St. James Assiniboia Resources April 2nd, 2020

If highlighted GREEN means delivery is available

If highlighted YELLOW means store offers designated shopping time for Seniors

Contact Senior Resource Coordinator Sarah Vinck if you have any questions at [sarah@stjamescentre.com](mailto:sarah@stjamescentre.com)

**Groceries**

1. Foodfare (2285 Portage Ave.)

Hours of operation: 8 AM - 9 PM

204-885-2381

* 8 – 9 AM designated shopping time for 55+.
* Call before 11 AM and will deliver that day, $10 charge for all deliveries. Delivery only on Mon-Fri

1. Foodfare (839 Cavalier Dr.)

Hours of operation: 8 AM – 8 PM Mon to Fri, 9 AM – 7 PM Sat, 10 AM – 6 PM Sun

204-889-8892

* 8 – 9 AM designated shopping time for 55+, Monday to Friday.
* Call before 11 AM for same-day delivery, $9 cost
* Delivery only on Mon- Fri

1. Save on foods (850 St. James St.)

Hours of operation: 8 AM - 8 PM Mon to Sat, 9 AM - 6 PM Sun

204-783-9036

* Can place an order online or over the phone, MUST set up an online profile before ordering over the phone.

1. Family Foods (1881 Portage Ave.)

Hours of operation: 7 AM – 9 PM Mon to Fri, 9 AM- 9 PM Sat & 10 AM - 6 PM Sun

204-988-4810

* First hour open Mon to Fri is designated time for Seniors
* Mon-Friday delivery, order MUST be placed by noon to receive that day, cost $8.50-$10 depending on the distance from the store.

1. Superstore (3193 Portage Ave.)

Hours of operation: 8 AM – 8 PM Mon to Sat, 9 AM – 6 PM Sun

204-831-3528

* Delivery option is only for online orders, the cost for delivery varies on quantity

1. Shoppers Drugmart (2533 Portage Ave.)

Hours of operation: 8 AM – 8 PM Everyday

204-896-3256

* First Hour in the morning is designated to seniors, every morning from 8-9 am will receive 20% off regular priced items.

1. Sobeys (3635 Portage Ave.)

Hours of operation: 8 AM - 8 PM Everyday

204-832-8605

* The first hour open designated to seniors for shopping, between 8-9 AM.
* They do delivery but do not shop for you, the customer has to go in to store and pick produce out and they will arrange delivery at home

1. Walmart Unicity Supercentre (3655 Portage Ave.)

Hours of Operation: 7 AM - 8 PM Everyday

204-897-3410

* The first hour designated for 65+ to shop, 7 AM to 8 AM.
* Delivery option available, minimum $50 BEFORE taxes, $9.97 cost for delivery.
* Option to order groceries online and arrange a pick-up, this option is free. Must arrange online payment with a credit card and have a minimum of $50 order.

1. Safeway (3900 Grant Ave.)

Hours of operation: 8 AM - 8 PM Everyday

204-837-5339

* The first hour open designated to seniors for shopping, between 8-9 AM.

1. Safeway (3393 Portage Ave.)

Hours of operation: 8 AM - 8 PM Everyday

204-888-3200

* The first hour open designated to seniors for shopping, between 8-9 AM.

1. Rexall (3310 Portage Ave.)

Hours of operation: 8 AM – 8 PM Mon to Fri, 8 AM – 6 PM Sat & 10 AM – 6 PM Sun

204-982-4140

* The first hour designated for just 55+ to shop. 20% will also be given to the customer every day at that time. \*\* Storefront doesn’t offer delivery but if someone had a delivery through the pharmacy they could accommodate a few items from storefront area.\*\*

1. Cantor's Meats (1445 Logan Ave.)

Hours of operation: 8 AM – 6 PM Mon to Sat, CLOSED Sun

204-774-1679

* Offering free city-wide delivery to all older people over the age of 65.

**Food Banks**

1. Winnipeg Harvest

Hours of operation: 9:15 AM – 3:15 PM Weekdays, 9:15 – 12:15 Sat, CLOSED Sunday

204-982-3660

* Call to speak with the Food Assistance Call Centre to book an appointment at the local food bank.
* Please have Manitoba Health Card ready
* Food hampers are intended to support individuals for a 10-14 day period

**Medication/Pharmacy**

1. Assiniboine Pharmacy (2285 Portage Ave.)

Hours of operation: 9 AM – 6 PM Mon to Fri, 9 AM – 2 PM Sat & CLOSED Sun

204-615-1144

* No extra cost for delivery

1. Save on foods (850 St. James St.)

Hours of operation: 9 AM – 8 PM Weekdays, 10 AM – 6 PM Weekends

204-783-9036 ext. 3

* + - No extra cost for delivery, during weekdays only, two times noon & 5 pm

1. Sobeys Unicity Pharmacy (3635 portage ave.)

Hours of operation: 9 AM – 6 PM Weekdays, 10 AM – 6 PM Weekends

204-832-8810

* + - No extra cost for delivery
    - Mon-Fri only delivery, 3 times throughout the day, go as late as 10 pm
    - Can pay in person with cash

1. Safeway Pharmacy (3393 Portage Ave.)

Hours of operation: 9 AM - 8 PM Mon to Sat, 10 AM – 6 AM Sun

204-888-3200

* Deliveries go out at 10 Am, 1 pm & 4 pm, no extra charge applied

1. Shoppers Drugmart (2533 Portage Ave.)

Hours of operation: 8 AM – 8 PM Everyday

204-896-3256

* No extra charge for prescription delivery

1. Walmart (3655 Portage Ave.)

Hours of operation: 7 AM - 8 PM Everyday

204-897-3410

* 1:30 & 3:30pm delivery times, no extra cost for delivery

1. Rexall (3310 Portage Ave.)

Hours of operation: 8 AM – 8 PM Mon to Fri, 8 AM – 6 PM Sat & 10 AM – 6 PM Sun

204-982-4140

* No extra charge for delivery, the order has to be in before 10 am Monday to Friday. If the customer wanted a few items from storefront they could accommodate as well.

1. Rexall (633 Lodge Ave.)

Hours of operation: 7 AM – 7 PM Weekdays, 8 AM – 1 PM Weekends

204-989-4030

* Delivers 3 times a day, morning, afternoon and evening, no extra charges for deliveries.

1. Safeway (3310 Grant Ave.)

Hours of operation: 9 AM - 8 PM Mon to Sat, 10 AM – 6 AM Sun

204-837-5339

* No extra cost for deliveries, the staff mentioned the pharmacy is currently very busy and there are no prearranged delivery times.

1. Superstore Pharmacy (3193 Portage Ave.)

Hours of operation: 8 AM – 8 PM Weekdays, 8 AM – 6 PM Sat, 10 AM – 6 PM Sun

204-831-3528

**Transportation Options still running**

1. Senior Transport

204-430-9851

* Prices vary from $15-$25 depending on location

1. Community Paramedic Service

204-406-6499

* A good option for seniors that need a medium to higher needs of physical assistance
* Rides start at $120, retired paramedics driving them and option to have them accompany in on appointments to advocate.
* Good option if the family lives out of town and a parent had a VERY important apt.

1. City of Winnipeg UPDATED COVID-19 Transportation Information

<https://www.winnipeg.ca/vehiclesforhire/default.stm>

**Physical Health Supports**

Ear Architects Hearing Centre (3412 Roblin Blvd.)

204-4167455

* Providing EMERGENCY services relating to hearing loss, including remote care and free pick up and drop off of hearing aids.

**Social Support/Mental Health**

1. St. James Assiniboia Healthy Aging Resource Team (HART)/ WRHA

Hours of operation: 8:30 AM – 4 PM Mon to Fri

204-940-3261

* Contact the HART team if you would like to speak to a Dietitian or Social Worker with any concerns in the following areas; mental health, physical wellbeing, nutrition, healthcare services, maintaining independence in the community.

1. Aulneau wellness check:

* Please call **(204) 987-7090** and leave your name and number and that you would like a check-in.  Our counsellor will call you back. The reception line is being monitored regularly.
* Online- we have developed an online form as well asking for name and number.  Please go to <https://aulneau.com/wellness-check-covid-19/>
* We are encouraging those that are in isolation or are unable to have visitors reach out to for this service if they are feeling isolated or have anxiety.

1. Senior Centre without walls by A & O

* Social and educational opportunities to keep you engaged, call **204-956-6440** to register.

1. ‘Daily Hello’ by A & O

* Friendly complimentary phone check-in service, call **204-515-1147** and enter the following number when prompted: **731967548**

1. Anxiety Disorder Association of Manitoba (ADAM)

* Anxiety support line, leave a name, phone number or email and a representative will be in contact.
* Call **204-925-0040**
* 9 AM – 9 PM Weekdays, 10 AM – 4 PM Weekend

1. Sara Riel peer support line

Open 24/7

204-942-9276 & 204-231-0217

* For individuals that are wanting to connect with someone on the phone, it can be if you are bored or just feeling lonely.

1. Alzheimer's Society

204-943-6622

<https://alzheimer.mb.ca/>

Email: [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)

* Can call if you are feeling like talking to someone, providing weekly staying active videos on their website.

1. Phone Peer-Support line for Caregivers of Older Adults (Caregiving with Confidence) [cwc@aosupportservices.ca](mailto:cwc@aosupportservices.ca )

204-452-9491

* Registration is required, call number above. Matches individuals with volunteers for weekly phone calls regarding caregiving support. Minimum 6 months and max 1-year commitment.

1. 2SLGBTQ+ Community Supports

Rainbow Resource Centre

204-474-0212

Email: [info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)

Website: <https://rainbowresourcecentre.org/>

* Have a variety of 55+ supportive and educational activities, online methods for discussions during this time.

1. Calm free guided meditation

<https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720>