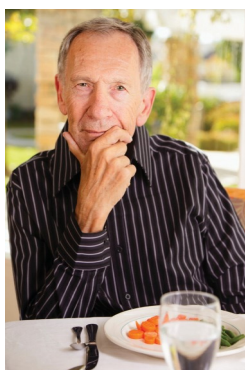


CONGREGATE MEAL PROGRAMS

Living Well
at **55+**

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

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



64 Nassau Meal Program	64 Nassau St.	204-452-8758
ArlingtonHaus	880 Arlington St.	204-783-0697
Autumn House	790 Wellington Ave.	204-783-0241
Betelstadur Housing Cooperative	1061 Sargent Ave.	204-772-7164
Bethel Place	445 Stafford St.	204-284-3762
Columbus Manor	303 Goulet St.	204-233-9276
Delmar Congregate Meal Program	110 Adamar Rd.	204-269-6322
Fort Garry Rotary Villa	528 Hudson St.	204-284-7228
Foyer Vincent	200 Horace St.	204-233-1925
Gwen Sectar Creative Living Centre	1588 Main St.	204-339-1701
Kingsford Haus Co-op Ltd.	426 Kingsford Ave.	204-663-3004
L'Accueil Colombien Inc.	200 Masson St.	204-233-0501
Manitoba Eastern Star Chalet	13-525 Cathcart St.	204-889-3687
McClure Place	533 Greenwood Place	204-775-2908
Metropolitan Kiwanis Courts	2300 Ness Ave.	204-885-7700
Manitoba Housing	125 Carriage Rd.	204-831-7963
Manitoba Housing	60 Chesterfield Ave.	204-945-6906
Manitoba Housing	529 Country Club Blvd.	204-832-1065
Manitoba Housing	515 Elgin Ave.	204-775-5456
Manitoba Housing	875 Elizabeth Rd.	204-231-3942
Manitoba Housing	170 Hendon Ave.	204-945-6906
Manitoba Housing	444 Kennedy St.	204-945-6906
Manitoba Housing	101 Marion St.	204-945-6906
Manitoba Housing	601 Osborne St.	204-474-0642
Manitoba Housing	185 Smith St.	204-956-4451
Manitoba Housing	22 Strauss Dr.	204-945-6906
Parkside Plaza Meal Program	1630 Henderson Hwy.	204-339-4428
Place Des Meurons	400 Rue Des Meurons	204-233-5337
River East Meal Program	1100 Henderson Hwy.	204-338-6284
St. James-Assiniboia Meal Program	203 Duffield St.	204-987-8850
Transcona Council for Seniors	209 Yale Ave. W.	204-222-9879
Villa Cabrini	433 River Ave.	204-284-2880
Villa Nova	1035 Wilkes Ave.	204-489-8648
Willow Centre	61 Tyndall Rd.	204-632-5940

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



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé