIL	mpp@woodbuffalofoodbank.com
ADDRESS	10117 King Street Fort McMurray, Alberta T9H 3J1
WEBSITE	www.woodbuffalofoodbank.com select “about us” tab and click on “program” scroll down to Mobile Pantry Program.
HOURS OF OPERATION	Monday: 12:00 p.m. – 8:00 p.m. Tuesday to Friday: 8:30 a.m. – 4:30 p.m. Saturdays and Sundays: Closed
SERVICES OFFERED	Distribution of food hampers to low income seniors. Call Mike for eligibility. Mike delivers to Conklin twice per month on a Tuesday or Thursday. Contact Mike for exact dates and a week prior to have your order prepared.

Conklin: Financial

NAME	Property Taxes- Regional Municipality of Wood Buffalo															
PHONE NUMBER	Office: 780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050															
EMAIL	Assessment.taxation@woodbuffalo.ab.ca															
ADDRESS	1 st Floor, Jubilee Centre Fort McMurray, AB T9H 2K4															
WEBSITE	www.rmwb.ca select the “Living” tab and chose “Property Taxes.”															
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday, Sunday, and Holidays: Closed															
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>		July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
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Did you know you can have your birthday and anniversary published in the Conklin Nakewin News? You can submit your request in writing to the Conklin Municipal Office, 245 Northland Drive, T0P 1H0 or by visiting the office.

Conklin: Financial

NAME	Tax Preparation
CONTACT PERSON	Mary-Jean Quintal Ingrid Jensen
PHONE NUMBER	780-714-1069
ADDRESS	245 Northland Drive Conklin, Alberta T0P 1H0
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Ingrid volunteers to complete income tax returns for Seniors aged 65+. This is a free service. Contact Mary-Jean to arrange an appointment.

Did you know Shoppers Drug Mart online has various assessment and assistance tools including chronic pain, assessing arthritis, and a unique plan to help you quit smoking?

Visit
<http://www1.shoppersdrugmart.ca/en/health-and-pharmacy/health-information-and-tools> for more information.

Conklin: Government

NAME	Conklin Community Association
CONTACT PERSON	Peggy Beaudry Mary-Jean Quintal
PHONE NUMBER	780-559-8900: Office 780-714-1069: Mary-Jean
EMAIL	Peggy.beaudry@gov.ab.ca
ADDRESS	245 Northland Drive
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Peggy and Mary-Jean are the contacts for anything in Conklin Senior related.</p> <p>Assistance is provided to Seniors who need help filling out any Government forms, tax preparation, meals, and home care needs.</p> <p>Mary-Jean travels with the home-care worker every Wednesday. Contact the office if you are in need of home-care. Mary-Jean will help with any housekeeping needs as well.</p> <p>Rides for events outside of Conklin are arranged through Peggy and Mary-Jean. A medical van is provided to Seniors who need to travel out of town on Monday, Wednesday, and Friday's to Fort McMurray and on Tuesday's to Lac la Biche. The Senior must have a chaperone present. This is a free service, call Mary-Jean to arrange.</p>

Conklin: Government

NAME	Mayor and Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey- Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Mayor Melissa Blake Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, AB T9H 2K4
WEBSITE	www.rmwb.ca/Municipal-Government/Mayor-and-Council.htm
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	To discuss any issue that is Municipally related please contact your Councillor or Mayor. Councillor – Ward 4 Jane Stroud – jane.stroud@rmwb.ca Telephone Number: 780-334-0516 Fax Number: 780-743-7028

Fort Chipewyan: Community Resources

NAME	Athabasca Chipewyan First Nation Elder Events
CONTACT PERSON	Susan Michael Roxanne Marcel – Elders Events
PHONE NUMBER	Susan: 780-697-3730 Roxanne: 780-697-3207 Toll Free: 1-888-420-7011
EMAIL	Roxanne.marcel@acfn.com
ADDRESS	All events are held at the Youth and Elders Lodge
WEBSITE	www.acfn.com
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	All Elder members can contact Susan for any assistance with housing needs, income tax, and assistance filling out any government and special needs forms. Contact Roxanne for Elders special events such as Seniors' Days and cultural gatherings.

NAME	Bicentennial Museum
PHONE NUMBER	780-697-3844
ADDRESS	109 Mackenzie Avenue Fort Chipewyan, Alberta T0P 10
HOURS OF OPERATION	Monday to Friday: 9:00 a.m.-5:00 p.m. Saturday & Sunday: 1:00 p.m.-5:00 p.m.
SERVICES OFFERED	Entrance to the Museum is free; however there is a donation box if one chooses to donate.

Fort Chipewyan: Community Resources

NAME	Mamawi Seniors Society
CONTACT PERSON	Blue Eyes Simpson
PHONE NUMBER	Office: 780-697-2403 Cellular Phone: 780-215-5600
EMAIL	BlueEyes.Simpson@rmwb.ca
ADDRESS	Fort Chipewyan, Alberta
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Advocating on behalf of all Elders in Fort Chipewyan ages 60 and up. Focuses on providing programming as needed and requested to all Seniors.</p> <p>Chairperson: Margo Paquette Tuccaro</p>

Did you know that in June of each year Fort Chipewyan celebrates Treaty/Metis Days? Events include continental breakfasts, lunches, and dinners, seniors' bingo, card games, hand games, pipe ceremony, horseshoe tournaments, tea dance, and fireworks.

Fort Chipewyan: Community Resources

NAME	Mikisew Cree First Nation
CONTACT PERSON	Stella Marten
PHONE NUMBER	780-697-3747
EMAIL	seniors@mikisewcree.ca
ADDRESS	The Elders Coordinator's office is located centrally in the community, at the Multiplex Building.
WEBSITE	www.mikisewcree.ca/services
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Stella is the first point of contact for Mikisew Cree Elders in the Fort Chipewyan community. She is responsible for advocating on behalf of the Elders' individual and collective needs of Elders.</p> <p>Needs that are provided include housing, financial, maintenance, and providing assistance in attaining a home care worker.</p>

Fort Chipewyan: Community Resources

NAME	Wood Buffalo Regional Library
CONTACT PERSON	Brenna Smith
PHONE NUMBER	780-792-5139
EMAIL	Brenna.Smith@wbrl.ca
ADDRESS	1 C.A. Knight Way Fort McMurray, Alberta T9H 5C5
WEBSITE	www.wbrl.ca/using-the-library/outreach-services
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. – 9:00 p.m. Saturday: 9:00 a.m. – 5:00 p.m. Sunday: 12:00 p.m. – 5:00 p.m.
SERVICES OFFERED	<p>“Books by Mail” offers residents an opportunity to order books, DVDs, and CDs and have them shipped directly to Fort Chipewyan.</p> <p>Memberships are free.</p> <p>Items will be delivered to the Fort Chipewyan Municipal Office and held for 7 days after you have received notification that it has arrived.</p> <p>Items can be kept for six weeks, and returned to the Municipal Office.</p> <p>If Brenna is unavailable contact Customer Service 780-743-7800 or by email at customer.service@wbrl.ca.</p>

Fort Chipewyan: Government

NAME	Athabasca Chipewyan First Nation
CONTACT PERSON	Susan Michael Roxanne Marcel – Elders Events
PHONE NUMBER	Susan: 780-697-3730 Roxanne: 780-697-3207 Toll Free: 1-888-420-7011
EMAIL	Roxanne.marcel@acfn.com
ADDRESS	108 Wylie Avenue Fort Chipewyan, Alberta T0P 1B0
WEBSITE	www.acfn.com
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Current Chief and Council: Chief: Allan Adam Councillor: Michelle Voyageur Councillor: Jonathan Bruno Councillor: Teri Lynn Villebrun Councillor: Raymond Cardinal

Did you know that Fort Chipewyan is the oldest settlement in all of Alberta?

Fort Chipewyan: Government

NAME	Fort Chipewyan Municipal Office
CONTACT PERSON	Blue Eyes Simpson
PHONE NUMBER	780-697-3600
EMAIL	Blueeyes.simpson@rmwb.ca
ADDRESS	128 Cardinal Rural Route Fort Chipewyan, Alberta T0P 1B0
WEBSITE	www.rmwb.ca/living/Communities/Fort-Chipewyan
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Blue Eyes Simpson is the direct contact for any Elders with concerns or who need assistance in areas such as tax preparation.</p> <p>The Municipal Office assists in the community hosting annual events such as the Winter Carnival in February, Mother's Day, Father's Day, Metis Treaty Days, Canada Day, Heritage Day, Fall Fair, Remembrance Day, and Christmas Parties.</p>

Did you know that Peter Pond came to the Athabasca region in 1778 to trade fur with the Cree and the Chipewyan? The abundance of good quality furs which he found quickly gained Pond recognition in the east, and he became one of the founding members of the North West Company.

– Heritage Park

Fort Chipewyan: Government

NAME	Mayor and Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey-Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Mayor Melissa Blake Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, Alberta T9H 2K4
WEBSITE	www.rmwb.ca/Municipal-Government/Mayor-and-Council.htm
HOURS OF OPERATION	Monday to Friday: 8:30 a.m.-4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>To discuss anything that is municipally related please contact your Council or Mayor.</p> <p>Councillors – Ward 2</p> <p>Julia Cardinal – julia.cardinal@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-381-3009 Home Phone Number: 780-697-3836</p> <p>Claris Voyageur – Claris.voyageur@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-799-1638</p>

Fort Chipewyan: Government

NAME	Mikisew Cree First Nation
CONTACT PERSON	Stella Marten – Elder Programming
PHONE NUMBER	780-697-3747
EMAIL	seniors@mikisewcree.ca
ADDRESS	Allison Bay Indian Reserve #219 The Elders Coordinator's office is located centrally in the community, at the Multiplex building.
WEBSITE	www.mikisewcree.ca/services/
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Executive Assistant to Chief and Council: Rachel Marten 780-697-3740 Extension: 231</p> <p>Current Chief and Council:</p> <p>Chief: Steve Courtoreille Councillor: Willie Courtoreille Councillor: Terry Marten Councillor: Leonard Piche Councillor: Philip Tourangeau Councillor: Juanita Whitehead Councillor: Billy Joe Tuccaro</p> <p>Director of Kahkeyow Kekanow Elders Care Home: Mary (Cookie) Simpson 780-697-0150</p> <p>Indian Registry Administration/Membership Clerk: Misty Marten 780-697-3740 Extension: 221</p>

Fort Chipewyan: Health

NAME	Kahkeyow Kekanow Elders Care Home – Mikisew Cree First Nation
CONTACT PERSON	Mary (Cookie) Simpson: Director Myka Mercredi: Nurse
PHONE NUMBER	780-697-0150
EMAIL	direcc@mikisewcree.ca
ADDRESS	133 Mackenzie Avenue Fort Chipewyan, Alberta T0P 1B0
HOURS OF OPERATION	24 hour a day care assisted living facility
SERVICES OFFERED	<p>An assisted living environment that offers level three accommodations.</p> <p>Care is provided to Elders who have been assessed as not able to safely cope in their homes and require personal care and support in a supportive, structured, and supervised environment.</p> <p>Care at the home is provided by RN's, LPN's, and Health Care Aides.</p>

Did you know, Fort Chipewyan was at the centre of the armed conflict that developed as a result of competition between the North West and the Hudson's Bay Companies, resulting in an eventual decline in the dominance of the North West Company in the Athabasca region and the amalgamation of the two companies in 1821? It became headquarters for the Hudson's Bay Company's Athabasca operations after 1821. –*Canada's Historic Places*

Fort Chipewyan: Health

NAME	Nunee Health Authority
CONTACT PERSON	Reception
PHONE NUMBER	780-697-3900
EMAIL	Nunee1@telusplanet.net
ADDRESS	120 Fleet Street Fort Chipewyan, Alberta T0P 1B0
WEBSITE	www.nunee.org
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	All health needs for Elders goes through Nunee Health Authority. Services that are provided to Elders include counselling, medication dispensing and delivery, and home care (assessment is first required).

Soon after the turn of the century Mickey and Pat Ryan, originally boxers from Indiana, came north to help build the paddle steamboat, the “*SS Fort McMurray*” for the Hudson’s Bay Company in Fort Chipewyan. The Ryans’ quickly tired of working for the HBC, purchased a team of horses, and came south to Fort McMurray to start their transport business to service the north. – *Heritage Park*

Fort Chipewyan: Taxes

NAME	Tax Preparation
CONTACT PERSON	Blue Eyes Simpson
PHONE NUMBER	780-697-2403
EMAIL	Blueeyes.Simpson@rmwb.ca
ADDRESS	Fort Chipewyan Municipal Office 128 Cardinal Rural Route Fort Chipewyan, Alberta T0P 1B0
WEBSITE	www.rmwb.ca/living/Communities/Fort-Chipewyan
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Blue Eyes provides assistance to Elders with income tax, Canada Pension Plan, Old Age Security, and Guaranteed Income Support.



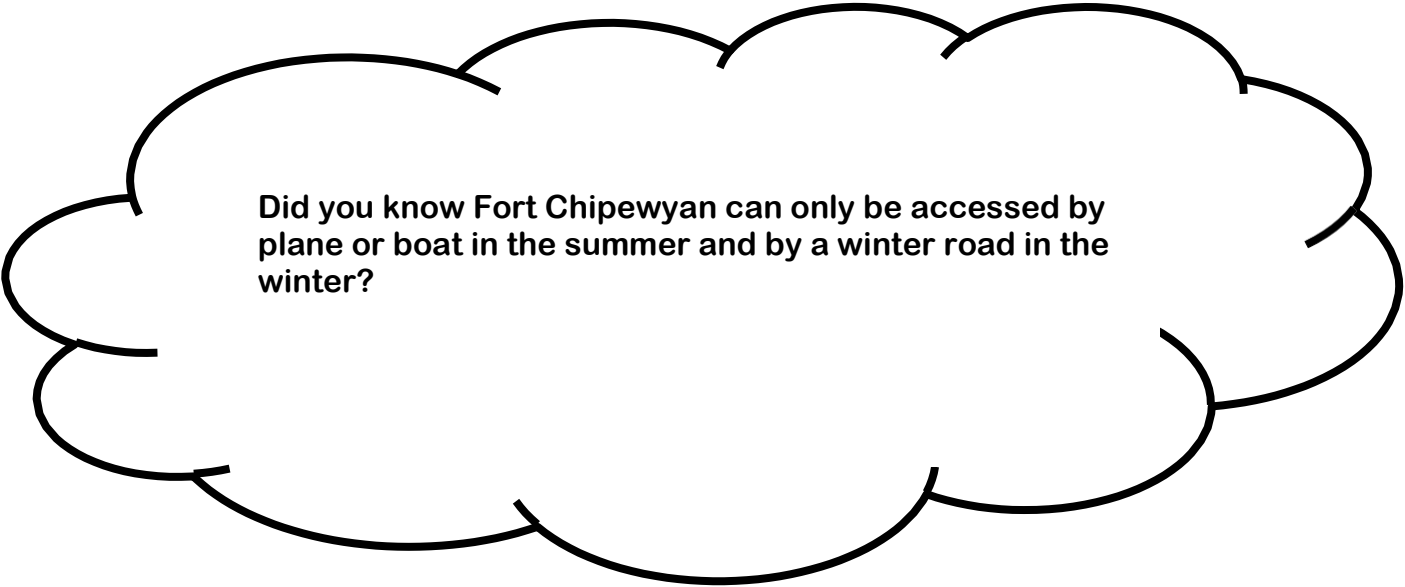
On 1 April 1995 the community was included in the amalgamation of the city of Fort McMurray to form the Regional Municipality of Wood Buffalo.

Fort Chipewyan: Taxes

NAME	Property Taxes- Regional Municipality of Wood Buffalo															
PHONE NUMBER	780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050															
EMAIL	Assessment.taxation@woodbuffalo.ab.ca															
ADDRESS	1 st Floor, Jubilee Centre Fort McMurray, Alberta T9H 2K4															
WEBSITE	www.rmwb.ca select the “Living” tab and then click on “Property Assessment” and chose “Property Taxes.”															
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed															
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>		July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
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Arrears	2%	2%	2%	9%												

Fort Chipewyan: Transportation

NAME	Tuccaro's Taxi Service
CONTACT PERSON	Bill Tuccaro
PHONE NUMBER	780-697-3400
ADDRESS	112 Henry Drive Fort Chipewyan, Alberta T0P 1B0
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. – 9:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	Bill does not charge Elders in the community for service to and from wakes.



Did you know Fort Chipewyan can only be accessed by plane or boat in the summer and by a winter road in the winter?

Fort McKay: Community Resources

NAME	Fort McKay Elders Centre
CONTACT PERSON	Yvonne Shott
PHONE NUMBER	780-881-5741
ADDRESS	Fort McKay Road Fort McKay, Alberta T0P 1C0
WEBSITE	www.fortmckaygroup.com select "Administration" tab and scroll down the page; on left side of screen select "Elder's Centre" from menu.
HOURS OF OPERATION	Monday to Thursday: 8:30 a.m. – 4:30 p.m. Friday: 8:30 a.m. – 2:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	<p>A drop-in Centre for Elders in the community that provides special events and activities including;</p> <p>Lunches every Tuesday and Thursday, Bingo once a month, birthday celebrations once a month, and other special event celebrations including Lac St Anne, Valentines party, Christmas party, and Treaty Days.</p> <p>Contact Yvonne for more information.</p>

In June of every year Fort McKay holds a Treaty Days celebration. Events at Treaty Days include a softball tournament, Fort McKay Idol, a traditional jigging contest, pancake breakfast, a parade, hand games, corporate tug-of-war, a children's petting zoo, dance performances, moose and duck calling contests, and bingo.

Fort McKay: Community Resources

NAME	Fort McKay Family Support Centre
CONTACT PERSON	Tracy White – Manager and Counsellor
PHONE NUMBER	780-828-4048 780-742-6436: Cell Phone
EMAIL	twhite@fortmckay.com
ADDRESS	Inside the Dorothy McDonald Centre
WEBSITE	www.fortmckaygroup.com select “Administration” tab and scroll down the page; on left side of screen select “Family Support Centre” from menu.
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Tracy remains on call 24 hours a day, 7 days a week.
SERVICES OFFERED	Tracy offers individual counselling to Elders as well as programs and support groups that help to deal with stress management, anxiety, grief and loss, and Alcohol Anonymous meetings. There is a Women’s Group on Tuesday evenings from 7:00 p.m. – 9:00 p.m.

Did you know, Fort McKay was established in 1820 by the Hudson Bay Company as a trading post but was not known as Fort McKay until it was named after Dr. Williams Morrison MacKay in 1917? –
Regional Municipality of Wood Buffalo

Fort McKay: Community Resources

NAME	Wood Buffalo Food Bank Association- Mobile Pantry Program
CONTACT PERSON	Mike Janssens ext 2226
PHONE NUMBER	780-743-1125
EMAIL	mpp@woodbuffalofoodbank.com
ADDRESS	10117 King Street Fort McMurray, Alberta T9H 3J1
WEBSITE	www.woodbuffalofoodbank.com select “about us” tab and click on “program” scroll down to Mobile Pantry Program.
HOURS OF OPERATION	Monday: 12:00 p.m. – 8:00 p.m. Tuesday to Friday: 8:30 a.m. – 4:30 p.m. Saturdays and Sundays: Closed
SERVICES OFFERED	Distribution of food hampers to low income seniors. Call Mike for eligibility. Mike delivers to Fort McKay once per month on a Tuesday or Thursday. Contact Mike to determine date of delivery and a week prior to place your order.

Fort McKay: Financial

NAME	Property Taxes - Regional Municipality of Wood Buffalo																		
PHONE NUMBER	Office: 780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050																		
EMAIL	assessment.taxation@woodbuffalo.ab.ca																		
ADDRESS	1 st Floor, Jubilee Centre 9909 Franklin Avenue Fort McMurray, Alberta T9H 2K4																		
WEBSITE	www.rmwb.ca select the “Living” tab and then click on “Property Assessment” and chose “Property Taxes.”																		
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed																		
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>					July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
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Fort McKay: Government

NAME	Fort McKay First Nation
CONTACT PERSON	Sheila Flett
PHONE NUMBER	780-828-2473
EMAIL	info@fortmckay.com
ADDRESS	Located inside the Dorothy McDonald Business Centre
WEBSITE	www.fortmckay.com
HOURS OF OPERATION	<p>Monday to Thursday: 8:30 a.m. – 4:30 p.m.</p> <p>Friday: 8:30 a.m. – 2:00 p.m.</p> <p>The office is closed for lunch between 12:00 p.m. and 1:00 p.m.</p> <p>Saturday and Sunday: Closed</p>
SERVICES OFFERED	<p>To contact the Fort McKay Leadership Team, call Sheila.</p> <p>Leadership Team:</p> <p>Chief: Jim Boucher</p> <p>Councillor: Raymond Powder</p> <p>Councillor: Gerald Gladue</p> <p>Councillor: Crystal McDonald</p> <p>Councillor: Peggy Lacorde</p>

Fort McKay: Government

NAME	Mayor and Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey-Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Mayor Melissa Blake Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, Alberta T9H 2K4
WEBSITE	www.rmwb.ca/Municipal-Government/Mayor-and-Council
HOURS OF OPERATION	Monday to Friday: 8:30 a.m.-4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>To discuss anything that is municipally related please contact your Council or Mayor.</p> <p>Councillors – Ward 2</p> <p>Julia Cardinal – julia.cardinal@rmwb.ca Telephone Number: 780-743-7011 Cellular Phone Number: 780-381-3009 Home Phone Number: 780-697-3836</p> <p>Claris Voyageur – Claris.voyageur@rmwb.ca Telephone Number: 780-714-7011 Cellular Phone Number: 780-799-1638</p>

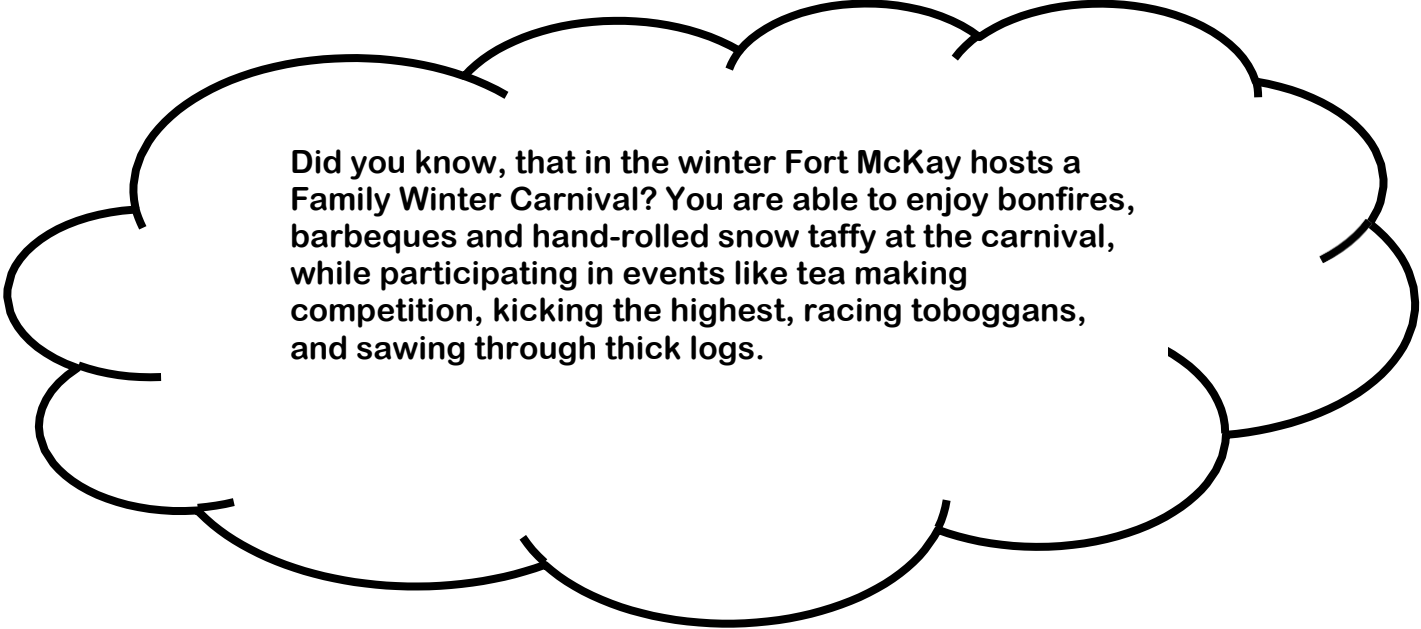
Fort McKay: Health

NAME	Fort McKay Health Centre
CONTACT PERSON	Barb McDonald
PHONE NUMBER	Barb: 780-828-2432 Health Centre General Number: 780-828-4229
EMAIL	bmcDonald@fortmckay.com
ADDRESS	Located inside the Dorothy McDonald Business Centre Fort McKay, Alberta
WEBSITE	www.fortmckaygroup.com select "Administration" tab and scroll down the page; on left side of screen select "Health Centre" from menu.
HOURS OF OPERATION	Monday to Thursday: 8:30 a.m. – 4:30 p.m. Closed for Lunch from: 12:00 p.m. – 1:00 p.m. Friday: 8:30 a.m. – 1:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	To book an appointment with Dr. John O'Connor or Charlene O'Connor contact Barb. The Fort McKay Health Centre offers immunizations, vaccinations, STI screening, physiotherapy, geriatric/palliative care specialist services, blood work, and Telehealth consults.

Did you know Fort McKay First Nation publishes a newsletter throughout the year? The Red River Current can be found online at www.fortmckay.com. It highlights upcoming events, public notices, and shares pictures and stories of the community.

Fort McKay: Transportation

NAME	Medical Van
CONTACT PERSON	Yvonne Shott
PHONE NUMBER	780-881-5741
ADDRESS	Fort McKay Elders Centre
WEBSITE	www.fortmckaygroup.com
HOURS OF OPERATION	Monday to Thursday: 8:30 a.m. – 4:30 p.m. Friday: 8:30 a.m. – 2:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	For Elders who are in need of transportation to or from appointments in Fort McKay or Fort McMurray, contact Yvonne to arrange for a Van to pick you up.



Did you know, that in the winter Fort McKay hosts a Family Winter Carnival? You are able to enjoy bonfires, barbeques and hand-rolled snow taffy at the carnival, while participating in events like tea making competition, kicking the highest, racing toboggans, and sawing through thick logs.

Janvier: Community Resources

NAME	Janvier Dene Wood Buffalo Community Association
CONTACT PERSON	Jules Nokohoo - Director
PHONE NUMBER	Office: 780-559-2230 Jules Office: 780-559-0074 Jules Cell: 780-792-7230
EMAIL	Jules.nokohoo@gmail.com
ADDRESS	Municipal Office 110 Janvier Drive Janvier, AB T0P 1G0
WEBSITE	www.rmwb.ca/living/Communities/Janvier
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Craft Nights – Takes place every Monday, Tuesday, and Wednesday from 6:00 p.m. – 9:00 p.m. Quilting, sewing, beading and hide work.</p> <p>Seniors Luncheon – Takes place the last Thursday of every month from 11:00 a.m. – 2:00 p.m. Lunch and refreshments are provided by the Janvier Dene. Prizes are also given away to attending seniors.</p> <p>Community Bingo – Takes place once per month, contact Jules for upcoming dates.</p> <p>Janvier Outdoor Skating Rink- Open Monday to Sunday 8:30 a.m.-10:00 p.m. during the winter months.</p> <p>For any assistance with tax returns and government forms contact Jules.</p>

Janvier: Community Resources

NAME	Wood Buffalo Food Bank Association- Mobile Pantry Program
CONTACT PERSON	Mike Jansses ext 2226
PHONE NUMBER	780-743-1125
EMAIL	mpp@woodbuffalofoodbank.com
ADDRESS	10117 King Street, Fort McMurray, AB T9H 3J1
WEBSITE	www.woodbuffalofoodbank.com select “about us” tab and click on “program” scroll down to Mobile Pantry Program.
HOURS OF OPERATION	Monday: 12:00 p.m. – 8:00 p.m. Tuesday to Friday: 8:30 a.m. – 4:30 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	Distribution of food hampers to low income seniors. Call Mike for eligibility. Mike delivers to Janvier two times a month on a Tuesday or Thursday. Call Mike one week prior to date of delivery to place your order and to determine the exact date of delivery for the month.

Did you know that the Fort McMurray Food Bank was originally founded as a registered society in December 22, 1983? The original location was in Gregoire, which made accessibility for food bank clientele a major challenge.

– *Wood Buffalo Food Bank Association*

Janvier: Financial

NAME	Property Taxes- Regional Municipality of Wood Buffalo																		
PHONE NUMBER	Office: 780-743-7900 (For Assessments press 1, Taxation and Licensing press 2) Fax: 780-743-7050																		
EMAIL	assessment.taxation@woodbuffalo.ab.ca																		
ADDRESS	1 st Floor, Jubilee Centre 9909 Franklin Avenue Fort McMurray, Alberta T9H 2K4																		
WEBSITE	www.rmwb.ca select the “Living” tab and then click on “Property Assessment” and chose “Property Taxes.”																		
HOURS OF OPERATION	Monday to Friday 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed																		
SERVICES OFFERED	<p>For the year 2015 Property tax payments were due on June 30th. The below chart outlines the penalties that will be applied if payment is made after June 30th, 2015.</p> <table><tr><td></td><td>July 1</td><td>September 1</td><td>November 1</td><td>January 1</td></tr><tr><td>Current</td><td>3%</td><td>7%</td><td>3%</td><td></td></tr><tr><td>Arrears</td><td>2%</td><td>2%</td><td>2%</td><td>9%</td></tr></table>					July 1	September 1	November 1	January 1	Current	3%	7%	3%		Arrears	2%	2%	2%	9%
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Janvier: Government

NAME	Mayor and Council
CONTACT PERSON	Mayor Melissa Blake For specific inquiries or to schedule a meeting contact: Deanne Bergey-Senior Executive Assistant
PHONE NUMBER	780-743-7009 Fax: 780-743-7099
EMAIL	mayor@woodbuffalo.ab.ca
ADDRESS	Mayor Melissa Blake Regional Municipality of Wood Buffalo 7 th Floor, 9909 Franklin Ave Fort McMurray, AB T9H 2K4
WEBSITE	www.rmwb.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. - 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	For all Municipal inquiries please contact your Councillor or the Mayor. Councillor – Ward 4 Jane Stroud – jane.stroud@rmwb.ca Telephone Number: 780-334-0516 Fax Number: 780-743-7028

Janvier: Health

NAME	Chipewyan Prairie First Nation Health Centre
CONTACT PERSON	Mara Nokohoo
PHONE NUMBER	780-559-2375
EMAIL	mnokohoo@onehealth.ca
ADDRESS	Chipewyan Prairie First Nation Reserve Janvier, Alberta T0P 1G0
WEBSITE	chipewyanprairiehealthcentre.com
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. - 4:30 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	Medical transportation is available for free to Elders who need to make appointments in Fort McMurray.

Did you know that once a month the Janvier Dene Wood Buffalo Community Association holds a Seniors Luncheon? This is free for all Elders in the community. You can contact Jules Nokohoo for dates and more information at 780-792-7231.

Janvier: Transportation

Conventional Rural Bus Schedule

Bus Service to Janvier and back occurs every Tuesday. Seniors 65+ ride for free.

Tuesday Schedule:

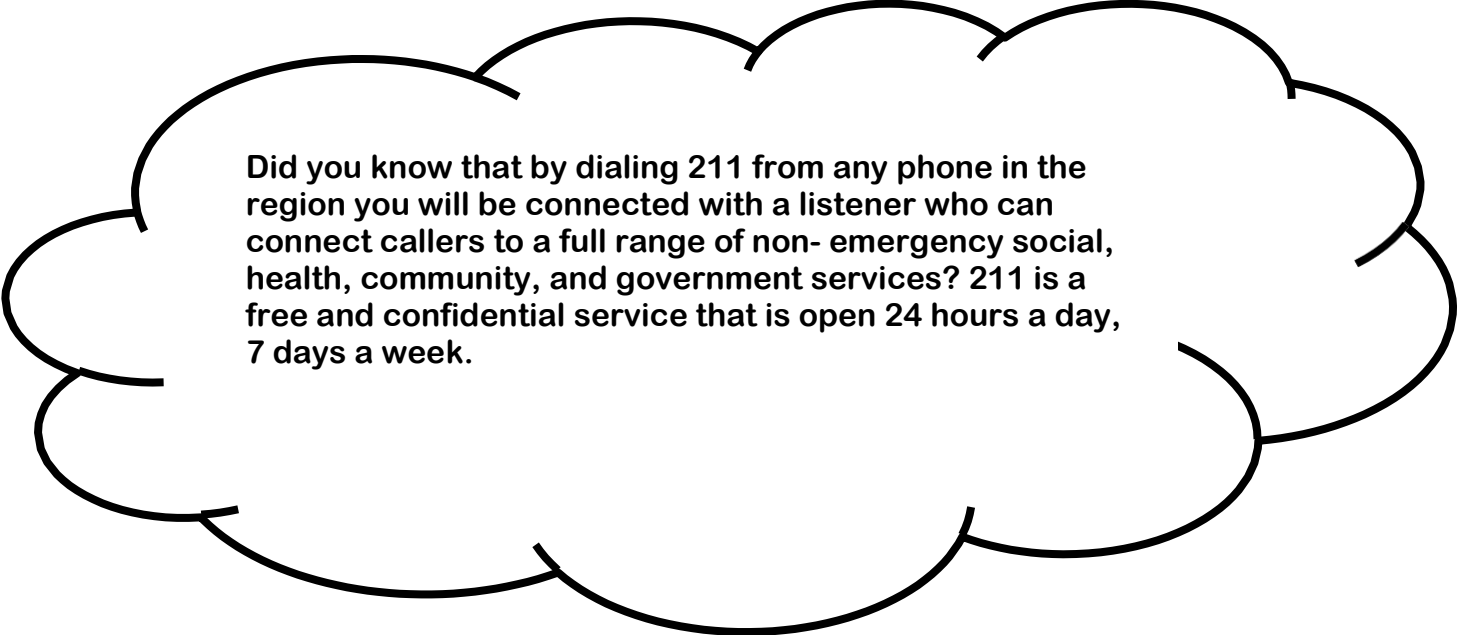
7:45 a.m.	Pick up	Hardin St & MacDonald Ave (Across from Provincial Building)
8:00 a.m.	Pick up	Manning Ave (Behind Shopper's Drug Mart at the River City Centre)
10:00 a.m.	Drop Off/Pick up	Janvier
12:00 Noon	Drop Off	Hardin St & MacDonald Ave (Across from Provincial Building)
12:15 p.m.	Drop off	Manning Ave (Behind Shoppers Drug Mart at the River City Centre)
4:00 p.m.	Pick up	Manning Ave (Behind Shoppers Drug Mart behind River City Centre)
4:15 p.m.	Pick up	Hardin St & MacDonald Ave (Across from Provincial Building)
6:15 p.m.	Drop off	Janvier drop then deadhead to Fort McMurray

Janvier: Transportation

NAME	Specialized Mobility Assistance Required Transportation (SMART)
CONTACT PERSON	Dispatch
PHONE NUMBER	Booking Number: 780-743-7909 (before 5:00p.m). After Hours Number: 780-743-4157
WEBSITE	www.rmwb.ca select "Living" tab and click on "Public Transport" from drop down menu and select SMART bus from menu on right side of screen.
HOURS OF OPERATION	Janvier SMART service is available every Thursday. Schedule is determined according to need.
SERVICES OFFERED	<p>Offers curb-to-curb service.</p> <p>Available to those 65+ or to those with special needs who are unable to use the conventional bus service.</p> <p>Equipped with wheelchair lifts.</p> <p>\$10.00 is payable to the driver upon pickup.</p>

Provincial & Federal Government: Emergency and Crisis

NAME	Addictions Helpline
PHONE NUMBER	1-866-332-2322
WEBSITE	www.albertahealthservices.ca/services.asp
HOURS OF OPERATION	Open 24 hours a day, 7 days a week
SERVICES OFFERED	<p>A toll-free confidential line open to residents of Alberta.</p> <p>Provides alcohol, tobacco, drugs, and gambling support by supplying information and referral to services available in the province.</p>



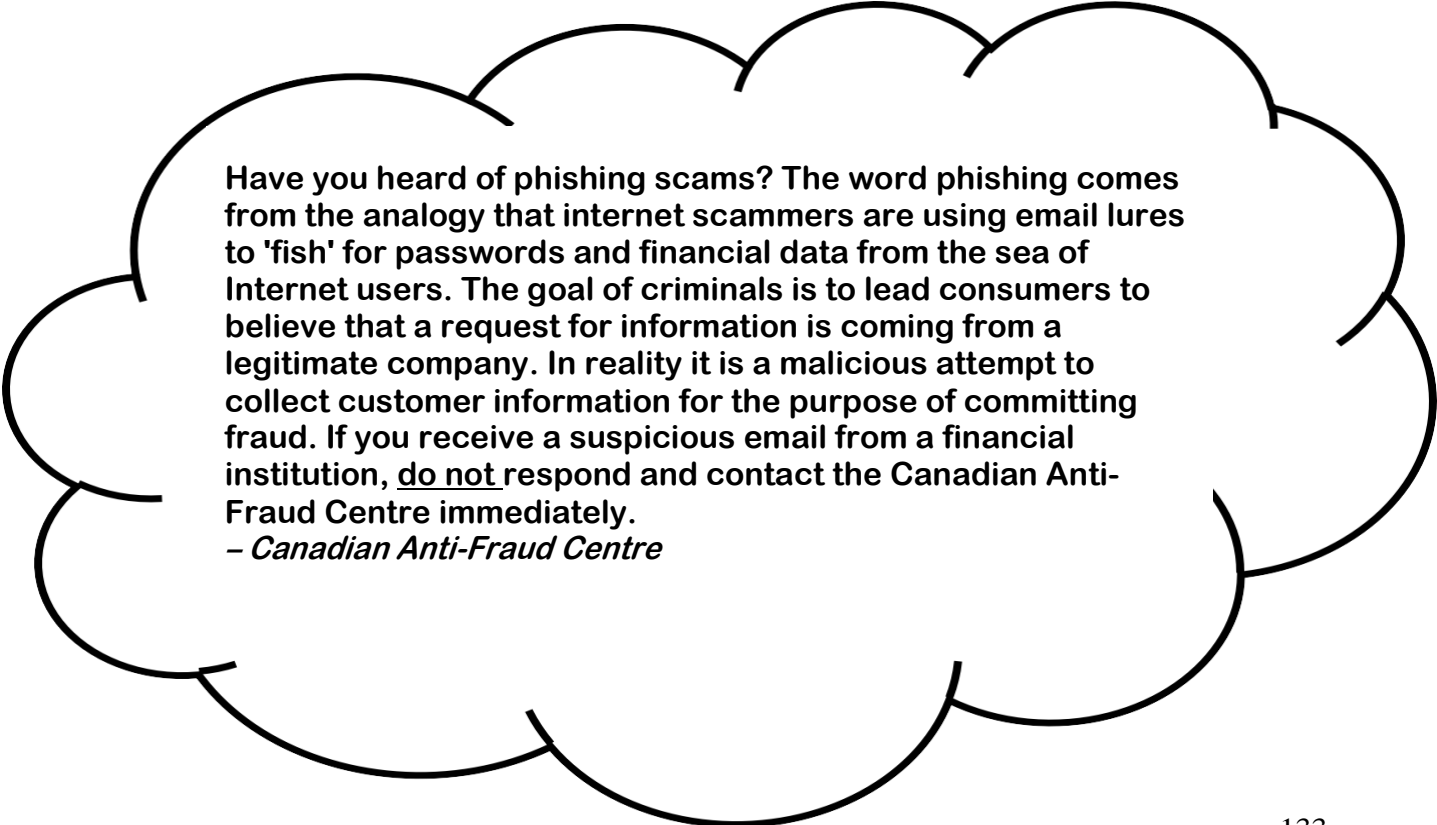
Did you know that by dialing 211 from any phone in the region you will be connected with a listener who can connect callers to a full range of non-emergency social, health, community, and government services? 211 is a free and confidential service that is open 24 hours a day, 7 days a week.

Provincial & Federal Government: Emergency and Crisis

NAME	Alberta Supports – Senior Services
PHONE NUMBER	1-877-644-9992
ADDRESS	1st Floor, Provincial Building 9915 Franklin Avenue Fort McMurray, Alberta T9H 2K4
WEBSITE	www.programs.alberta.ca/Living
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Alberta Supports offers an Income Support Program that enables low-income Seniors 65+ to receive monthly cash benefits.</p> <p>A special needs assistance program is also available that provides low-income Seniors with a lump-sum cash payment to assist with extraordinary expenses such as medical bills, appliances, and home repairs.</p> <p>For more information or to find out eligibility call the toll free phone number listed above.</p>

Provincial & Federal Government: Emergency and Crisis

NAME	Canadian Anti-Fraud Centre
PHONE NUMBER	1-888-495-8501 Fax: 1-888-654-9426
EMAIL	info@antifraudcentre.ca
WEBSITE	www.antifraudcentre.ca
HOURS OF OPERATION	Monday to Friday: 7:00 a.m. – 3:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Takes reports of any telemarketing fraud and identity theft.



Have you heard of phishing scams? The word phishing comes from the analogy that internet scammers are using email lures to 'fish' for passwords and financial data from the sea of Internet users. The goal of criminals is to lead consumers to believe that a request for information is coming from a legitimate company. In reality it is a malicious attempt to collect customer information for the purpose of committing fraud. If you receive a suspicious email from a financial institution, do not respond and contact the Canadian Anti-Fraud Centre immediately.

– *Canadian Anti-Fraud Centre*

Provincial & Federal Government: Emergency and Crisis

NAME	Canadian Red Cross
PHONE NUMBER	Donations and General Inquiries: 1-800-418-1111 After Hours Emergency: 1-888-800-6493
EMAIL	WeCare@redcross.ca
ADDRESS	9931 - 106th Street Edmonton, AB T5K 1E2
WEBSITE	www.redcross.ca
HOURS OF OPERATION	Call Centre is open 24 hours a day, 7 days a week
SERVICES OFFERED	<p>Provides assistance to those who have been affected by a disaster within the first 72 hours.</p> <p>Assistance includes: shelter, food, clothing, hygiene kits, and other basic necessities.</p> <p>The Canadian Red Cross encourages all Canadians to be prepared with a disaster kit that will prepare you for 72 hours in the event of a disaster.</p> <p>A disaster kit includes items such as: water, non-perishable food, can opener, extra copies of keys, batteries, important documents (passports, licenses, wills), medications, and personal hygiene items.</p>

Provincial & Federal Government: Emergency and Crisis

NAME	Health Link
PHONE NUMBER	1-866-408-5465 or dial 811 from any phone
WEBSITE	www.albertahealthservices.ca select “Health Information” and chose “Health Link” option.
HOURS OF OPERATION	Open 24 hours a day, 7 days a week
SERVICES OFFERED	<p>Health advice is provided over the phone by a registered nurse.</p> <p>The nurse will provide you with community resources offered by Alberta Health Services.</p> <p>If you have a medical emergency dial 911 for immediate assistance.</p>

NAME	Mental Health Helpline
PHONE NUMBER	1-877-303-2642
WEBSITE	www.albertahealthservices.ca select “Information for” tab and chose “Patients & Families” and chose the “Addiction and Mental Health” option from the drop down menu.
HOURS OF OPERATION	Open 24 hours a day, 7 days a week
SERVICES OFFERED	<p>A confidential and anonymous service that provides crisis intervention to callers.</p> <p>Information will be provided about mental health programs and services, and if needed referrals can be made to other agencies in the province.</p>

Provincial & Federal Government: Emergency and Crisis

NAME	Poison and Drug Information Service (PADIS)
PHONE NUMBER	1-800-332-1414
EMAIL	padis.secretary@albertahealthservices.ca
WEBSITE	www.albertahealthservices.ca
HOURS OF OPERATION	Open for callers 24 hours a day, 7 days a week.
SERVICES OFFERED	<p>Offers confidential advice about poisons, chemicals, medicines, and herbal products.</p> <p>If you are experiencing an emergency call 911.</p>

NAME	Protection for Persons in Care (PPC)
PHONE NUMBER	1-888-357-9339
WEBSITE	www.health.alberta.ca/services/protection-persons-care
HOURS OF OPERATION	<p>Monday to Friday: 8:15 a.m. – 4:30 p.m.</p> <p>Saturday, Sunday, and Holidays: Closed</p>
SERVICES OFFERED	<p>Responds to reports of abuse or any form of neglect of care involving adults receiving government-funded care or support service in settings such as hospitals, nursing homes, seniors' lodges, group homes, shelters, assisted living facilities, and other settings.</p> <p>If a Senior is in any immediate danger contact the police.</p>

Provincial & Federal Government: Representative Contacts

NAME	Member of Parliament – David Yurdiga
CONTACT PERSON	Angela Betts Hussain Daud Samuel Harry
PHONE NUMBER	Local Office: 780-743-2201 Ottawa Parliamentary Office: 613-992-1154
EMAIL	David.yurdiga.C1A@parl.gc.ca
ADDRESS	Fort McMurray Constituency Office 9816 Hardin Street Suite 104B Fort McMurray T9H 4K3 Parliamentary Office Room 810, Justice Building Ottawa, Ontario K1A 0A6
WEBSITE	www.davidyurdiga.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	Conservative Party of Canada Fort McMurray – Athabasca Contact the Fort McMurray office for any Federal concerns such as immigration, income tax, and pensions.

Provincial & Federal Government: Representative Contacts

NAME	Member of Legislative Assembly Fort McMurray – Conklin: Brian Jean Fort McMurray-Wood Buffalo: Tany Yao
CONTACT PERSON	Vaughn Jessome
PHONE NUMBER	Brian Jean: 780-588-7979 Tany Yao: 780-790-6014
EMAIL	Brian Jean: fortmcmurray.conklin@assembly.ab.ca Tany Yao: fortmcmurray.woodbuffalo@assembly.ab.ca
ADDRESS	Constituency Office – Fort McMurray Suite #102 9912 Franklin Avenue Fort McMurray, Alberta T9H 2K4 Legislature Office 5th Floor 9820 - 107 Street Edmonton, Alberta T5K 1E7
WEBSITE	www.wildrose.ca
HOURS OF OPERATION SERVICES OFFERED	Monday to Friday: 8:30 a.m. – 5:00 p.m. Evening appointments available – Call Vaughn to arrange Constituents encountering problems within their division, or having problems dealing with government departments, and agencies, can contact Brian Jean, Tany Yao and Vaughn Jessome for assistance.

Provincial & Federal Government: Representative Contacts

NAME	Service Canada
CONTACT PERSON	Information/Referral agent
PHONE NUMBER	1-800-622-6232
ADDRESS	8530 Manning Avenue, Unit 107 Fort McMurray, Alberta T9H 5G2
WEBSITE	www.servicecanada.gc.ca
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>By contacting 1-800-622-6232 a representative will offer quick and easy access to all Government of Canada services.</p> <p>Visit the Fort McMurray office for any assistance with government forms, passport applications, and telephone interpretation.</p> <p>Important Phone Numbers: Canada Pension Plan and Old Age Security: 1-800-277-9914</p> <p>Record of Employment: 1-800-367-5693</p> <p>Telephone Information Service for Employment Insurance: 1-800-206-7218</p> <p>Employment Insurance Telephone Reporting Service: 1-800-531-7555</p>

Provincial & Federal Government: Health

NAME	Alberta Blue Cross
CONTACT PERSON	Customer Service Agent
PHONE NUMBER	Inquiries about the plans:1-800-394-1965 Claims and Account Inquiries:1-800-661-6995
ADDRESS	Head Office: 10009 108 Street NW Edmonton, Alberta T5J 3C5
WEBSITE	www.ab.bluecross.ca select “seniors” tab
HOURS OF OPERATION	Monday to Friday: 8:30 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Seniors Plus Plan A:</p> <p>Ages 65-74 - \$29/Month, Ages 75-84 - \$31/Month, Ages 85 and up - \$30/Month</p> <p>Includes: Semi-private and private hospital rooms, \$20/visit to a Chiropractor to a maximum of \$150 each benefit year, 65% basic dental coverage (up to \$500 each benefit year), 70% vision care coverage (up to \$150 toward the purchase and repair of eyeglasses or contact lenses once every three years), and \$10,000 in the event of an accidental death.</p> <p>Seniors Plus Plan B:</p> <p>Ages 65-84 - \$42/Month, Ages 85 and up - \$40/Month</p> <p>Includes: Semi-private and private hospital rooms, \$20/visit to a Chiropractor to a maximum of \$250 each benefit year, 70% basic dental coverage (up to \$500 each benefit year), 65% extensive dental coverage (combined</p>

basic and extensive dental maximum of \$850 each benefit year), 70% vision care coverage (up to \$200 toward the purchase and repair of eyeglasses or contact lenses once every three years), and \$15,000 in the event of an accidental death.

Seniors Plus Plan C:

Ages 65-74 - \$55/Month, Ages 75-84 - \$56/Month, Ages 85 and up - \$55/Month

Includes: Semi-private and private hospital rooms, \$25/visit to a Chiropractor to a maximum of \$300 each benefit year, 70% basic dental coverage (up to \$600 each benefit year), 65% extensive dental coverage (combined basic and extensive dental maximum of \$1,100 each benefit year), 70% vision care coverage (up to \$250 toward the purchase and repair of eyeglasses or contact lenses once every three years), and \$20,000 in the event of an accidental death.

Seniors Plus Plan D:

Ages 65-74 - \$72/Month, Ages 75-84 - \$73/Month, Ages 85 and up - \$72/Month

Includes: Semi-private and private hospital rooms, \$25/visit to a Chiropractor to a maximum of \$300 each benefit year, 80% basic dental coverage (up to \$750 each benefit year), 65% extensive dental coverage (combined basic and extensive dental maximum of \$1,350 each benefit year), 70% vision care coverage (up to \$300 toward the purchase and repair of eyeglasses or contact lenses once every three years), and \$20,000 in the event of an accidental death.

Provincial & Federal Government: Health

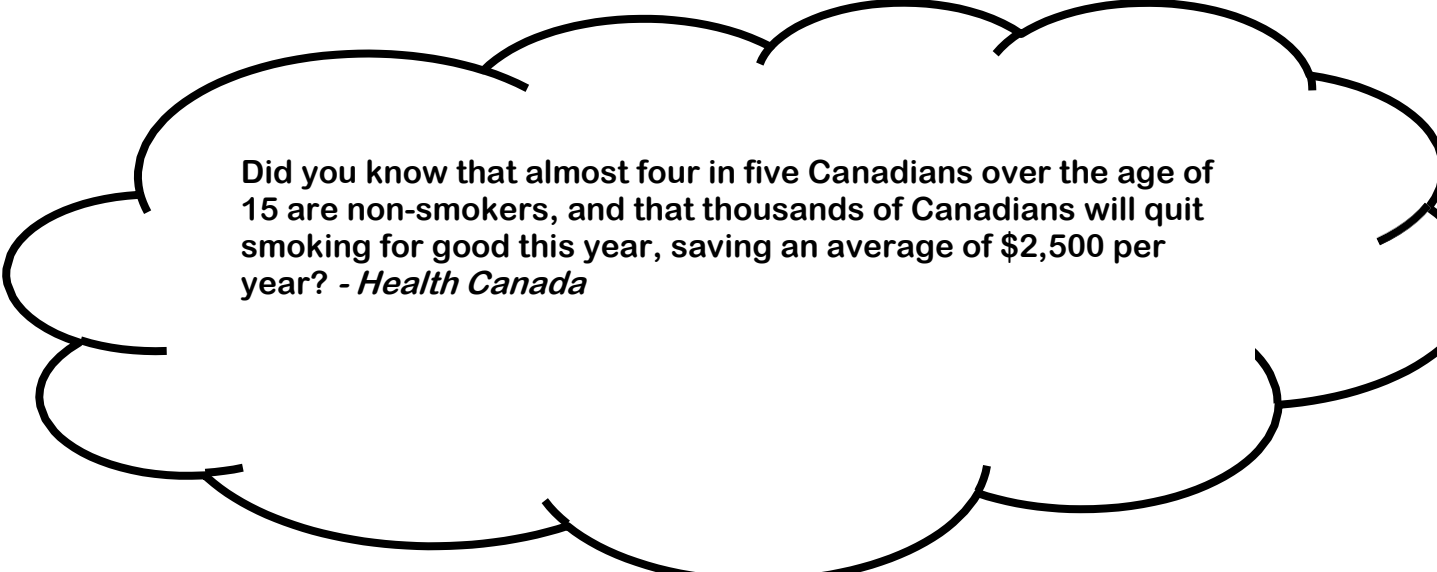
NAME	Alberta Health Advocates – Seniors
CONTACT PERSON	Deborah Prowse
PHONE NUMBER	Dial 310-0000, then when prompted dial 780-422-1812 780-422-0695 - Fax
EMAIL	healthadvocates@gov.ab.ca
ADDRESS	10035-108 Street, 12 th Floor, Centre West Building Edmonton, Alberta T5J 3E1
WEBSITE	www.albertahealthadvocates.ca/seniors
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. – 4:30 p.m. Closed for lunch from: 12:00 p.m. – 1:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Requests inspections, investigations, and quality and safety assessments that are related to the care provided in seniors' facilities.</p> <p>Informs the public on the rights, interests, and needs of seniors.</p> <p>Refers the concerns and complaints Seniors may have to the appropriate agency or person.</p>

Provincial & Federal Government: Health

NAME	Alberta Health Care Insurance Plan
PHONE NUMBER	Toll-free in Alberta, dial 310-0000 then when prompted dial 780-427-1432
EMAIL	Health.ahcipmail@gov.ab.ca (for general inquiries only – non-personal questions)
ADDRESS	Mailing Address: P.O. Box 1360, Station Main Edmonton, Alberta T5J 2N3
WEBSITE	www.health.alberta.ca/health-care-insurance-plan.html
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. – 4:30 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>Call with any questions regarding your health care and health care insurance coverage in Alberta.</p> <p>Inquire about your account or make any personal changes by calling.</p> <p>To make any changes in person or to register for Alberta Health Care, you may visit:</p> <p>Alberta Motor Association (if you are a member) 4 Hospital Street</p> <p>Fort McMurray Vehicle Licensing and Registry 300-10003 Biggs Avenue</p> <p>Timberlea Licensing and Registry 3-118 Millennium Drive</p>

Provincial & Federal Government: Health

NAME	Alberta Quits
PHONE NUMBER	1-866-710-7848
WEBSITE	www.albertaquits.ca
HOURS OF OPERATION	Monday to Sunday: 8:00 a.m. – 8:00 p.m.
SERVICES OFFERED	<p>A free smoking cessation service for all residents of Alberta.</p> <p>Cessation Counsellors will help you develop a quit plan, deal with cravings, and provide ongoing support to keep you motivated.</p> <p>An interactive online support network is available on their website 24 hours a day, 7 days a week.</p>



Did you know that almost four in five Canadians over the age of 15 are non-smokers, and that thousands of Canadians will quit smoking for good this year, saving an average of \$2,500 per year? - *Health Canada*

Provincial & Federal Government: Health

NAME	CNIB
PHONE NUMBER	1-800-563-2642
EMAIL	info@cnib.ca
ADDRESS	National Office 1929 Bayview Avenue Toronto, Ontario M4G 0A1
WEBSITE	www.cnib.ca
HOURS OF OPERATION	Monday to Friday: 5:00 a.m. – 5:30 p.m. Saturday, Sunday, and Holidays: Closed Outside of these hours a voicemail service is available and will be responded to the following business day.
SERVICES OFFERED	Provides callers with immediate and confidential over the phone support. Provides information about assistive aids that are available and best suited for you. Aids are available for purchase directly on CNIB's website.

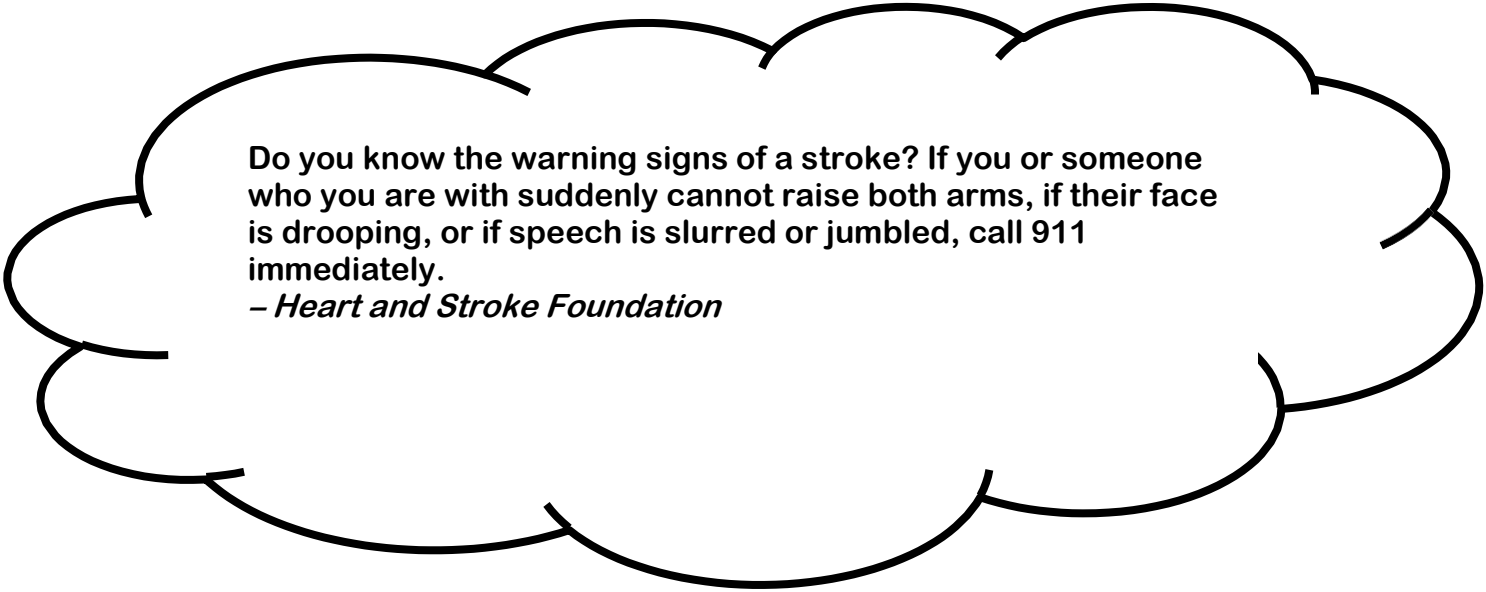
Provincial & Federal Government: Health

NAME	Alberta Health Services - Health Link
PHONE NUMBER	1-866-408-5465 or dial 811 from any phone
WEBSITE	www.albertahealthservices.ca/assets/healthinfo/link/index
HOURS OF OPERATION	Open 24 hours a day, 7 days a week
SERVICES OFFERED	<p>Health advice is provided over the phone by a registered nurse.</p> <p>The nurse will provide you with community resources offered by Alberta Health Services.</p> <p>If you have a medical emergency dial 911 for immediate assistance.</p>

Did you know that you can contact the Primary Care Network in Fort McMurray to request a list of family physicians accepting new patients?
Call 780-788-1765
or online:
www.wbpcn.ca/About/Pages/PhysiciansAccepting.aspx

Provincial & Federal Government: Health

NAME	Heart and Stroke Foundation – Alberta
PHONE NUMBER	1-888-473-4636
ADDRESS	National Office 222 Queen Street, Suite 1402 Ottawa, Ontario K1P 5V9
WEBSITE	www.heartandstroke.ca
HOURS OF OPERATION	Monday to Friday: 8:00 a.m. – 4:00 p.m.
SERVICES OFFERED	<p>Provides information about heart disease, stroke, healthy lifestyles, research, and statistics.</p> <p>Also offers educational programs such as Living with a Stroke, which is an interactive program designed for survivors of a stroke and/or their caregivers.</p>

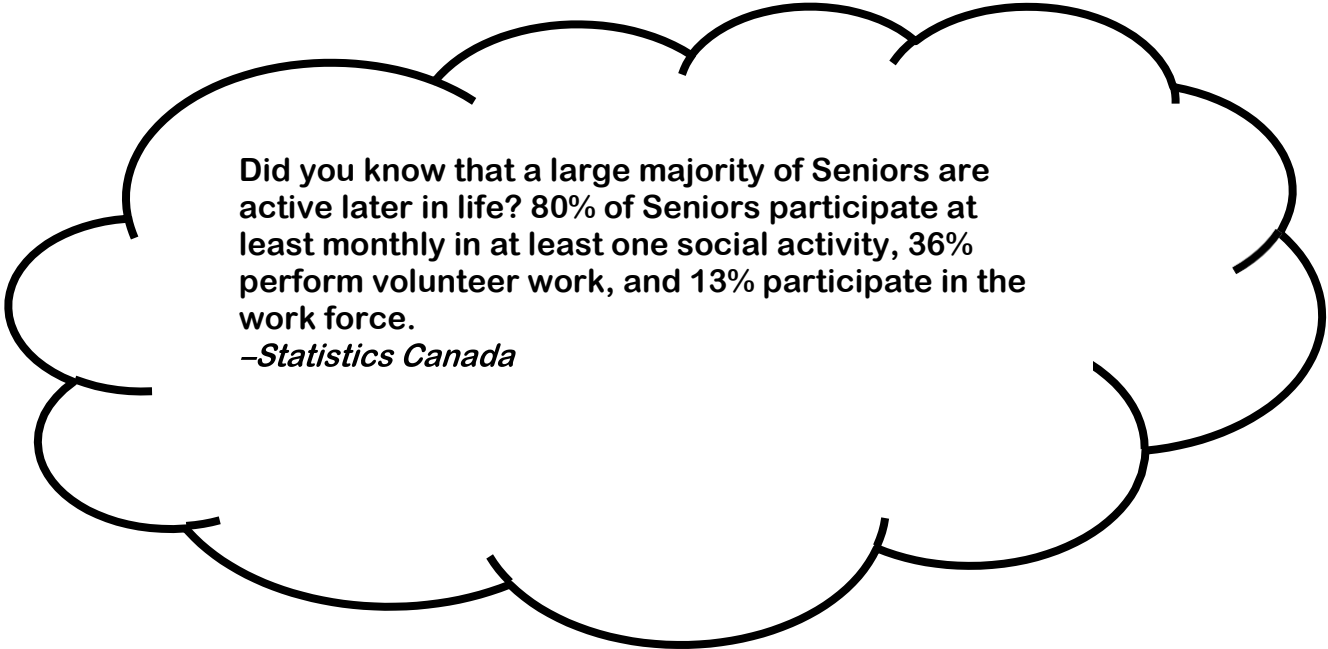


Do you know the warning signs of a stroke? If you or someone who you are with suddenly cannot raise both arms, if their face is drooping, or if speech is slurred or jumbled, call 911 immediately.

– Heart and Stroke Foundation

Provincial & Federal Government: Health

NAME	Parkinson Alberta
PHONE NUMBER	1-877-243-9992
EMAIL	info@parkinsonalberta.ca
WEBSITE	www.parkinsonalberta.ca
HOURS OF OPERATION SERVICES OFFERED	Monday to Friday: 8:30 a.m. – 4:30 p.m. Saturday, Sunday, and Statutory Holidays: Closed Offers information, support, education, and community referrals to those who call the toll-free phone number. Online support is offered to those with Parkinson's or their caregivers by clicking on the tab "Get Answers" and the "Ask the Experts".



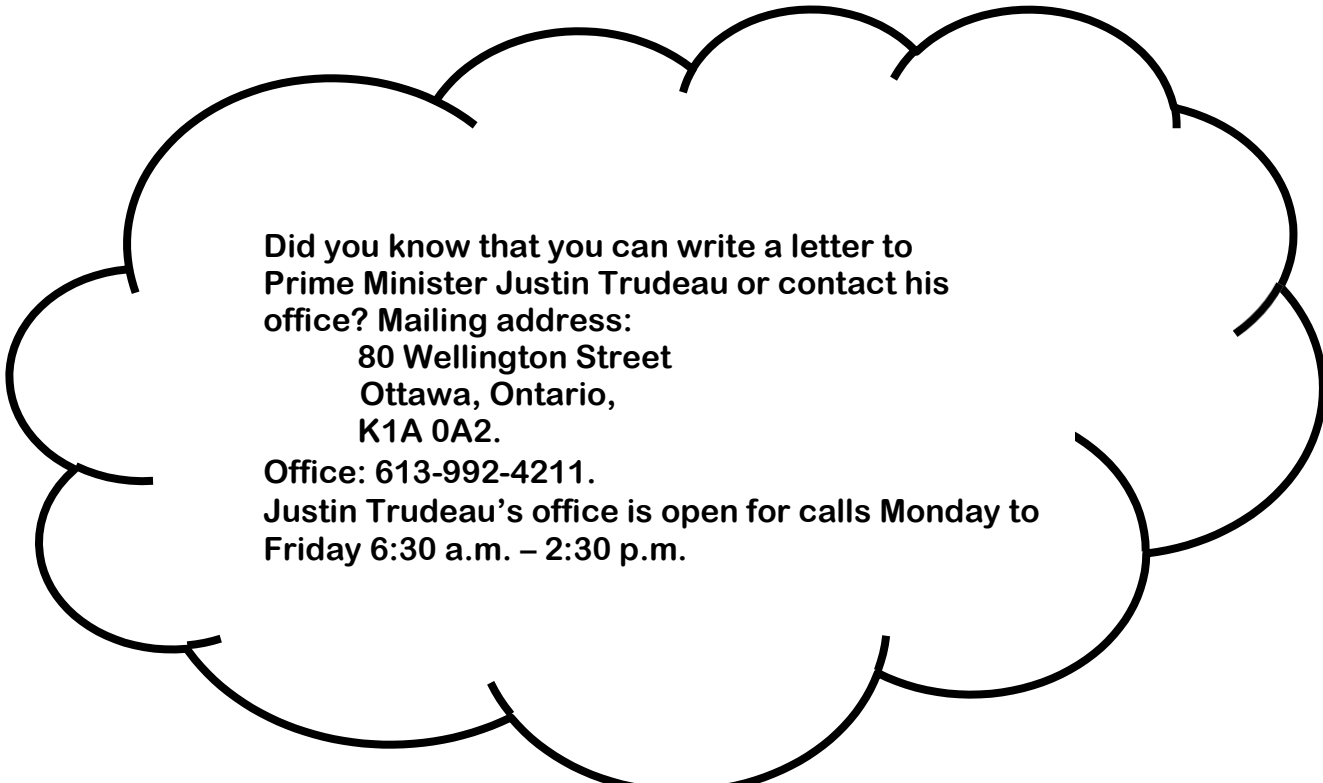
Did you know that a large majority of Seniors are active later in life? 80% of Seniors participate at least monthly in at least one social activity, 36% perform volunteer work, and 13% participate in the work force.

–Statistics Canada

Provincial & Federal Government: Taxes

NAME	Canada Revenue Agency (CRA)
PHONE NUMBER	General Inquiries: 1-800-959-8281
ADDRESS	Winnipeg Tax Centre 66 Stapon Road Winnipeg, Manitoba R3C 3M2
WEBSITE	www.cra-arc.gc.ca/seniors
HOURS OF OPERATION	Monday to Friday: 9:00 a.m. – 5:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>GST Credit Inquiries: 1-800-959-1953 (Agents available 9:00 a.m. – 5:00 p.m.)</p> <p>Status of your Refund (Tele-Refund): 1-800-959-1956 (Automatic phone service available 24 hours a day, 7 days a week). You will be required to provide your Social Insurance Number, the month and year of your birth, and the amount of income that you reported on line 150 of your tax return.</p> <p>Business Inquiries: 1-800-959-5525 (Agents available 9:00 a.m. – 6:00 p.m.)</p> <p>When a loved one passes away and you are the executor of the will, contact CRA at 1-800-959-8281 to advise them of the date of death. Alternatively you can fill out for RC4111 (Request for the Canada Revenue Agency to update records) and mail to the Winnipeg Tax Centre. The RC4111 form can be found online at www.cra-arc.gc.ca/E/pub/tg/rc4111/rc4111-pf-e.html</p> <p>A final tax return and any balance owing will be due on or before the following dates:</p>

	<p>If passing occurred between January 1st and October 31st, the due date will be April 30th of the following year. If the passing occurred between November 1st and December 31st, the due date will be six months after the date of passing.</p>
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Did you know that you can write a letter to Prime Minister Justin Trudeau or contact his office? Mailing address:

**80 Wellington Street
Ottawa, Ontario,
K1A 0A2.**

Office: 613-992-4211.

Justin Trudeau's office is open for calls Monday to Friday 6:30 a.m. – 2:30 p.m.

Provincial & Federal Government: Information Services & Advocacy Groups

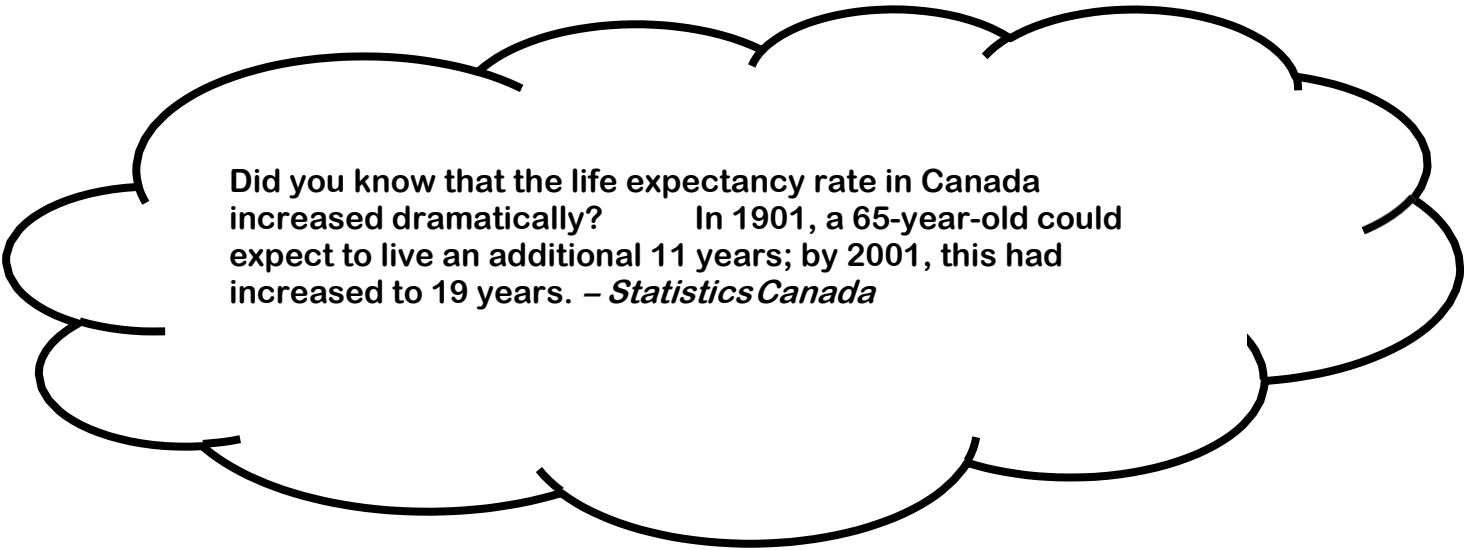
NAME	Alberta Ombudsman
CONTACT PERSON	Peter Hourihan
PHONE NUMBER	1-888-455-2756
EMAIL	info@ombudsman.ab.ca
ADDRESS	10303 Jasper Avenue NW, Suite 2800 Edmonton, Alberta T5J 5C3
WEBSITE	www.ombudsman.ab.ca
HOURS OF OPERATION	Monday to Friday: 8:15 a.m. – 4:30 p.m. Closed for lunch from: 12:00 p.m. – 1:00 p.m. Saturday and Sunday: Closed
SERVICES OFFERED	<p>Responds to complaints of unfair treatment by provincial government authorities and designated professional organizations.</p> <p>Services provided by the Ombudsman are free of charge.</p>

Provincial & Federal Government: Information Services & Advocacy Groups

NAME	CARP (Formally known as the Canadian Association for Retired Persons)
PHONE NUMBER	1-800-363-9736
EMAIL	support@carp.ca
ADDRESS	30 Jefferson Avenue Toronto, Ontario M6K 1Y4
WEBSITE	www.carp.ca
HOURS OF OPERATION	Monday to Friday: 6:00 a.m. – 6:00 p.m. Saturday, Sunday, and Holidays: Closed
SERVICES OFFERED	<p>A national, non-partisan, non-profit organization committed to a New Vision of Aging for Canada.</p> <p>Advocates with Seniors on affordable and timely health care, pension reform, the elimination of elder abuse, the rights of older workers and drivers, and consumer protection.</p> <p>Membership rates start at \$14.95 a year and benefits of a membership include access to a wide range of discounts on products and services including: auto, home, life, health, travel and pet insurance, hotels, rental cars, phones, fitness, household services, eye glasses, hearing aids and entertainment.</p>

Provincial & Federal Government: Information Services & Advocacy Groups

NAME	Seniors United Now (SUN)
PHONE NUMBER	1-855-786-8669
EMAIL	unitenow@telus.net
ADDRESS	2016 Sherwood Drive, Unit 15 Sherwood Park, Alberta T8A 3X3
WEBSITE	www.seniorsunitednow.com
HOURS OF OPERATION	Tuesday and Wednesday: 10:00 a.m. – 3:00 p.m.
SERVICES OFFERED	<p>Represents all Seniors of Alberta and advocates on issues that may be affecting their quality of life.</p> <p>Priorities include monitoring and responding to such issues as; financial concerns, continuing care, public pensions, and home care delivery.</p>



Did you know that the life expectancy rate in Canada increased dramatically? In 1901, a 65-year-old could expect to live an additional 11 years; by 2001, this had increased to 19 years. – *Statistics Canada*