



Seniors RESOURCE HANDBOOK

Serving Town of Strathmore and Wheatland County

TABLE OF CONTENTS

| | |
|--|-------|
| Arts, Culture and Entertainment..... | 1-5 |
| Churches and Religious Organizations | 5-8 |
| Drug Stores | 8-9 |
| Education and Employment | 10-12 |
| Emergency Services | 13-15 |
| IN CASE OF AN IMMEDIATE EMERGENCY CALL 911 | |
| Financial Assistance | 15-16 |
| Food | 17-19 |
| Getting Involved..... | 20-26 |
| Health..... | 27-33 |
| Home Services | 33-34 |
| Hospice | 34 |
| Housing | 35-37 |
| Legal | 38-40 |
| Media..... | 41 |
| Medical | 42-46 |
| Senior Groups..... | 47-48 |
| Taxes..... | 49-50 |
| Transportation | 50-52 |
| Veterans Services | 53-54 |
| Wellness | 55-62 |

ARTS, CULTURE AND ENTERTAINMENT

Akokiniskoway Gallery

www.rosebud.ca

403-677-2350

Tickets: **1-800-267-7553**

boxoffice@rosebudtheatre.com

...

Aspen Crossing

www.aspencrossing.com

403-534-2129

info@aspencrossing.com

Aspen Crossing train themed theatre takes place in an authentic 1887 Pullman dining car. The theatres are extremely interactive, be prepared to get involved! There is also a garden centre, dining car, escape room and train tours.



...

Hope Bridges Society

www.hopebridges.ca

403-983-3640

coordinator@hopebridges.ca

Belong, Create and Connect Through the Arts!

Mission: Hope Bridges inspires meaningful connections in our community using the arts to bring adults together in friendship. Their arts are carried out with excellence, creating meaningful connection amongst participants and embracing each person's values.



...

Joyland Theatre

www.joylandtheatre.com

Movie Hotline: **403-934-3057**

7:30 p.m. showings and occasionally on weekends (a 2 p.m. matinee showing). Cash Only. Kids and Seniors \$8, General \$10

*Tuesday Nights – All seats \$8

Closed Mondays.

114 – 2nd Ave, Strathmore

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Rosebud & District Centennial Museum

www.rosebud.ca/museum_home.htm

403-677-2601

After Hours (Bonita Hudson) **403-677-2352**

102 Railway Ave., Rosebud

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Rosebud Masterworks Choir

Bill Hamm: **403-677-2350**

Provides an opportunity to sing with a choir that performs the works of the Masters. Performances include a Christmas and a Spring Concert. The group meets Wednesday evenings to practice.

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Rosebud Theatre

www.rosebudtheatre.com

1-800-267-7553

Mission: Rosebud Theatre employs a resident company of artists who work together to produce shows as well as mentor apprentice performers and technicians for a life in the theatre. They have shows on their main stage (Opera House) and Encana Studio Stage.



Strathmore Community Choir & Orchestra

Marvin Gill: **403-934-6429**

This choir “happens” once a year. Beginning the week after Thanksgiving, practices are underway and about 10 weeks later, there is a fantastic musical production, including voice and orchestra, performed for the community. If you have an interest in becoming a member of the choir or orchestra, contact the Music Director.

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Strathmore Musical Arts Society (SMAS)

www.strathmorearts.com

Linda Storkson: **403-934-3254**

xrdsblues@aol.com

Mission: To provide excellent musical concerts and events to the Strathmore region.

SMAS has 4-6 regular concerts per year presenting artists from the region, Alberta and beyond! Tickets are available through local businesses.



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Strathmore Theatre Players Guild

strathmoreplayers@hotmail.com

<http://m.facebook.com/strathmoreplayers/>

STPG is Strathmore’s not-for-profit community theatre troupe. They stage between one and three performances per year, drawing their casts from a wide variety of local amateur and aspiring actors. They also offer annual children’s theatre classes. They currently perform at Hope Community Church on Brentwood Blvd.



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The Vault Cultural Collective

thevaultonline.ca

403-901-1654

To provide our community with a central resource dedicated to the promotion and enhancement of historical and fine arts initiatives.

136 Second Ave, Strathmore

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Western District Historical Society

www.wdhsociety.ca

wdhsociety@gmail.com

If you have an interest in preserving the stories of Western District life, then the recently established Historical Society is getting things moving! Their mission is to capture, preserve and share our communities' distinctive past. Partnering with others and bringing our people together through a number of social and educational events, their enthusiasm provides many enjoyable opportunities to ensure the continuation of our local heritage.

New members welcome!



...

Wheatland Society of the Arts

www.wheatlandarts.ca

403-312-7244

info@wheatlandarts.ca

Three persistent goals of WSA are to expand current adult offerings, to develop extensive programming opportunities for kids and teens, and to find a permanent dedicated space for the society to call “home.” Pervading these goals will be renewed efforts to build increased awareness of Wheatland Society of the Arts in our community, county, and surrounding regions.

This society holds regular visual arts workshops facilitated by a variety of successful visual artist guests throughout the year. They share their art at festivals and galleries as well as local events.

115A – 3rd Ave, Strathmore



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CHURCHES AND RELIGIOUS ORGANIZATIONS

Bow River Alliance Church

www.bowriveralliance.com

403-934-9337

105 Main Street, Carseland

...

Bethlehem Lutheran Church

403-823-7010

Dalum

Church of Latter-Day Saints

403-734-3547

Gleichen

...

Cluny Holy Trinity Parish

403-734-2028

Cluny

...

Dalemead Church
403-901-7980
www.dalemeadchurch.
com
24 Argyle St. Dalemead
...

Harvest Healing Centre
403-880-3171
102 Canal Gardens,
Strathmore
...

**Hope Community
Covenant Church**
403-934-2424
245 Brent Blvd, Strathmore
...

Jehovah's Witnesses
403-934-3427
1 Bayside Place, Strathmore
...

**Jesus Rock of Ages
Ministries**
403-923-5466
160 Brent Boulevard,
Strathmore
...

**Lord of All
Lutheran Church**
www.lordofall.ca
403-934-2374
112 Lakeside Blvd,
Strathmore
...

**Nazareth
Lutheran Church**
403-644-3848
1020 – 1st Street,
Standard
...

**The Neighbourhood
Alliance Church**
www.theneighbourhood
alliance.com
587-999-8663
333 Boulder Creek Dr.,
Langdon
...

**Our Savior's
Community
Lutheran Church**
403-787-3933
Center Street & 1st Avenue,
Hussar
...

**Rosebud
Community Church**

403-677-2244
404 – 1st Avenue,
Rosebud

...

**Sacred Heart
Catholic Church**

www.sacredhc.ca
403-934-2641
23 Strathmore Ln.,
Strathmore

...

**St. Andrew's
Anglican Parish**

403-734-2562
219 – 4th Avenue, Gleichen

...

**St. Michael's
Anglican Church**

587-727-0649
103 - 227 - 3 Avenue,
Strathmore

...

**St. Rita's
Catholic Church**
403-533-3791 (Rectory)
210 Railway Avenue East,
Rockyford

**Strathmore
Alliance Church**

www.strathmorealliance.com

403-934-3543
325 – 1st Avenue,
Strathmore

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**Strathmore Full
Gospel Church**

www.strathmorefullgospel.com

403-934-2225
sfgc@strathmorefullgospel.com
50 Maplewood Drive,
Strathmore

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**Strathmore Seventh-
Day Adventist**

www.strathmoreadventist.ca

587-224-2494
112 Lakeside Blvd,
Strathmore

...

**Strathmore
United Church**
www.smoreuc.com
403-934-3025
410 – 4th Street,
Strathmore
...

**The Redeemed
Christian Church
of God**
www.rccgstrathmore.com
403-714-2283
322A, 2nd Ave.,
Strathmore
...

**The Church of
Jesus Christ of
Latter-day Saints**
403-934-3612
60 Maplewood Drive,
Strathmore

DRUG STORES

All of the drug stores provide prescription delivery.

Loblaw Pharmacy
403-934-6510
100 – 900 Pine Road,
Strathmore
(Located inside No Frills)
...

**The Medicine Shoppe
Pharmacy**
403-734-5658
¼ TWP 6 RR2, Siksika
...

**Medicine Shop
#416 Gleichen**
www.medicineshop.ca
403-734-3389
216 – 5th Avenue, Gleichen
...

**Mint Health + Drugs
Crystal Ridge**
www.mintdrugs.com
crystalridge@mintdrugs.
com
403-901-2244
55 Wheatland Trail,
Strathmore

**Sandstone Pharmacy
Langdon**

www.sandstonepharmacies.com

403-936-5006

201 – 97 Centre Street SW,
Langdon

...

Shoppers Drug Mart

403-901-2451

117 – 100 Ranch Market,
Strathmore

...

**Strathmore CO-OP
Pharmacy**

www.calgarycoop.com

403-934-6632

100 Edgefield Gate
Strathmore

...

**Strathmore Remedy's
Rx Pharmacy**

www.remedys.ca

403-902-0402

strathmorerx
@gmail.com

216 – 4th Avenue,
Strathmore

**Strathmore Value
Drug Mart**

www.valuedrugmart.com

403-934-3122

strathmore@

valuedrugmart.com

132 – 2nd Avenue,
Strathmore

...

**Valley Medical
Pharmacy**

403-983-8450

231 – 2nd Avenue,
Strathmore

...

Wal-Mart Pharmacy

403-934-3338

200 Ranch Market,
Strathmore

...

EDUCATION & EMPLOYMENT

Bow Valley College

403-462-2550

403-983-1221

320 - 2nd Street, Strathmore
(Closing July 2022)

...

Community Futures

Wild Rose

www.cfwildrose.ca

403-934-8888

Provides loans and
consulting services to new
and existing businesses.

101 - 331 3rd Avenue,
Strathmore

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Global Training Centre

www.globaltrainingcentre.com

403-934-5046

1-855-321-3211

gtc@globaltraining.ca

...

Kerby Centre Education and Recreation

www.kerbycentre.com

403-705-3233

program@kerbycentre.com

1133-7th Avenue SW, Calgary

Wheatland

Employment Services

www.

rwemploymentservices.com

403-983-9910

info@rweemployment.com

Employment and career
advising, testing, resume
and cover letter (writing and
critiquing), assistance with job
search, placement services,
building your interview skills,
job market information, free
government publications,
career development, workshops
Unit #119 320 2nd St
Strathmore

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University of Calgary

For Seniors

403-210-7625

Tuition fees waived for
seniors for undergraduate
level courses

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LIBRARIES

Visit your local library for a wide selection of books, large print books, DVDs, and audio books. If you have a print disability, the library can also lend you a Victor Reader and Daisy Discs and help you set up an account with the CNIB. The library has public computers for your use, and staff can help you access to free eBooks and digital audio books on your e-reader, tablet, or smartphone. Visit your library to discover more programs and services. Strathmore and Wheatland County residents who are unable to visit the library are eligible to register for Marigold Library System's Library to You Service which allows you to order books and have them delivered by mail. You can return the books by mail at no cost to you. For Strathmore residents, the Strathmore Municipal Library's visiting library service provides volunteers to deliver library materials to your home on a monthly basis. Contact your local library for more information.

Carseland Municipal and Library

www.carselandlibrary.ca

403-934-6007

[carselandlibrary@](mailto:carselandlibrary@marigold.ab.ca)

marigold.ab.ca

320 Railway Ave. West,

Carseland

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Gleichen & District Library

www.gleichenlibrary.com

403-734-2390

agmlibrary@marigold.ab.ca

404 Main St., Gleichen

...

Hussar Municipal Library

www.hussarlibrary.ca

1-855-934-5334

ext. 230

[LibraryLendingLockers@](mailto:LibraryLendingLockers@marigold.ab.ca)

marigold.ab.ca

Rockyford Municipal Library

www.rockyfordlibrary.ca

403-533-3964

rockyfordlibrary@marigold.ab.ca

412 Serviceberry Trail,
Rockyford

...

Standard Municipal Library

www.standardlibrary.ca

403-644-3995

astmlibrary@marigold.ab.ca

822 The Broadway,
Standard

...

Rosebud Paperback Deposit

www.rosebud.ca/library.htm

403-820-2870

Located in Rosebud
Centennial Museum

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Strathmore Municipal Library

www.strathmorelibrary.ca

403-934-5440

info@strathmorelibrary.ca
85 Lakeside Blvd.,
Strathmore

...

EMERGENCY SERVICES

****IN CASE OF AN IMMEDIATE EMERGENCY CALL 911****

**Addiction Help Line
(Drug/Alcohol/
Gambling/Smoking)
1-800-665-9676
1-866-332-2322**

...

**Ambulance, Fire,
Emergency and Police
911**

...

**Centre for Suicide
Prevention
403-245-3900
1-833-456-4566
or text 45645**

...

**Child and Family
Services, Strathmore
403-934-1706**

...

**Distress Centre/Crisis
Line Calgary**
www.distresscentre.com
help@distresscentre.com
For help please call the Crisis
Line - 24 hours
403-266-4357

...

**Elder Abuse
Resource Line
403-705-3250**

The Elder Abuse Response
Team coordinates police and
social workers to respond to
allegations of abuse.

...

**Family Violence
Info Line
403-310-1818
*Help in 170 languages**

...

**Health Link (AHS)
811**

...

Hospital

- refer to Medical section,
page 45.

...

**Siksika Crisis & Victim
Services 24/7
403-734-2596**

...

**Mental Health
Help Line
1-877-303-2642**

*24-hour support

...

**Siksika Fire and EMS
403-734-3999**

...

**Poison Centre Alberta
1-800-332-1414**

*24-hour support

...

**Strathmore Addictions
and Mental Health
(AHS)
403-943-1500 or Toll
Free 1-844-943-1500**

...

**RCMP Gleichen/
Victim Services
403-734-3923** (Non
Emergency)

403-734-3056 (Office)
(Office, Open Monday –
Friday 9 a.m. to 5 p.m.)

...

**Strathmore Public
Health – Strathmore
(AHS)
403-361-7200**

650 Westchester Road,
Strathmore

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**RCMP Strathmore
403-934-3535** (Non
Emergency)

403-934-3968 (office)
(Office, Open Monday –
Friday 9 a.m. to 5 p.m.)

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**Strathmore Regional
Victim Services
403-934-6552**

Located in the RCMP Building. They provide non-judgmental, emotional support, a listening ear and practical assistance to victims of crime or tragedy. 500 Westlake Road, Strathmore

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**Veteran's Affairs
Crisis Line and
Referrals
1-800-268-7708**

**Wheatland County
Food Bank
403-324-4335**

*See food section for more information

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**Wheatland
Crisis Society
403-934-6634 (push 1)**

A 24 hour Crisis Line that provides ongoing supports and services to women, men and children who are affected by family violence or in crisis.

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FINANCIAL ASSISTANCE

**Federal Programs
for Seniors
www.servicecanada.gc.ca
1-800-277-9914
1-800-255-4786 TTY**

- Old Age Security (OAS)
- Canada Pension Plan (CPP)
- Guaranteed Income Supplement (GIS)
- Allowance/Allowance for Survivor
- Survivor Benefits

**Money Mentors
www.moneymentors.ca
1-888-294-0076
Alberta Credit Counselling
Agency**

- Recover from financial crisis
- Credit counselling
- Money coaching
- Retirement planning
- Financial literacy

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TURNING 65? YOUR APPLICATION CHECKLIST

Federal Government Service Canada

www.servicecanada.gc.ca

1-800-277-9914

- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Canada Pension Plan (CPP)

Provincial Government Alberta Supports

www.health.alberta.ca

1-877-644-9992

Seniors Financial

Assistance covers:

- Alberta Seniors Benefit
- Dental Assistance for Seniors
- Optical Assistance for Seniors
- Property Tax Assistance for Seniors
- Special Needs Assistance for Seniors

Alberta Blue Cross Coverage for Seniors (Prescriptions)

Three months before turning 65 you should receive a package containing a Proof of Age Declaration Form.

Provide ONE of the following:

Birth Certificate, Passport, Canada Entry Document, Old Age Entitlement Letter or Baptismal Certificate

To provide Proof of Age Declaration, contact:

- Alberta Health
780-427-1432
- www.health.alberta.ca

If you require assistance applying for these programs, contact:

Strathmore FCSS 403-934-9090

Wheatland FCSS 403-934-5335

FOOD

Crave Delivery

www.cravedelivery.ca/
alberta/strathmore/

587-747-4872

info@cravedelivery.ca

Online ordering and delivery
for select local restaurants

Hours of operation:

*10 a.m. - 10 p.m. (7 days a
week)

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Frozen Meal Program

**Town of Strathmore
FCSS - 403-934-9090**

Strathmore residents

**Wheatland FCSS -
403-934-5335**

Wheatland residents

This Frozen Meal Program,
produced by Calgary Meals
on Wheels, offers nutritious
options that can be stored
in your freezer for up to 3
months and used at your
convenience.

- Available to anyone
regardless of age, finances
or status
- Call for order & delivery
schedule
- Town of Strathmore FCSS
payment by: cash, cheque,
debit or credit card
- Wheatland FCSS payment
by: cash, cheque, credit
card or etransfer

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**Good Food Box
Town of Strathmore
FCSS - 403-934-9090**

Strathmore residents

**Wheatland FCSS -
403-934-5335**

Wheatland residents

Provides residents an opportunity to purchase fresh produce at a very low cost. Participants pre-order & pay on or before the order date

- Town of Strathmore FCSS:
Payment by cash, cheque, credit card or etransfer
Pick up by noon on delivery day
- Wheatland FCSS: Payment by cash, cheque, or etransfer
Must be picked up by 4:00 p.m. on Delivery day

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Heart to Home Meals

www.hearttohomemeals.ca

403-374-6816 or

1-844-431-2800

Over 200 delicious frozen meals, soups, and desserts, delivered to your home. Meals are delivered to Strathmore every Tuesday and need to be ordered the Friday prior.

We offer a wide range of items that are suitable for many dietary needs.

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**Harvest Healing Centre
Church**

www.harvesthealingcentre.com

403-880-3171

- Bread Ministries
Cobs Bread available for free distribution on Saturdays 10:30 am – 12:00 pm
102 Canal Gardens,
Strathmore

...

Meals on Wheels

Strathmore

403-324-0655

Hot meals delivered daily
Monday – Friday available
to Strathmore residents only

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**Strathmore and
District Christmas
Hamper Society**

Screening process for
eligibility

Mid-November to December
20th, **403-934-2266**

Prior to Mid-November and
after December 20th, Town
of Strathmore FCSS

403-934-9090

...

Wheatland County

Food Bank

www.wheatlandfoodbank.com

403-324-4335

Screening process for
eligibility, two months
minimum between hampers

• Free bread every Tuesday
& Wednesday from 9-10:30
am No appointment
needed.

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GETTING INVOLVED

Volunteering can play a vital role in healthy aging. Remaining active and staying connected to the community can have a tremendous positive impact on a person's social, physical and emotional well-being. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues. According to Statistics Canada, Canada's senior adults volunteer an average of 198 hours each year, more than any other age group. Source ~ Volunteer Canada www.volunteer.ca Listed below is a small feature of what is available in our communities for volunteering and this section will continue to grow.

Caresland Community Association
Community Hall/ Library
403-934-6007
execassist@
carselandalberta.ca

...

Carseland Lions Club
Paul Warren:
403-499-8722
Paul@immersiondesign.ca

...

Carseland Public Benefit Club
Connie Lawson:
403-934-3997
celausen@gmail.com

...

Cheadle Community Club
587-355-6300
cheadleinfo@gmail.com

...

Cheadle Lions Club
Kevin: **403-650-8691**
lionkev@telus.net

Citizens on Patrol

RCMP

403-934-3968

Cluny Lions Club

Greg Brown:

403-734-2580

clunylions@gmail.com

...

Crown Jewels

jeanbuthfer@gmail.com

403-934-0486

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Frozen Meal Program

Town of Strathmore FCSS

403-934-9090

Wheatland FCSS

403-934-5335

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Gleichen Ag Society

Ian Bolinger:

403-901-5493

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**Gleichen Anglican
Church Women**

Dianne Brown:

403-734-2590

**Gleichen & District
Community
Association**

Alice Booth:

lornmarg@telus.net

403-333-7523

Lorne Moore:

403-734-0031 Home

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Gleichen Lions Club

Dave Sammons:

403-934-0940

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**Growing Families
Society**

403-361-7216

Mission: To promote, support and advocate for healthy lifestyles within our communities to enhance the unity of the family structure.



...

**5 for Life
Early Childhood**

www.5forlife.ca

5forlifeforever

@gmail.com



Hussar Fish & Game Association

Barry Traxel:

403-612-1705

traxel1@hotmail.com

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Hussar Lions Club

Pete Anderson:

403-934-7427

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KARE Volunteer Driver Program

(Kind, Accessible, Reliable, Economical)

Town of Strathmore FCSS

403-934-9090

...

Kinsmen Club of Strathmore

Basil Dwyer:

403-324-4031

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Keep In Touch

Strathmore FCSS:

403-934-9090

Wheatland FCSS:

403-934-5335

Volunteers matched with participants to foster connection and community through phone calls.

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Lyalta Community Club

Bev Sobiecki:

403-934-4235

bevsobiecki@gmail.com

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Nightingale Community Hall Association

www.nightingalehall.com

Joan Denboer:

403-934-4156

info@nightingalehall.com

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Project H.O.P.E.

www.projecthopekids.com
linda.tucker@ghsd75.ca
Linda Tucker (Project
Coordinator):

403-934-0600

Sam Burton (Board
Chair):

403-934-4646

Project Hope provides
therapeutic services to
children between the ages
of 3-18 with severe learning,
social, emotional, physical
and behavioral needs.

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**Rockyford Catholic
Women's League**

stritasparish@outlook.
com

St. Rita's:

403-533-3791

Dorothy Geeraert:

403-533-2421

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**Rockyford Community
Centre**

Darcy Burke:

403-533-2127

Rockyford Curling Club

Shawn Kathol:

403-533-3968

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Rockyford Fitness Club

Frances Garriott:

403-934-4343

Cathy Degroot:

403-533-3860

...

Rockyford Lions Club

Bonita Hudson:

403-820-2870

...

**Royal Canadian Legion
#10 - Strathmore**

rcl10@shaw.ca

403-934-5119

...

**Royal Canadian Legion
#10 Ladies Auxiliary
- Strathmore**

rcl10@shaw.ca

403-934-5119

...

**Royal Canadian Legion
#166 – Standard**

Brettgates@
gatesagencies.com
Brett Gates:
403-644-3757

...

**Rural Crime Watch
RCMP
403-934-4055**

...

**Standard
Beautification
Committee**

Donna Christensen:
403-677-2296

...

**Standard Community
Facility Enhancement
Society**

sundgaardpoultry@
cciwireless.ca
Don Sundgaard:
403-901-5427

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**Standard
Lionettes Club**

Jeannie Wagemakers:
403-901-5340
rjwagemakers@figment.
ca

Meetings are held on the
1st Tuesday of the month,
7:30 pm, at the Senior's
Centre

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Standard Lions Club

Dale Beingessner:
403-901-4493
Ed Christensen:
403-660-0062

...

**Step One Furniture
403-934-2424**

Free gently used furniture
is available to Strathmore
and Wheatland County
residents through the Hope
Community Covenant
Church.

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**Strathmore
Communities in Bloom**

[www.facebook.com/
Strathmore/communities
in bloom](http://www.facebook.com/Strathmore/communities-in-bloom)

[cibstrathmore@gmail.
com](mailto:cibstrathmore@gmail.com)

Rob Pirie:

403-934-2270

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**Strathmore Country
Gardens Club**

[www.facebook.com/
strathmorecountrygarden
club](http://www.facebook.com/strathmorecountrygardenclub)

Kathy Guichon, President:

403-934-7475

Susan Wrigley, Secretary:

403-934-2680

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**Strathmore
and District
Agricultural Society**

www.strathmoreag.com

403-934-5811

...

**Strathmore & District
Curling Club**

[www.strathmorecurling.
ca](http://www.strathmorecurling.ca)

403-934-4514

180 Brent Blvd.,
Strathmore

...

Strathmore Elks

greg@assetins.com

Greg Whiteley:

403-888-6155

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**Strathmore Historic
Walking Tour App**

Download at:

www.OnThisSpot.ca

3 self guided walking
tours to discover the
history that surrounds
you.

...

Strathmore Lions Club

[strathmorelions@gmail.
com](mailto:strathmorelions@gmail.com)

...

**Strathmore
Tri-Smore**

www.tri-smore.com/
volunteer/
racedirector@tri-smore.
com

403-480-1218

...

**Town of Strathmore
FCSS**

403-934-9090

...

**Wheatland & Area
Hospice Society**

info@wheatlandhospice.
ca

403-934-8199

...

**Wheatland Whirlers
Square Dance Club**

Strathmoresquaredance.
com

Dave & Claudia Littlefair:

403-620-5131

Claudia.Littlefair@gmail.
com

...

**Wheatland FCSS
403-934-5335**

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**Wheatland
Serenity House**

www.
wheatlandserenityhouse.
com

403-816-9711

wheatlandserenity
house@gmail.com

We provide residential care
for young adults with a wide
variety of developmental
disabilities.

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HEALTH

“It is health that is real wealth and not pieces of gold and silver.”
Mahandas Ghandi

Addictions & Mental Health Strathmore (AHS)

www.albertahealthservices.ca/findhealth/facility.aspx?id=1004516

403-943-1500 Intake Line (Access Mental Health)

1-844-943-1500

- Therapy related to abuse/violence, addiction, complex grief, complex stress, anxiety and / or depression, suicidal thoughts, self-harm, persistent or severe mental illness, to individuals of all ages and their families.
 - Assessment, treatment and follow-up are provided.
 - Provides group therapy depending on need and availability.
 - Geriatric services – provide client and caregivers with follow-up services for age related cognitive issues.
 - Psychiatry is made available as necessary. For psychiatry only services, please speak with a family physician.
- 209 – 3rd Avenue, Strathmore

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Addiction Help Line (Drug/ Alcohol/ Gambling)

www.albertahealthservices.ca/findhealth/service.aspx?id=1008399

1-866-332-2322

The Addiction and Mental Health Help Line is a 24-hour, 7 day a week, confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling. Available to all Albertans.

Alberta Aids to Daily Living (AADL)

310-0000 then **780-427-0731**

Helps individuals (subsidize the cost) who have a chronic disability / illness or are terminally ill to receive authorized basic medical equipment and supplies Includes: hearing aids, medical and surgical supplies, rehabilitation or respiratory equipment.

Alberta Blue Cross Coverage for Seniors

www.ab.bluecross.ca

403-234-9666

Offers coverage for health related services not covered by Alberta Health Care Insurance.

The Government of Alberta pays the cost of the premiums for all of Alberta seniors.

Coverage for seniors includes:

- Ambulance services
- 70% of prescription drugs
- Diabetic Supplies to \$600.00 per year
- Chiropractic Services – (\$25.00 / visit – maximum \$200.00 annually)
- Clinical Psychological Services - \$60.00 per visit to a maximum of \$300.00 annually by a registered chartered psychologist
- Home Care Nursing to a maximum of \$200.00 annually

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Alberta Health Care Insurance Plan

310-0000 then **780-427-1432**

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Hospital

Please refer to Medical section

Health Link (Alberta Health Services)

811

Provides telephone advice and health information. Available 24 hours a day, seven days a week, and also provides information on finding a family doctor.

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Calgary Rural Primary Care Network Strathmore and Wheatland County Team

403-901-0142 / 403-324-3077 (cell and text)

Seniors face a greater need for primary care than younger generations due to their higher number of chronic health conditions, which are best managed by consistent visits with a primary care physician.

The Calgary Rural Primary Care Network emphasizes a team approach. With your family doctor, we work to improve primary health care through disease and injury prevention, care of patients with chronic disease and medically complex problems, and overall promotion of good health habits. Our team of health specialists work with your family doctor to offer group and one-on-one visits for: chronic disease management, nutritional counselling, medication reviews, blood pressure monitoring & management, tobacco cessation, chronic pain management, weight management, lifestyle management, foot care for chronic disease patients, health screening, discharge planning from hospital and an Internal Medicine & Geriatrician referral program.

The Primary Care Team consists of Primary Care Registered Nurses, Licensed Practical Nurses, a Family Counsellor, Client Resource Specialist, Registered Dietitian, Administrative Assistants and a Community Development Coordinator.

Main Office Bay H 510 Highway 1, Strathmore



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Siksika Health Services www.siksikahealth.com
403-734-5686

Offering dental, home care, pharmacy, eye care, community wellness–mental health, doctors office, lab, ultrasound, transportation, NNADAP – National Native Alcohol & Drug Abuse Program.

For emergencies call 911

- Siksika Mental Health 403-734-5660
- Siksika Dental 403-734-5692
- Laboratory & Xray 403-734-5667
- Call Centre Line 403-734-5706
- Home care 403-734-5695
- Pharmacy 403-734-5658
- Medical Transportation 403-734-5676
- Fire & EMS 403-734-3999

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Strathmore Adult Day Program
403-361-7181

Designated under Home Care, Alberta Health Services.

The program days are from Tuesday to Friday.

Adult Day Program services include:

- Therapeutic Recreation
- Health Monitoring & Promotion
- Respite Services
- Support Independent Living

Must be eligible to be a Home Care client for referral to Adult Day Program.

200 Brent Boulevard, Strathmore

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Strathmore Diabetes Clinic
403-361-7165

The Strathmore Diabetes Clinic is a free service, covered by Alberta Health Care. We have a Registered Nurse and a Dietitian that are both trained as Certified Diabetes Educators. You can be referred by your doctor or just call to book an appointment. We welcome those with a new diagnosis and folks that have had Diabetes for a long time. You can see the RN for your yearly foot exam. We offer classes and 1:1 appointments.

200 Brent Blvd., Strathmore

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Strathmore Home Care

Home Care Access Intake Line **403-943-1920**

- Home care offers a range of services from nursing, therapy, rehabilitation, personal care and wound care
- Designed to compliment the care received from family, friends and other community services.
- The team consists of Nurses, Social Workers, Therapists, and Health Care Aides

200 Brent Boulevard, Strathmore

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Strathmore Physiotherapy Clinic
403-934-2913

231 – 2nd Avenue, Strathmore

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Strathmore Public Health
403-361-7200

Offering services to the general public, including vaccinations, maternal-child support, rehabilitation services for preschoolers, nutrition and public health inspection.

650 Westchester Road, Strathmore

Travel Immunization

www.travelhealthclinics.ca

Travel vaccines are recommended and often required for travel to most countries outside of Canada and the United States. It is important to protect yourself from infectious travel disease such as Yellow Fever, Typhoid, Malaria and Polio. There may be a fee for service.

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Calgary International Travel Clinic Sheldon M. Chumir Health Centre

403-955-6777

1213 – 4th Street SW, Calgary

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Drumheller Public Health

403-820-6004

351 – 9th Street NW, Drumheller

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With a Doctor's prescription the following Pharmacies will provide travel immunization:

Mind Health + Drugs

Crystal Ridge

403-901-2244

55 Wheatland Trail,

Strathmore

Shoppers Drug Mart

403-901-2451

117 – 100 Ranch Market,

Strathmore

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**Strathmore CO-OP
Pharmacy**
403-934-6632
100 Edgefield, Strathmore
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**Strathmore Value
Drug Mart**
403-934-3122
132 – 2nd Avenue,
Strathmore
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**Strathmore Remedy
RX Pharmacy**
403-902-0402
216 – 4th Avenue,
Strathmore
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HOME SERVICES

**Home Support
Wheatland County**
Wheatland FCSS
www.wfcss.org
403-934-5335
info@wfcss.org
Offers: Routine
housekeeping, companion
care, and grocery
shopping.
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Kindred Companions
www.kindredcompanions.
ca
587-727-0459 - Colleen
587-727-0326 - Janet
colleen@
kindredcompanions.ca
janet@
kindredcompanions.ca
*Our Companions will
visit clients at home, in
supported living facilities,
and in long-term care
residences. We accompany
seniors to appointments
and outings in the
community.

**Meals on Wheels, Strathmore
Hot Meals**

Please refer to Food Section.

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Meals on Wheels, Frozen Meal Program

Please refer to Food Section.

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HANDYMAN SERVICES _____

For Handyman services, please contact the Town of Strathmore or Wheatland County for licensed companies.

HOSPICE

Wheatland & Area Hospice Society

wheatlandhospice.ca

403-934-8199

info@wheatlandhospice.ca

- Bedside Respite Program: provides local, trained palliative volunteers, in home, hospital, or care facility to give family caregivers a break
- Palliative Navigator: identifies support for you and your caregivers and plans for collaborative care
- Dying2Learn Wheatland: provides quality and compassionate lectures and gatherings for palliative patients, family, and community

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HOUSING

Cozy Nest Care Home

403-901-0211

cozynestcarehome@gmail.com

Providing assisted and supportive living as well as respite.

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Meadowlark Senior Care Homes

www.meadowlarkcare.com

403-934-5294

Supportive Living Residential Care option for dementia. "Memory Care" with a higher staff to resident ratio and 24 – hours per day assisted living. We understand dementia and care to make the difference.

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Sagewood Seniors Community

www.agecare.ca/community/sagewood/seniors-housing

403-361-8000

sagewood@agecare.ca

A true "campus of care", Sagewood enables seniors to age in place as their needs change by providing affordable housing apartments for active independent seniors. The Senior Care Centre provides supportive living, long term care and dementia care all under one roof. Attached to Sagewood Care Community is Sagewood Estate, an elegant three-story residence offering fully contained independent suites for low – moderate income seniors.

140 Cambridge Glen Drive, Strathmore

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Siksika Nation Housing Services

403-734-5200

Monday – Friday 8:00 a.m. to 4:30 p.m.

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Step One Housing Society

www.wfcss.org

WFCSS 403-934-5335

info@wfcss.org

Provides transitional shared living accommodation/funding for persons with mental illness and at risk of being homeless. Offered to Strathmore and Wheatland County residents by referral only.

95 Wheatland Trail, Strathmore

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Wheatland Housing Management Body

wheatlandhousing.ca

403-934-3937

There are six self-contained apartment buildings within Wheatland County and Strathmore with a total of 64 one-bedroom suites. These buildings, under the social housing program, are owned by the Alberta Government and are available to residents ages 65 and over. The units are smoke and pet free. Monthly rent is based on the applicant's income.

95 Wheatland Trail, Strathmore

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Wheatland Lodge

www.wheatlandhousing.ca

403-934-3474

Is a congregate, supportive-living lodge serving seniors 65 years of age and over in the Strathmore and Wheatland County area. The smoke-free lodge provides housekeeping, full-meal service, limited personal care, medication assistance, activities for entertainment and socialization.

76 – 2nd Street, Strathmore

ADULT COMMUNITIES SUITABLE FOR SENIORS

Diamond Shore

A villa type of housing suitable for seniors - single levels no stairs.

Westlake Bay, Strathmore

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Lambert Village

403-934-2269

Gated community for residents 50 years of age or older.

3 Park Lane Way,
Strathmore

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Parklane Place

Ranch Estates

403-934-5630

www.parkbridge.com

A safe and secure gated community with generous lot sizes, plenty of green space, and well-tended homes. Homes are wheelchair accessible, contain an attached garage and are available to residents 65 years of age and older.

100 Ranchwood Lane,
Strathmore

Sagecourt

403-361-8044

strathmore@hestiagroup.ca

Community in a townhouse style family complex of 42 units. Providing safe and affordable 1 or 2 bedroom units to low-moderate income families.

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Strathmore Lakes Bay

A villa type of housing suitable for seniors - single levels, no stairs

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The Courtyard

Consists of apartments plus villas

43 Westlake Circle,
Strathmore

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LEGAL

Calgary Legal Guidance

403-234-9266

Volunteer lawyers provide complimentary legal advice for individuals with a low income.

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Dial-A-Law (Calgary Legal Guidance)

Toll free

1-800-332-1091

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Landlord Tenant Information

www.alberta.ca/residential-tenancies-act-handbook-and-reference-guide.aspx

1-877-427-4088

Provides information on the rights and responsibilities of all tenants, landlords, and agents involved in renting residential premises in Alberta under the *Residential Tenancies Act* (RTA) and regulations in Alberta.

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Lawyer Referral Service

403-228-1722

Toll free

1-800-661-1095

The lawyer referral service is a program to assist the public in finding a lawyer, for the legal services that they require. The lawyer referral operator at that time will give the names and telephone numbers of three lawyers practicing in the specific area of law required. Clients can then make an appointment with any of the three lawyers. There is no charge for the first 30 minute interview.

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Legal Aid Alberta

1-866-845-3425

Based on client's legal issues and financial eligibility, people are eligible to receive services such as referrals, information and legal advice. Services are provided on the phone or in person.

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**Office of the Public
Guardian
403-297-3364**

The Office of the Public Guardian provides decision making mechanisms for individuals who are unable to make non-financial or personal decisions for themselves.

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**Office of the Public
Trustee
403-297-6541**

The primary function of the Public Trustee is to act as a trustee for a deceased persons' estate, and for clients with mental disabilities. Also assists minors who inherit from a deceased relative and/or are awarded a victim of crimes settlement.

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**Residential Tenancy
Dispute Service
1-780-644-3000**

**Toll free
1-800-661-1095**

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**Service Alberta
Consumer Contact
Centre
1-877-427-4088**

A government program in Alberta that investigates consumer complaints, enforces consumer protection legislation and residential tenancies.

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LOCAL LAW OFFICES

**Blackfoot Band
Tribal Law
403-734-3596**
Gleichen

...

**Lynn Woods Law Office
403-934-6333**
101, 318 3rd Avenue,
Strathmore

...

**Getz, Collins &
Associates Law Office
403-934-2500**
225A Wheatland Trail,
Strathmore

...

**Randal Jarvis Law
Office
403-934-5000**
110, 304 – 3rd Avenue,
Strathmore

...

**Heming & Associates
LLP 403-934-5922**
225D Wheatland Trail,
Strathmore

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MEDIA

Drumheller Mail

www.drumhellermail.com

403-823-2580

Weekly Paper Subscription

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Strathmore Now

www.strathmorenow.com

403-902-1111 Studio

403-902-1212 Reception

403-902-1111 Text Line

265 Edgefield Place, Strathmore

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Strathmore Times

www.strathmoretimes.com

403-934-5589

Free weekly newspaper available for pick up at Strathmore Times office; or available at retail businesses throughout Strathmore and Wheatland County.

125 2nd Ave., Strathmore



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The Newsy Neighbour Magazine

www.thenewsyneighbour.com

403-478-9114

Monthly online publication.



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MEDICAL

CHIROPRACTOR

**Back to Health
Chiropractic &
Wellness Clinic
403-901-0664**

240 – 3rd Avenue,
Strathmore

...

**Centerpoint
Chiropractic & Natural
Health
403-901-6088**

102, 304 – 3rd Avenue,
Strathmore

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**Langdon Chiropractic
& Wellness
403-936-2450**

118 - 355 Centre St,
Langdon

...

**Optimum Wellness
Centers**

403-934-5633

9, 55 Wheatland Trail,
Strathmore

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**Wellness Within Centre
403-934-5566**

118 – 2nd Avenue,
Strathmore

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DENTAL

**Crystal Ridge
Dental Care
403-934-9681**

11, 55 Wheatland Trail,
Strathmore

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**Strathmore
Denture Clinic
403-934-3877**

413 – 3rd Street,
Strathmore

...

**Ranch Dental Centre
403-934-5292**

105 Ranch Market,
Strathmore

...

**Strathmore Family
Dental Hygiene
403-983-2001**

2, 410 Lakeside Blvd,
Strathmore

...

**Siksika Dental
403-734-5692**

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**Valley Dental Clinic
403-361-9008**

231 – 2nd Avenue,
Strathmore

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**Strathmore
Dental Centre
403-934-5620**

115 – 2nd Avenue,
Strathmore

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**Wheatland
Denture Centre
403-901-0440**

115 – 2nd Avenue,
Strathmore
(Side entrance)

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DIAGNOSTIC IMAGING

Frontier Diagnostics

www.fds.health

admin@fds.health

403-983-9998

231 2nd Ave., Strathmore

DOCTORS

Crystal Ridge Medical

403-934-5911

3, 55 Wheatland Trail,
Strathmore

...

Gleichen

Medical Clinic

403-734-3434

216 – 5th Avenue
Gleichen

...

Langdon Medical Clinic

403-936-5990

106 – 355 Centre Street
NW, Langdon

...

Dr. Maria Muller

(Private Practice)

403-934-9210

28 Hillcrest Blvd
Strathmore

Pinnacle

Medical Centre

403-814-9780

120 Edgefield Place
Strathmore

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Strathmore

Medical Clinic

403-361-2422

216 – 4th Avenue,
Strathmore

...

Valley Medical Clinic

403-934-4444

231 – 2nd Avenue,
Strathmore

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HEARING

**Belltone Hearing
Center**

403-901-6332

202 – 2nd Avenue,
Strathmore

...

**Calgary Hearing Aid
and Audiology**

403-262-2839

55 Wheatland Trail,
Strathmore

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HOSPITAL

Strathmore District Health Services (AHS)

200 Brent Blvd. Strathmore

Has acute care beds and long-term care beds. Services include acute care, rehabilitation, respite, palliative care, home care, diagnostic imaging, laboratory, ultrasound, cardiology, physical therapy, respiratory, diabetic clinic and a social worker.

Switchboard - 403-361-7000

Diagnostic Imaging Services - 403-361-7126 (X-Ray)

Laboratory Services - 403-361-7123 (Lab)

Rehabilitation Services - 403-361-7155

Ultrasound - 403-361-7126

OPTOMETRISTS

**FYI doctors -
Strathmore
403-934-5034**
321 – 3rd Street,
Strathmore

...

**Gleichen Optical
403-734-3434**
216 – 5th Avenue,
Gleichen

...

**Jaffery Optical
587-333-2546**
219 – 3rd Avenue,
Strathmore

...

**Ranch Market Eyecare
403-934-4159**
105I, 1 – 100
Ranch Market,
Strathmore

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SENIOR GROUPS

Bridging the Gap (BTG)

www.bridgingthegapalberta.ca

403-361-7216

btgalberta@outlook.com

If you are looking to get out and connect with new people within the community, Bridging the Gap (BTG) could be just what you are looking for! We provide unique programs for anyone 55+ including: Community Lunch Club, Baby Cuddling, sessions on Chair Yoga, Flower Arranging, Christmas Jars, and Scams awareness. We also participate in onetime partnerships events like Senior Power, Senior Week, Volunteer Appreciation and our annual Picnic in the Park. A little bit of something for everyone!

Bridging the Gap also hosts a community events calendar if you are looking to attend and/or advertise your event:
<https://bridgingthegapalberta.ca/events/month/>



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Carseland Jet Setters Club 55+

403-934-6007

Sharon Alce: 403-901-5890

The Jet Setters make donations to charitable organizations, plan outings and at home functions and get involved supporting other community functions.

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Happy Gang 50+ Society of Strathmore

Arlene Wahl: **403-608-3086** (President)

Provides a place for seniors age 50+ to gather for social activities and outings, as well as being kept informed of happenings in the community. Welcome to drop in.

85 Lakeside Blvd., Strathmore (next to Strathmore Library)

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Hussar Sundowners Senior Centre 50+

Lorilee Dundas: **403-787-2225**

Everyone welcome! Men's coffee meeting, monthly potluck supper and meeting, movie night, stitch and chat. We make charitable donations and provide comfort through donations of afghans and slippers to newborns, Woman's Shelter, Hospice and those in hospital.

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Standard Seniors Citizen Centre

403-644-3940

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Strathmore Seniors Advisory Committee

Town of Strathmore **403-934-3133**

Email: senioradvisory@strathmore.ca

Established in 2014, this committee's purpose is to enhance Strathmore Town Services for seniors, the elderly and their families. To identify and provide advice to the Strathmore Town Council regarding activities that affect seniors and their families.

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TAXES

PROPERTY TAXES _____

Town of Strathmore
403-934-3133

Wheatland County
403-361-2029

TAX SERVICES _____

Community Volunteer Income Tax Program
Town of Strathmore FCSS 403-934-9090
Wheatland FCSS 403-934-5335

- Free income tax preparation for Seniors and low-income who are not able to prepare simple tax return on their own and meet income threshold
- Excludes – self employed, rental property, mileage claims, T3 returns, bankruptcies, deceased

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Seniors Property Tax Deferral Program

www.SeniorsPTDP.alberta.ca

1-877-644-9992

- Your home must be your primary residence
- You must be 65 or older
- Can defer residential property taxes owed to a municipality and this may include arrears and or penalties
- This program is offered by the Alberta Government

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If you have a computer, you may net file your taxes at
www.netfile.gc.ca/menu-eng.html

Seniors Property Tax Rebate Program Town of Strathmore FCSS at 403-934-9090

Provides Support to Low Income Senior Property Owners. Applicant must be 65 years of age or older; applicant must be the registered homeowner on title and must reside in the home.

Applicant's Annual gross household income is the same as or less than the income thresholds set by the Government of Alberta based on line 150 of the tax year notice of assessment and applicant's taxes are in good standing. Applications must be made before November 30th of the tax year being applied for.

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TRANSPORTATION

Genesis Medi Shuttle

www.genesismedishuttle.ca

403-201-2053

1-888-201-2030

Service begins at the passenger's bedside (or wherever the passengers are located) with the Transport Team safely transferring the client to the stretcher / wheelchair and concludes when the passenger is safely and appropriately received into another bed, chair, or stretcher at the prescribed destination.

Not only is Genesis Medi Shuttle Inc. able to provide a very efficient and much more cost effective alternative to using an ambulance, we take great comfort in allowing those same heavily tasked ambulances to remain available in their respective communities ready for true emergencies.

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KARE Volunteer Driver Program

(Kind, Accessible, Reliable, Economical)

403-934-9090

Town of Strathmore FCSS

The purpose of the KARE Volunteer Driver Program (KVDP) is to assist those who do not have access to affordable, inter-municipal transportation (between communities) for their healthcare and personal appointments. By creating a formal program, the Strathmore FCSS office can ensure that drivers and passengers alike are protected through appropriate insurance coverage and adequate volunteer screening.

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Siksika Medical Transportation

403-734-5676

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Strathmore Handi-Bus

www.strathmore.ca/strathmore_handi-bus

Dispatch **403-934-3418**

Or Tammi Seiben for info **403-361-2122**

Provides safe, courteous, timely and cost-effective transportation service to the seniors 65+ and/or physically handicapped residents of the Town of Strathmore and Wheatland County.

Priority will be given to trips requiring a visit to a health care professional. Trips for shopping, entertainment and cultural events will be accommodated whenever possible.

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Wheatland Seniors Transportation Society

**Currently not running due to Covid 19*

Hoping to start again during the Fall of 2021

Offers shopping trips on a scheduled basis each month, at a cost.

Pick up locations and contact person:

Rockyford Senior Centre 8:00 am

- Corrine 403-934-0015

Standard Senior Centre 8:30 am

- Joan 403-644-3860

Strathmore – Wheatland Inn /Hotel 8:45 am

- Ruth 403-361-8043

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TAXI

A1 Strathmore Taxi
403-830-8294

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Wheatland Taxi
403-499-8294

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Strathmore Taxi
403-830-8294

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VETERANS SERVICES

Last Post Fund

www.lastpostfund.ca

info@lastpost.ca

1-800-465-7113

Provides assistance for funeral, burial and grave marker expenses for war veterans or individuals receiving a disability pension for peace time service. Income and some assets are taken into consideration.

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Royal Canadian Legion #10 - Strathmore

rcl10@shaw.ca

403-934-5119

- The Royal Canadian Legion contributes dollars and voluntary hours to help Canadians, particularly veterans, seniors and youth.
- As well as community service, comradeship, sports and social activities, Legion members receive the Legion magazine.
- There is also an excellent membership benefit package, which provides members with reduced costs for goods and services through cooperating companies, such as hospital parking passes, physical medical supplies such as walkers, canes, and wheelchairs.
- Volunteer opportunities available.

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Veterans Affairs Canada

1-866-522-2122

- Canada offers a range of services and benefits to qualified veterans, as well as their dependents or survivors.
- Includes disability pensions, economic support allowances, health care benefits, home help services, funeral and burial assistance and commemoration.

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Veterans Independence Program

www.veterans.gc.ca

1-866-522-2122

The Veterans Independence Program (VIP) helps seniors remain independent and self-sufficient in their home and community. Depending on individual circumstances and health needs, seniors may qualify for financial assistance to obtain services such as:

- Grounds maintenance
- Housekeeping
- Personal care
- Access to nutrition
- Health
- Support services provided by a health professional.

VIP does not replace other federal, provincial or municipal programs. Instead its role is to complement existing programs to help meet your needs.

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WELLNESS

ADDICTIONS SUPPORT GROUPS

AA Meetings Strathmore

All meetings are mixed and open

Sunday: 2:00 pm, Strathmore United Church

Monday: 8:00 pm, Hope Community Covenant Church

Tuesday: 7:00 pm, Full Gospel Church

Thursday: 7:00 pm, Full Gospel Church

AA Meetings Gleichen

Meetings are mixed and open

Wednesday: 7:00 pm, St. Andrew's Anglican Church

203 4th Ave., Gleichen

Held by the Sorrel Rider Group

AA Meetings Rockyford

Meetings are mixed and open

Tuesday: 7:00pm, Rockyford United Church

To find an AA meeting close to you, please visit:
www.calgaryAA.org/meetings

Al-Anon Meetings Strathmore

Meetings are mixed and open

Thursday: 8:00 pm, Lord of All Lutheran Church

***Mixed** meetings refers to mixed gender; **Open** meetings welcomes visitors seeking information. Visitors and friends are expected to respect the anonymity of all persons they see or meet at any and all meetings.

Care Givers' Support Group

403-361-7277

Addictions and Mental Health - Strathmore

4th Tuesday of the month from 1:30 - 3:00 pm at Dawson Lake Conference Room, Sagewood, Strathmore

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Community Coats

Strathmore residents – program located at Harvest Healing Church **403-901-0893**

Town of Strathmore FCSS **403-934-9090**

Wheatland County residents – program located at the Wheatland County Office, Hwy #1, travel 8 km east of Strathmore at Range Road 243

Wheatland FCSS **403-934-5335**

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Family and Community Support Services (FCSS)

FCSS is a partnership between the Government of Alberta, Municipalities and Métis Settlements that develops locally driven preventative social initiatives to enhance the well-being of individuals, families, and communities.

Town of Strathmore FCSS

403-934-9090

The Town of Strathmore Family & Community Support Services (FCSS) is a department of the Town of Strathmore. They provide preventative social programs and services that enhance the social well-being of families and individuals. We are committed to providing programs, services and resources to ensure our seniors feel included, welcomed, safe and healthy. Some of these programs and services include Advocacy, Seniors Helping Seniors (assistance with government forms), Senior's Week celebrations, Snow Angels, Outreach and the Seniors Tax Rebate.

Wheatland FCSS

403-934-5335

Serving Wheatland County residents, including Carseland, Hussar, Rockyford and Standard. Residents can reach out to obtain information about local programs including counseling, affordable housing, and mental health. We also offer information for Government programs including assistance with applications. Programs and events we support are Compass for the Caregiver, County Coats, Good Food Box, Home Support, Income Tax preparation, Keep in Touch, Lunch and Learn, Meals on Wheels, Senior Power, Volunteering, and Wheatland Food Bank.

242006 Rge Rd 243 (Wheatland County Administration building)

FASD Support Group - Strathmore

Pam Groeneveld

pam.groeneveld@foothillsfas.com

403-652-4776

403-601-0862 cell

Caregiver meetings are held the 3rd Tuesday of every month at the Strathmore United Church, from 9:30 a.m. to 11:30 a.m.

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Foothills Advocacy In Motion (AIM) Society

bev@saims.org

403-934-4888

Offers supports to adults with developmental disabilities who reside in Wheatland County. The AIM Society offers support in the areas of home living, respite, outreach, employment placement and community access.

239B - 3rd Ave, Strathmore

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Growing Families Society

<https://growingfamiliesociety.ca/>

www.bridgingthegapalberta.ca

www.5forlife.ca

403-361-7216

Our aim is to promote, support and advocate for healthy lifestyles within our communities to enhance the unity of the family structure.

Programs/Partnerships: Bridging the Gap, Car Seats for Kids, Growing Opportunities, 5 for Life Early Childhood, FASD Outreach – Drumheller, Post Partum Support Group and Workshops



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Health First Traditional Chinese Medicine Centre

www.healthfirst365.com

587-365-1100

244 – 3rd Avenue, Strathmore



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Parkinson Disease Support Group

1-800-561-1911

**Please call for zoom link, as meeting have moved to an online platform.*

1st Thursday of each month from 1:30-3:00pm

Learn up-to-date information on Parkinson's, share tips, resources, make new friends, gain knowledge, and get the support you need. Open to individuals with Parkinson's, care partners, family and friends.

Hope Community Covenant Church, 245 Brent Blvd.

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Step One Peer Support and Wellness Group

Joanne Simpson: **403-361-7277**

Provides free access to educational, social, and physical activities in a group setting to adults in the Strathmore and Wheatland County area in order to facilitate emotional wellness and prevent isolation and/or relapse to those with mental health needs.

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Strathmore Aquatic Centre

www.strathmoreliving.ca/strathmore-aquatic-centre/

403-934-3325

130 Brent Blvd., Strathmore

Strathmore Disc Golf Course

Site map available on www.strathmore.ca

Email: strathmorediscgolf@gmail.com

Designed and built by the Strathmore Assembly of Youth

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Strathmore Farmers Market

www.strathmorefarmersmarket.ca

403-901-0477

June to September, every Friday 3:00 p.m. to 6:30 p.m.
Kinsmen Park.

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Strathmore Motor Products Sports Centre

403-361-2121

The Strathmore Motor Products Sports Centre is an indoor, year-round multigenerational recreation facility for residents and organized sports groups. Includes an indoor walking track.

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Suicide Bereavement Group

counsellingintake@cmha.calgary.ab.ca

403-297-1708

Grief is complicated and you don't have to go through it alone. Through our Suicide Bereavement program, individuals are supported through the one to one interactions and group sessions to receive coping strategies to stay well after the loss of their loved one.

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FITNESS CLUBS

Anytime Fitness

1-888-261-8758

500 Ranch Market,
Strathmore

...



Target Fitness

403-934-9866

403-901-8147 text

202 Canal Court,
Strathmore

...



In Form Fitness Studio

403-361-0566

207 - 3rd Avenue
Strathmore

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The Bank Athletic

www.thebankathleticclub.com

403-983-2722

137 - 2nd Avenue,
Strathmore

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Strathmore

Aquatic Center

403-934-3325

130 Brent Boulevard,
Strathmore

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Transcend Yoga

www.transcendyogaandwellness.com

587-365-3651

107 - 95 Brent Blvd,
Strathmore

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FOOT HEALTH

Calgary Rural Primary Care Network

403-901-0142

Nail cutting and filing, corn and callus reduction, management of ingrown nails, skin care, assessment and education, as well as specialized monitoring for the high risk client. Referral is through your family physician.

Bay H, 510 Hwy 1 (Country Lane Mall)

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Foot Care Clinic – Rural

Donna: **403-644-3849**

Foot Care Clinic is offered every 6 weeks at the Standard Seniors Centre.

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NOTES _____

As Community Agencies we often hear from seniors and colleagues that there isn't a collection point of information available for senior resources and services for our area. Through Bridging the Gap – Health Interagency meetings, a subcommittee was established to undertake this endeavour. We are so grateful for the many hours individuals spent collecting, writing, proofing and sharing what might be of value to seniors. A special THANK YOU to the agencies below for the realization of this 4th edition.

We realize this is a ‘work in progress’ and welcome updates and comments you may have for future editions. Contact us at Growing Families Society at 403-361-7216. Please know that nobody was intentionally missed, a resource handbook like this is never complete. Watch for the 5th edition in fall of 2023 in conjunction with Senior Power – Resource and Community Expo.



www.bridgingthegapalberta.ca



Community
Enhancement
Grant

Strathmore Seniors Advisory Committee