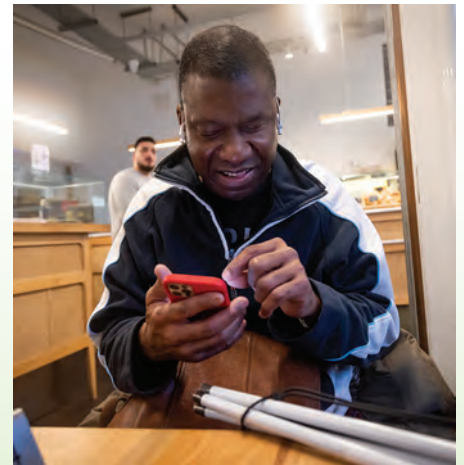




Directory of Services & Social Activities for Older Adults

2023 - 2024



Positive Aging for all in An Age-Friendly Community

Developed by the Saskatoon Council on Aging Inc. [SCOA]



Empowering healthy lives.

Taking action toward whole health and wellness requires each of us to have **access to, understand** and **use** health information. That's why Saskatchewan Blue Cross proudly supports organizations and initiatives **working to improve health literacy** in communities across Saskatchewan.

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*Pandemic Perspectives on Long-Term Care: Insights from Canadians in Light of COVID-19



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- *Overnight Care
- *Other



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www.dailylivingcare.com

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Wayne & Carol, Luther Riverside Terrace residents



Luther Riverside Terrace 306.664.1250
915 Saskatchewan Crescent West, Saskatoon, SK

"The staff is kind, friendly and keeps us safe. We love it here."

Clarence, Luther Heights resident



Luther Heights 306.664.0377
1802 Alexandra Avenue, Saskatoon, SK

"Moving into the Tower was like coming back home."

Betty, Luther Tower resident



Luther Tower 306.664.0356
1223 Temperance Street, Saskatoon, SK

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of Living™ for All



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Thank you to our participating membership partners



To be a member of the Saskatoon Council on Aging visit our website scoa.ca
or phone 306.652.2255

INTRODUCTION

The Directory of Services and Social Activities for Older Adults is produced annually by the Saskatoon Council on Aging and is designed to offer information about resources, services and social activities to be used by older adults in the Saskatoon area, their families and caregivers, as well as interested agencies, groups and institutions.

No endorsement is made or intended for any of the entries. The Saskatoon Council on Aging accepts no liability or responsibility for any loss, injury, or damage which may arise from anything contained in this directory. We review and edit the directory every year, but if you have comments or suggestion please contact us at 306-652-2255. Thank you!



Questions for the Service Provider

The following questions will help you in deciding whether or not the service provider that you are calling will be able to fully meet your needs as an older adult.

- What services do they provide?
- What age group do they service?
- What special services are there for older adults?
- How do they accept referrals?
- Who is the contact person?
- What are the costs? Are there additional costs? (taxes, service fees, etc.)
- What are the rules for eligibility?
- When are they open? (hours and/or days of operation, etc.)
- How do you get there? (transportation)
- Are there any brochures about the resources?
- What geographical area do they serve?
- Is there a waiting list?
- Is there any other information that is important?

Suggestions for Calling

- Take notes to remember the details.
- Be careful how much personal information you share (e.g. SIN, Health Card Number).

Ask for the name of the person who has helped you.



Indicates that volunteers are accepted



Indicates that the premises are wheelchair accessible

Saskatoon Council on Aging Inc.
2020 College Drive Saskatoon, Saskatchewan S7N 2W4
Phone: 306-652-2255 **Fax:** 306-652-7575
Email: admin@scoa.ca **Website:** www.scoa.ca

EMERGENCY NUMBERS

Emergency Access to City Police, Fire and Ambulance: 911

Fire and Protective Services:

Administrative Offices_____	306-975-2520
Child Protection Services_____	306-933-6077
Safety & Property Maintenance (24hrs)_____	306-975-2828

Hospitals and Health Services:

Client/Patient Access Services (CPAS)_____	306-655-4346
MD Ambulance_____	306-975-8800
Provincial Healthline_____	811
Highway Hotline_____	1-888-335-7623
Royal University Hospital_____	306-655-1000
Saskatoon City Hospital_____	306-655-8000
St. Paul's Hospital_____	306-655-5000

Police Services:

Crime Stoppers_____	1-800-222-8477
Corman Park Police_____	306-242-8808
Deaf Persons Emergency TTY_____	306-975-8364
Non-Emergency Complaints_____	306-975-8300
Rural RCMP Inquiries & Complaints_____	306-975-5173

Important Numbers to Remember:

Abused Women's Information Line_____	1-888-338-0880
Alcoholics Anonymous_____	306-665-6727
Al-Anon_____	306-665-3838
Farm Stress Line_____	1-800-667-4442
Income Assistance Saskatoon_____	306-933-5960
International Travel Clinic_____	306-655-4780
Interval House_____	306-244-0185
Kids Help Phone_____	1-800-668-6868
Mental Health Support_____	HealthLine 8-1-1
Suicide/Seniors Abuse Mobile Crisis line_____	306-933-6200
Problem Gambling Help Line_____	1-800-306-6789
Saskatchewan Poison Control Centre_____	1-866-454-1212
Saskatchewan Connect to Service Providers_____	211
Sexual Assault Crisis Center_____	1-306-244-2224
Social Service Income Support_____	1-866-221-5200
Victim Services_____	306-975-8400

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ABUSE OF OLDER ADULTS

Saskatoon Crisis Intervention Service

Address: 313 Ontario Ave, Saskatoon, SK, S7K 1S3

Contact: Rita Field - Executive Director

Phone: 306-933-6200

Fax: 306-664-1974

Email: info@saskatooncrisis.ca

Website: <http://www.saskatooncrisis.ca>

Hours of Operation: 24-hour service

Details:

Professionally trained staff are available 24 hours a day to respond to:

- Seniors in distress
- Mental health crisis intervention
- Suicide prevention and intervention
- Family distress
- Child abuse and neglect (after hours)
- Substance abuse
- Referral for services



If you suspect any form of older adult abuse

Community Care Branch

Address: 1st Floor, T.C. Douglas Building, 3475 Albert Street, Regina, SK S4S 6X6

Phone: 306-787-7239

Email: info@health.gov.sk.ca

Website: www.saskatchewan.ca

Suspected abuse by a caregiver in a long-term care facility should be addressed through management as soon as possible. If unresolved it can be reported here.

Community Care Branch – Personal Care Homes

Address: 1st Floor, T.C. Douglas Building, 3475 Albert Street, Regina, SK S4S 6X6

Phone: 306-787-7239

Email: info@health.gov.sk.ca

Website: <http://personalcarehomes.saskatchewan.ca>

Details:

- Information on personal care home responsibilities, inspections, and becoming a personal care home licensee

Suspected abuse in a personal care home can be reported here:
<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/personal-care-homes>

Public Guardian and Trustee of Saskatchewan

Address: #100 - 1871 Smith Street, Regina, SK, S4P 4W4

Phone: 306-787-5424

Toll Free: 1-877-787-5424

Fax: 306-787-5065

Email: pqt@gov.sk.ca

Website: <https://www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-the-public-guardian-and-trustee>

Hours of Operation: Monday – Friday 8:00am-12:00pm, 1:00pm-5pm

Details:

- Dependent adult service
- Administers the estates of people who are mentally incompetent, administers affairs of deceased people and holds/administers unclaimed property
- Protects the financial interest of minors
- Counsel for children
- Certificate of no infants
- Financial abuse

Fees: Vary depending on service required



Suspected financial abuse of a cognitively compromised adult or abuse of power of attorney should be reported here.

Please be assured that our staff will respond at the first opportunity.

If your email is regarding a medical emergency, please call 911.

If you are seeking general medical advice, you can contact HealthLine at 811

Keep in mind that:

- Suspected abuse by a health care provider should be addressed through their professional association and/or employer
- If you suspect criminal abuse or neglect call the **Saskatoon City Police** at 306 – 975 -8300 or **Victim Services** at 306 – 975 – 8400

ADDICTIONS

Al-Anon Information Service and LDC, Saskatoon

Address: 600 – 245 3rd Avenue South, Glengarry Building (6th Floor), Saskatoon, SK

Phone: 306-665-3838

Website: <http://www.sk-alanon.ca>

Email: saskatoonais@gmail.com

Hours of Operation: Available for purchase of literature or information by phoning or emailing the office, or in person by appointment only between 10:00 a.m. to 4:00 p.m., Monday to Friday except Statutory Holidays.

Details:

- Support and helps families of alcoholics; follows 12-step program
- Fellowship of relatives and friends of alcoholics
- Call the office for times and places of meetings or check out the website
- Accepts anyone troubled by someone's drinking



Alcoholics Anonymous

Address: Saskatoon Central Office - 515, 245-3rd Avenue South, Saskatoon, SK, S7K 1M4

Phone: 306-665-6727

Email: aasaskatoon@sasktel.net

Website: www.aasaskatoon.org

Hours of Operation: Monday – Thursday 8:00 - 4:30pm



Calder Centre

Address: 2003 Arlington Avenue, Saskatoon, SK, S7J 2H6

Phone: 306-655-4500

Fax: 306-655-4545

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/ResidentialTreatment-Adult-CalderCentre.aspx

Hours of Operation: Monday – Friday 8:00am-4:30 pm; 24-hour residential services

Details:

- Specialized centre for treating people with alcoholism and other drug dependencies
- Holistic, cross-cultural recovery program for individuals and families
- In-patient recovery treatment centre for adults and youth with chemical dependency; duration of gender specific program dependent on client needs (generally 4 weeks)

Fees: Valid Saskatchewan Health Card required



Mental Health and Addiction Services, Adult Programs

Address: Sturdy Stone Building, 122-3rd Avenue North, Suite 156, Saskatoon, SK, S7K 2H6

Phone: 306-655-7777 (phone options: #1-children & youth, #2-mental health, #3-addictions)

Email: tobaccofree@saskhealthregion.ca

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/CommunityAddictionServices.aspx

Hours of Operation: Monday – Friday 8:00am-12:00pm, 1:00pm-5:00pm

Details:

- Counselling, assessments, referrals
- Community education
- Screening; services for substance abuse, gambling, and co-dependency
- Tobacco Cessation
- Services for family members of chemically dependent persons
- Addiction counselors available for 1-on-1 and group counselling



Fees: Valid Saskatchewan Health Card required

Brief and Social Detox

Address: 201 Avenue O South, Saskatoon, SK, S7M 2R6

Phone: 306-655-4195

Fax: 306-655-4196

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/Brief-SocialDetox.aspx

Hours of Operation: 24-hour daily service

Details:

- Detox centre; first step to recovery
- A recovery based program focusing on the management of physical withdrawal symptoms.

Fees: Valid Saskatchewan Health Card required



Metis Addictions Council of Saskatchewan Inc.

Address: 335 Avenue G South, Saskatoon, SK S7M 1V2

Phone: 306-652-8951

Toll Free: 1-877-652-8951

Fax: 306-665-0703

Email: rdsaskatoon@macsi.ca

Website: <http://www.macsi.ca>

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- 12-step program for people recovering from a drug or alcohol addiction
- Outpatient counselling to help gain the support and tools needed to guide a path to recovery.
- Drop-In programs and 1-1 counselling are offered on ZOOM.
- Centers in Saskatoon, Regina and Prince Albert

Fees: Valid Saskatchewan Health Card required



Opioid Assisted Recovery Services

Address: 1611 20th Street West Mayfair Clinic: 504 33rd Street West

Phone: 306-655-0480 (20th Street) 306-655-4006 (33rd Street)

Email: info@saskhealthauthority.ca

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/OpioidAssistedRecoveryServices.aspx

Hours of Operation: Monday – Friday 9:00 am - 5:00 pm (Hours vary due to evening clinics offered)

Details:

- The criteria for referral is opioid addiction and dependency Clients may self-refer or be referred by a community physician, hospital or community support via walk-in, phone or fax.

Fees: Valid Saskatchewan Health Card required



Problem Gambling Help Line

Toll Free: 1-800-306-6789

Website: <https://www.saskatchewan.ca/residents/health/emergency-medical-services/problem-gambling-help-line>

Hours of Operation: 24-hour service

Details:

- Assists individuals with problem gambling through information, short-term counselling, crisis intervention services, referrals, and self-help groups

Saskatoon Tribal Council- Community Health Program

Address: STC Health Centre 1514 20th Street West

Phone: 306-956-6100

Email: smcgurk@sktc.sk.ca

Website: <https://www.sktc.sk.ca/wellness/stc-health-centre/>

Hours of Operation: Monday – Friday 9:00 am - 5:00 pm / Harm Reduction Supply Exchange Program Monday to Friday 9:00am-5:00pm, Saturday, Sunday, and Holidays 12:00pm-5:00pm

Details:

- The STC Health Centre offers accessible and culturally based health programs, including addictions, nursing, social work, mental health services, elder supports and peer supports Provide access to detox and treatment services, the outpatient treatment program, crisis and ongoing counselling, and cultural support
- The STC Health Centre also provides evidence-based harm reduction programming by offering a safe injection and inhalation supplies exchange program 7 days a week, 365 days a year



ADULT DAY PROGRAMS

Adult Community Day Program – Convalescent Home (CPAS referral required)

Address: Saskatoon Convalescent Home, 101-31st Street West, Saskatoon, SK, S7L 0P6

Phone: 306-244-7155 ext.127

Fax: 306-244-2066

Hours of Operation: Monday – Friday 11:30am-3:00pm

Website: <http://www.saskatoonconvalescenthome.com>

Details:

- Lunch provided (special diets available)
- Recreational programs: music, games, guest speakers

Fees: Fees subject to change



Adult Community Day Program – Oliver Lodge (CPAS referral required)

Address: Oliver Lodge, 1405 Faulkner Crescent, Saskatoon, SK, S7L 3R5

Contact: Director of Recreational Programs

Phone: 306-986-5471

Fax: 306-382-9822

Hours of Operation: Monday – Friday 9:30am-3:00pm

Email: kristen.smith@saskhealthauthority.ca

Website: www.oliverlodge.ca/day-program/

Details:

- Programs: balance exercise, horticulture, music, baking, community outings, trivia, bathing, and hair dresser
- Meals provided throughout the day
- Individuals must contact CPAS 306-655-4346 for a referral to the program.

Fees: \$10.20 a day for the program, transportation is available for \$10



Adult Community Day Program – Parkridge Centre (CPAS referral required)

Address: Parkridge Centre, 110 Gropper Crescent, Saskatoon, SK, S7M 5N9

Phone: 306-655-3878

Hours of Operation: Mon-Wed -Frid 9:15am-3:00pm / Tues – Thurs 9:15am – 2:30pm

Website: https://www.saskatoonhealthregion.ca/locations_services/locations/PRC/Pages/Community-Day-Program.aspx

Details: (Ages 19 and older)

- Respite services; Occupational, physical, recreational therapy (consultative)
- Beauty salon, dietician
- Personal care, bathing arranged through Home Care
- Programs: baking, general exercise, music, computer training and special events
- Encourage family involvement

Fees: Fees subject to change



Client/Patient Access Services (CPAS)

Address: 201-310 Idylwyld Drive North, Saskatoon, SK, S7L 0Z2

Phone: 306-655-4346

Fax: 306-655-4343

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/Client-Patient

Details:

- Single point of entry to health care services in the community and in the hospital
- CPAS determines eligibility for and provide access to many services, including Home Care, Special Care Homes, Meals on Wheels, Community Day Programs, Community Volunteer Services, Community Therapies, Seniors First Program, Occupational Therapy, etc.
- Provides information on personal care homes and community housing options



Cosmopolitan Industries Ltd.

Address: #26 – 34th St E, Saskatoon, SK, S7K 3Y2

Phone: 306-664-3158

Fax: 306-244-5509

Email: info@cosmoindustries.com

Website: www.cosmoindustries.com **Recycle:** www.cosmoshred.ca

Hours of Operation: Monday – Friday 8:00am-4:00pm

Details:

- Day Programs that provide employment opportunities for adults with intellectual disabilities



Live Smart, TEMT (Travel Eat Meet Talk), Young at Heart - LutherCare Communities

Address: 1212 Osler Street, Saskatoon, SK, S7N 0T9

Phone: 306-664-0323 ext. 345

Fax: 306-664-0311

Email: cdp@luthercare.com

Website: www.luthercare.com

Hours of Operation: Mondays, Tuesdays, Thursdays 11:00am-3:00pm

Details:

- Individuals can self-refer, no CPAS required
- The programs serve seniors living in the community who desire to maintain a healthy lifestyle, including meaningful social opportunities with their peers.
- Offers discussions, informative presentations, entertainment, community outings, gentle exercise, hot noon meals/ refreshments

Fees: \$9.25/person per session, transportation provided if necessary \$10.00/day



Luther Seniors Centre (CPAS referral required)

Address: 1800 Alexandra Avenue, Saskatoon, SK, S7K 3C7

Phone: 306-664-0368

Fax: 306-664-0395

Email: seniorcentre@luthercare.com

Website: www.luthercare.com

Hours of Operation: Monday – Friday 9am-5pm

Details:

- Care and programming: people with irreversible dementia and memory loss
- Recreation programming targeting 5 domains of health
- Social services, pastoral service
- Activities: crafts, music, active games, exercises, cognitive stimulation etc.
- Lunch/snacks

Fees: Cost: \$9.75/ day; subsidized transportation is available



Sherbrooke Community Day Program (CPAS referral required)

Address: 401 Acadia Drive, Saskatoon, SK, S7H 2E7

Contact: Community Day Program Manager

Phone: 306-655-3742

Fax: 306-655-3741

Website: www.sherbrookecommunitycentre.ca

Hours of Operation: Monday – Friday 9:30am-3:00pm

Details:

- Consultation with dietician and chaplain
- Access to socialization and recreational programs, pool therapy, community outings, beauty salon, bathing (arranged through Home Care), Foot care (WeCare), occupational therapy, physical therapy (on a need basis)
- Caregiver support group (monthly)
- Modified work program

Fees: \$9.50/day, \$8.00 flat rate for limited transportation; fees subject to change



ANIMALS/PETS

Saskatoon Pet Licensing & Animal Services

Address: 1925 Avenue B N, Saskatoon, SK S7L 4K9

Phone: 306-385-7387 (24 hrs)

Fax: 306-931-9792

Website: <https://www.saskatoon.ca/services-residents/pet-licensing-animal-services>

Hours of Operation: April to Oct – 7:00 am -10:00 pm Nov to March – 8:00 am-8:00 pm

Details:

- We respond to animal attacks, animals hit by vehicles, animals running at large, barking complaints, feces complaints, mediates complaints involving improper ownership
- P.A.L. (Pet at Large) Licensing and registration service for pets, allows for safe return of lost pets- Monday-Friday: 9:00am-5:00pm
- Licensing at City Hall costs vary depending on animal (call for rates)

SCAT Street Cat Rescue Program Inc.

Address: 108- 2750 Faithfull Avenue, Saskatoon, SK, S7K 6M6

Phone: 306-955-7228

Fax: 306-955-1037

Email: contact@streetcat.ca

Website: www.streetcat.ca

Hours of Operation: Tuesday – Saturday 11:00am-4:00pm

Details:



- Street cats and kittens are brought into foster homes for socialization and then are ready for adoption
- We also act as a contact point for people who have lost pets, found stray cats or kittens, just need information, or are looking for a new feline friend
- Seniors especially welcome to foster - the more fosters, the more kitties we can help

Fees: Adoption fees vary; call the office

Saskatoon SPCA (Society for the Prevention of Cruelty to Animals)

Address: 5028 Clarence Avenue South, Grasswood, SK, S7T 1A7

Phone: 306-374-7387

Fax: 306-373-7912

Email: info@saskatoonspca.com

Website: www.saskatoonspca.com

Pound Hours: Daily 9:00am – 5:00pm

Viewing and Adopting Hours: Sunday – Saturday 12:00pm – 5:00pm (By appointment)

Details:

- Facilitates adoption of dogs, cats, and other small animals
- Vendor for Saskatoon dog and cat license purchases
- Provides animal control and protection services
- Lost and found shelter

Fees: Adoption fees vary depending on type of animal

U of S Western College of Veterinary Medicine – Small Animal Clinic

Address: 52 Campus Drive, Saskatoon, SK, S7N 5B4

Phone: 306-966-7126

Email: vmc.info@usask.ca

Website: <https://vmc.usask.ca/services/small.php>

Hours of Operation: Monday – Friday 9:00am-4:30pm

Details:

- By appointments
- Teaching hospital – supervised and attended by certified veterinarians
- For emergencies outside of the hours listed above, the WCVM Veterinary Medical Centre operates a 24-hour call centre (306-966-7126) that will put you in touch with the hospital's on call services

Fees: Per service provided



BEREAVEMENT

Mourning Glory- Acadia McKague's Funeral Chapel

Address: 915 Acadia Drive, Saskatoon, SK, S7H 5N4

Phone: 306-955-1600

Fax: 306-955-6604

Website: www.dignitymemorial.com

Hours of Operation: 24 hours **Office Hours:** Monday – Friday 9am-4:30pm

Details:

- Assistance with funerals, cremations, memorials, tributes and monuments
- Pre-planning and Guaranteed Pre-Arranged Services; FREE Personal Planning Guide;
- FREE 24/7 Compassionate Helpline provided to families and friends
- No cost Bereavement Travel Assistance for families

- Certified Celebrant, works closely with your family to put a personal touch on your loved ones Celebration of Life
- Onsite Chapel, guestrooms and lunch facility with catering and hostess
- Discounts for Veterans, service personnel and families (Police, Fire, EMS)
- Professional, compassionate service and assistance before, during and after the time of need

The Compassionate Friends, Saskatoon Chapter

Address: 333 4th Avenue North, Saskatoon, SK

Phone: 306-717-7744

Email: Saskatoon@TCFCanada.net

Website: <https://tcfsaskatoon.wordpress.com/>

Hours of Operation: (Meeting time) – Last Tuesday of every month from 7:30pm-9:30pm

Details:

- A self-help group for bereaved parents
- Lending library, email buddies, telephone friends, and a newsletter 4 times per year
- The Compassionate Friends is an international, peer support network for bereaved parents and their families

Edwards Family Centre, Saskatoon Funeral Home

Address: 333- Fourth Avenue North, Saskatoon, SK, S7K 2L8

Phone: 306-244-5577

Fax: 306-665-1095

Email: mail@saskatoonfuneralhome.com

Website: www.saskatoonfuneralhome.com

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Grief and loss resource lending library
- Bereavement Support Group and Programs
- Pet Loss Support Group: a peer support group for people who have experienced the death of a beloved companion animal; meets on the first and third Sunday of each month at 2:00pm at Family Pet Cremation Services, 210 A 33rd Street East



Families Experiencing Exceptional Loss (FEEL)

Address: 3031 Louise Street, Saskatoon, SK, S7J 3L1

Phone: 306-955-3344

Fax: 306-373-3070

Email: info@inclusionsk.com

Website: www.inclusionsk.com

Details: (if there is no answer, someone will call you back as soon as possible)

- FEEL supports families through the unique and devastating grief process that occurs after the death of a family member with an intellectual disability. To this end, FEEL offers support, knowledge and understanding by connecting families who have had a similar experience of loss. FEEL connects families on an individual basis, through local and regional events and through provincial workshops.

The Funeral Advisory and Memorial Society of Saskatchewan

Address: 78-330 Haight Crescent, Saskatoon, SK

Phone: 306-374-5190 (Saskatoon)

Toll Free: 1-866-283-2677 (Saskatchewan)

Email: info@famss.ca

Website: <https://famss.ca/>

Details: (volunteer run)



- The Funeral Advisory and Memorial Society of Saskatchewan promotes and assist members in planning in advance of death for the disposition of members remains
- Our non-profit Society carries on a continuing education program urging dignity, simplicity, and economy in funeral rites.
- Speakers are available to address interested groups (free of charge)

Fees: Free services for members; Lifetime membership (for voting) \$ 25.00/individual

Hillcrest Memorial Gardens – Funeral Home & Cemetery

Address: 210 Wess Rd, Saskatoon, SK S7V 0S4

Phone: 306-500-6470 (Funeral Home - 24 hours) 855-252-3807 (Cemetery & Pre-planning)

Website: <https://www.arbormemorial.ca/en/hillcrest>

Hours of Operation: Open 24 hours

Details:

- Preplanning for Cemetery and Funeral Arrangements
- Traditional Burial and Cremation
- Indoor and Outdoor Columbariums

The Last Post Fund

Address: #330 - 6600 Trans-Canada Hwy Pointe-Claire, QC H9R 4S2

Toll Free: 1-800-465-7113

Fax: 514-866-1471

Email: info@lastpost.ca

Website: www.lastpostfund.ca

Hours of Operation: Monday – Friday, 8:00am-4:00pm

Details:

- Veterans Affairs Canada Funeral and Burial Program
- Unmarked Grave Program
- National Field of Honor (Point Claire, QC) & Columbarium and Local Fields of Honor

Park Funeral Chapel

Address: 311 3rd Avenue North, Saskatoon, SK S7K 2H9

Phone: 306-244-2103

Email: park@arbormemorial.com

Website: www.arbormemorial.ca

Hours of Operation: 24 hours/day

Office Hours: Monday-Saturday: 8:00 a.m. to 5:00 p.m. Sunday: 1:00 p.m. to 5:00 p.m.

Details:

- Service and reception planning with online tributes at the Sharing Memories website
- Free AfterCare support and guidance services
- Assist in complicated after funeral matters such as finalizing estates

Prairie Hospice Society

Address: 716 Queen Street, Saskatoon, SK

Phone: 306-249-5554

Email: admin.assist@prairiehospice.org

Website: www.PrairieHospice.org

Details:

- Compassionate non-medical care, companionship for those facing advancing illness, death and bereavement in the comfort of home
- Respite, rides and small errands can be booked through our Hospice Now program
- Comprehensively trained volunteers offer up to 4 hours per week of services, free of charge



- Referrals can be made through self, family, community organizations, or any part of the health care team simply by calling 306-249-5554

Saskatoon Community Contact for the Widowed

Address: St. Martin's United Church, 2617 Clarence Avenue South Saskatoon, SK

Phone: 306-242-5618

Hours of Operation: Wednesday 9:30am-11:30am

Details:

- 3rd Sunday of each month meeting/activities from 2:30pm-4:00pm at St. Martin's United Church (Not held July, Aug), supper after meeting
- Coffee time every Wednesdays 9:00am-11:00am
- December has a Christmas Party

Fees: \$30/year membership



CANCER

Canadian Cancer Society

Toll Free: 1-888-939-3333

Email: connect@cancer.ca (general inquires) info@cancer.ca (cancer information and support)

Website: www.cancer.ca

Details:

Cancer Information:

- 50 Publications relating to cancer prevention/treatment

Support:

- Cancer connections online community
- Peer Support – connections to cancer patients on a similar cancer journey

Healthy Living:

- Sunsafe Awareness
- Smokers Helpline
- Walk/Run to quit
- Cancer prevention

Cancer Centre, Saskatoon

Address: 20 Campus Drive, Saskatoon, SK, S7N 4H4

Phone: 306-655-2662

After Hours Emergency: 306-655-1000

Website: www.saskcancer.ca

Hours of Operation: Monday-Friday: 8:00am-4:30pm

Details:

- Treatment centre, support groups, patient and family counseling
- Resource library for patient and family, wig boutique



HOPE Cancer Help Centre

Address: 129D Pinehouse Drive, Saskatoon, SK, S7K 5W1

Phone: 306-955-4673

Fax: 306-955-4678

Email: hopescaskatoon@sasktel.net

Website: www.hopescancerhelpcentre.com

Hours of Operation: Monday - Thursday 9:30am-5:00pm

Details:

- Client Assistance Program has limited funding available to assist with quality of life services including medication, transportation, home support services and resources, etc. Referrals to program must be made by a healthcare professional.
- Support Groups: CanCope and Healing through Relaxation
- Drop-In facility

- Resource Lending Library plus a comprehensive supply of free resources pamphlets and brochures.
- Annual Lymphedema Workshop
- Workshops and presentations offered throughout the year
- Race for Recovery held the last Sunday in April
- Other fundraising events include the Annual Raffle and Steak Night



Laryngectomy Support Group

Address: St. Paul's Hospital, 1702-20th Street West, Saskatoon, SK, S7N 0Z9

Phone: 306-655-5071

Email: jennifer.cameron-turley@saskhealthauthority.ca

Hours of Operation: Meetings every 3 months, please call for time and location

Details:

- Emotional and practical support to people pre and post-op through hospital visits
- Promotes education, public awareness and psychosocial support to patient and family



Look Good Feel Better

Phone: 1-800-914-5665

Email: workshops@lgfb.ca

Website: www.LGFB.ca

Hours of Operation:

Details:

- Join us for our complimentary workshops to learn how to manage the appearance-related impact of cancer and its treatment. Topics include Skincare & Cosmetics, Wigs & Hair Alternatives, Breast Forms & Garments
- All workshops are conducted online, you can register for our workshops on our website or call us at 1-800-914-5665 to register over the phone



Lots of Looks Specialty

Address: #47 - 2105 8th Street East, Saskatoon, SK, S7H 0T8

Phone: 306-931-1011 **Toll Free:** 1-866-931-1011 **Fax:** 306-931-1044

Email: lotsoflooks@shaw.ca

Website: www.lotsoflooks.ca

Hours of Operation: Mon – Fri 9:30am-3:00pm

Details:

- Fashion and medical wigs
- Breast prosthesis and bras, mastectomy products, support and compression stockings
- Consultations and fittings can be arranged on premises, your home or hospital at no additional cost, mail orders available

Fees: Retail prices for products, no fee for consultation or fittings



CancerConnection - Online Peer Support Community, Canadian Cancer Society

Toll Free: 1-888-939-3333

Email: connect@cancer.ca

Website: <https://cancer.ca/en/living-with-cancer/how-we-help/connect-with-our-online-community>

Details:

- Provides a healthy, safe, and constructive environment for discussion, support and the exchange of information about managing cancer in your life
- CancerConnection is intended for people with cancer, as well as family and friends

Pink Tree Fitting Shop

Address: 1- 701 2nd Avenue North, Saskatoon, SK, S7K 2C9

Phone: 306-665-6544

Toll Free: 1-800-929-6544

Fax: 306-665-6557

Email: pinktree@sasktel.net

Website: www.pinktree.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm, Saturday 10:00am-3:00pm (Closed Saturdays in July and August)

Details:

- Mastectomy supplies, mastectomy bras/fittings, swimsuits
- Wigs, turbans, scarves, supplies, sun protective clothing
- Compression /support stockings, braces, orthotic binders, orthotic recovery shoes
- Non-surgical bra fittings
- House and hospital calls when required



Prostate Cancer Support Group, Saskatoon

Address: W.A.Edwards Family Centre, 333-4th Avenue North, Saskatoon, SK, S7K 2L8

Phone: 306-260-0088

Email: murray@spscsg.ca

Website: www.spscsg.ca

Hours of Operation: 3rd Thursday of month: 7:00pm-9:00pm (except July and August)

Details:

- Support group for men with prostate cancer and their families
- Educational presentations, time for sharing



Screening Program for Breast Cancer

Address: University Heights Square, 130-1804 McOrmond Drive, Saskatoon, SK, S7S 0A6

Toll Free: 1-855-584-8228

Email: ED.Coordinator@saskcancer.ca

Website: www.saskcancer.ca

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details: Screening mammograms for women age 50+, self-referral



Wheels of Hope Transportation Services – Canadian Cancer Society

Toll Free: 1-800-939-3333

Website: www.cancer.ca

Details:

- Cancer patients requiring transportation to treatment center can request an Uber ride
- Clients can utilize 3 Uber trips per week through Wheels of Hope
- \$100 yearly registration fee is required and to be eligible clients need to have a cancer diagnosis, be in active treatment (or have received treatment in the last 12 months) and be mobile enough to get in and out of a vehicle on their own
- If interested, clients can have a member of their healthcare team submit our one page referral on their behalf and we reach out within 1-2 business days of receiving the form to discuss the program



CAREGIVER RESOURCES

Caregiver Information and Support, Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-652-4411

Toll-Free: 1-888-652-4411

Email: info@saskatooncaregiver.ca

Website: www.saskatooncaregiver.ca

Hours of Operation: Monday – Thursday 8:30am-4:30pm (closed over noon hour), Fridays Office closed - Staff work remotely phone 306.652.2255 to leave a message.

Details:

- Resources and information for caregivers and their families, SCOA Aging Positive Resource Centre
- Compassionate listening over the phone
- Workshops and presentations on caregiver information
- Major caregiver summit annually (Caregiver Week)



COUNSELLING

Intimate Partner Violence Program, Adult Community Health and Addiction Services

Address: City Hospital, Main floor, 1540-701 Queen Street, Saskatoon, SK

Phone: 306-655-8999

Fax: 306-655-8806

More information:

Details:

- Provide services to adults 18 years or older who have used violence in their intimate relationships, are concerned about their behavior towards their partner, value healthy, equal and peaceful relationships, and are committed to changing their behaviors and beliefs
- Program is intended to assist participants in developing nonviolent strategies to manage their person, social, and emotional experiences
- Treatment programs are delivered in a group format



Navera Community Connections

Address: 200, 506-25th Street East, Saskatoon, SK, S7K 4A7

Phone: 306-244-7773

Fax: 306-244-8537

Website: <https://navera.org>

Hours of Operation: Monday, Tuesday, Friday 9:00am-5:00pm, Wednesday & Thursday 9:00am-9:00pm

Details:

- Previously known as CFS Saskatoon
- Counselling
- Family & Community Programs
- Early Learning & Family Centres
- Child, youth, and adult programs available

Fees: Call for Information.



Community Social Work

Address: 103 - 310 Idylwyld Drive North, Saskatoon, SK, S7L 0Z2

Phone: 306-655-3400

Fax: 306-655-3430

Hours of Operation: Monday, Tuesday, Friday 8:00am-4:30pm; closed weekends and statutory holidays

Details:

- Individual Counseling: Changes in health, Stress, Problem solving, Grief and loss, Abuse, Falls, etc. (CPAS referral required; 306-655-4346)
- Bereavement Groups: For recently widowed women
- Caregiver Groups: For people providing care to an adult family member or friend



Employee & Family Assistance Program (EFAP)

Address: #114-900 3530 Millar Ave, Saskatoon, SK, S7P 0B6

Phone: 306-975-3327

Cell: 306-227-7741

Email: maria.besenski@saskatoon.ca

Website: www.cityofsaskatoonefap.com

Hours of Operation: 24 hours/day, 7 days/week

Details:

- A confidential, professional assistance program for City of Saskatoon employees, retirees and/or their spouses/eligible dependents.
- Provides help for financial concerns, conflict resolutions, dealing with grief and anger, marital, family and relationship concerns, substance abuse (alcohol, drugs, food), legal information, mental health and other personal issues



Community Support Worker- Friendship Inn

Address: 619 20th Street West, Saskatoon, SK

Phone: 306-242-5122 ext. 3

Email: allisono@frindshipinn.ca

Website: www.friendshipinn.ca

Hours of Operation: Monday – Friday 7:00am-3:00pm

Details:

- The Friendship Inn offers a variety of support services for the community. The support worker provides an outlet to discuss daily challenges



Family Service Saskatoon

Address: 102, 506-25th Street East, Saskatoon, SK, S7K 4A7

Phone: 306-244-0127

Fax: 306-244-1201

Email: info@familyservice.sk.ca

Website: www.familyservice.sk.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Employee and Family Assistance Programs
- Individual, couple, family and group counselling
- Family violence services; Family life enrichment program

Fees: Call for more information.



Saskatoon Indian and Métis Friendship Centre

Address: 168 Wall Street, Saskatoon, SK, S7K 1N4

Phone: 306-244-0174

Fax: 306-664-2536



Email: reception@simfi.ca

Website: www.simfc.ca

Hours of Operation: Office Hours: Monday – Friday 8:30am-4:30pm

Details:

- Recreational facilities (can be booked for functions)
- AA meetings, family violence
- Functions: Holiday parties, Elder’s Christmas and Easter dinners, National Aboriginal Day, Native Recognition Night for high school graduates, Folkfest
- Family Worker program, Community Networking
- Mental health support and therapies for status/treaty peoples
- Meals available Monday - Friday. Breakfast: 9:30am-11:30am. Supper: 2:30pm-4:30pm

Fees: \$2/yr membership

Victim Services, Saskatoon Police Service

Address: Box 1728, 76 – 25th Street East, Saskatoon, SK, S7K 3R6

Phone: 306-975-8400

Fax: 306-975-8401

Hours of Operation: Monday-Friday: 9:00am – 9:00pm



Details:

- A means for victims of crime and traumatic events to obtain information
- Provides information, support, and referrals to lessen the immediate and long term effects of crimes
- Enhance the communication and flow of information between the victim and the police

CRISIS SHELTERS

The Lighthouse Supported Living Inc.

Address: 304 2nd Avenue South, Saskatoon, SK, S7K 1L1

Phone: 306-653-0538

Email: hello@lighthousesaskatoon.org

Website: www.lighthousesaskatoon.org

Details:

- Transitional Affordable Housing in a supportive environment with meals provided
- A variety of housing options for low-income senior housing
- Volunteer Opportunities
- Stabilization Shelter (Detox) as needed
- Managed Alcohol Program (MAP)
- Mobile Outreach 10am-10pm



The Salvation Army Crossroads Residential Services

Address: 339 Avenue C South, Saskatoon, SK, S7M 1N5

Phone: 306-244-6280 / 306-242-6833

Website: <https://www.salvationarmysaskatoon.org/residential-homes>

Hours of Operation: 24 hours a day

Office Hours: Monday – Friday 8:30am-4:30pm

Details:

- Men’s Emergency Shelter, Food Services, Emergency After Hours Program, and New Frontiers Halfway House Program

Saskatoon Interval House Inc.

Address: 712 Victoria Avenue, Saskatoon, SK, S7N 0Z2

Phone: 306-244-0185

Toll-Free: 1-888-338-0880

Email: infoSIH@saskatoonintervalhouse.org

Website: www.saskatoonintervalhouse.org

Hours of Operation: 24-hour daily

Details:

- Counseling, referral, advocacy
- Crisis call and information
- 24-hour emergency temporary shelter for women with or without children, who have been forced to leave their home due to an abusive relationship
- Short term accommodation in safe, supportive and confidential environment

Saskatoon Sexual Assault and Information Centre

Address: 201-506 25th Street East, Saskatoon, SK, S7K 4A7

24 Hour Crisis Line: 306-244-2224

Office: 306-244-2294

Email: info@ssaic.ca

Website: www.ssaic.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm, closed for lunch 12:00pm-1:00pm

Details:

- Individual and group counselling services (all genders and sexual orientations welcome) for victims of sexual violence and their supporters
- Support when reporting to police or through the trial process
- 24-hour crisis line for victims and survivors of sexual assault



YWCA Saskatoon Crisis Shelter and Residence

Address: 510 – 25th Street East, Saskatoon SK, S7K 4A7

Phone: 306-244-2844

Website: www.ywcasaskatoon.com

Details:

- Emergency shelter for women and children open 24 hours
- Residence, short-term and emergency and long term accommodation for single women and youth programs.
- Provide basic food and personal items
- Assistance with conflict resolution
- Connections to legal resources and educational supports
- Referrals to medical professionals if required
- Advocacy on behalf of the woman and/or child

CULTURAL/NEWCOMER

Filipino Seniors Social Group

Address: 7 Valens Drive, Saskatoon, SK, S7L 3R8

Phone: 306-382-8023

Details:

- Father's and Mother's Day lunches, and Christmas Parties, holiday celebrations
- Play bingo and cards, socialization
- Volunteer every year at Folkfest
- Encouraged to call 306-382-8023 to find out when and where events are taking place

Global Gathering Place

Address: 100 5th Avenue North, Saskatoon, SK, S7K 2N7

Phone: 306-665-0268

Fax: 306-665-0440

Email: info@globalgatheringplace.com

Website: www.globalgatheringplace.com

Hours of Operation: Monday – Friday 9:00am – 5:00pm

Details:

- The Global Gathering Place is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon.
- Helps newcomers adapt to life in Canada by offering support and skill development, acceptance, and a welcoming environment.
- A wide range of programming including: ESL classes, skills building sessions, cooking, information sessions, weekend activities, women's wellness activities, mentoring, settlement services
- Counselling services

International Women of Saskatoon

Address: 301-336 5th Avenue North, Saskatoon, SK, S7K 2P4

Phone: 306-978-6611

Fax: 306-978-6614

Email: info@iwssaskatoon.org

Website: www.iwssaskatoon.org

Hours of Operation: Monday-Friday 9:00am-5pm; Saturday 9:00am-4:30pm

Details:

- ActiveGray: Beyond 55 (seniors program)
- Just4Women (Women's only program)
- Computer and Job Skills Training Program
- Employment Training Program (ETP)
- Settlement Advisor Program
- Drop-in EAL
- Youth Summer Programs
- Language Assessment and Referral Centre (LARC), with one location in Saskatoon and one in Regina



Saskatchewan Indigenous Cultural Centre

Address: 305 - 2555 Grasswood Road East, Saskatoon, SK, S7T 0K1

Phone: 306-244-1146

Fax: 306-665-6520

Email: info@sicc.sk.ca

Website: www.sicc.sk.ca

Office Hours: Monday – Thursday 8:30am-5:00pm; Friday 8:30am-4:00pm

Details:

- Language workshops, cultural connection
- Indigenous storytelling and cultural resources



Saskatchewan Intercultural Association Inc.

Address: 601 B, 1st Avenue North, Saskatoon, SK, S7K 1X7

Phone: 306-978-1818

Fax: 306-978-1411

Email: info@saskintercultural.org

Website: www.saskintercultural.org

Hours of Operation: Monday – Friday 9:00am - 4:30pm

Details:

- Dedicated to the promotion of equal opportunities and fair treatment of all people in our culturally diverse society



- Cultural resource center, settlement services, employment programs, intercultural programs and services
- Free adult English classes for CLB levels 1 to 4

Saskatoon Open Door Society

Address: 100 – 129 3rd Avenue North, Saskatoon, SK, S7K 2H4

Phone: 306-653-4464

Fax: 306-653-7159

Email: skopendoor@sods.sk.ca

Website: www.sods.sk.ca

Hours of Operation: Monday – Friday, 9:00am – 5:00pm

Details:

- Settlement and Family Support Services
- Settlement and Community Services
- Employment Services
- English Language Training and Translation Services
- Seniors Programming



Ukrainian Canadian Congress Saskatchewan Provincial Council

Address: 2-604 22nd Street West, Saskatoon, SK

Phone: 306-652-5850

Toll Free: 1-888-652-5850

Email: settlement@ucc.sk.ca

Website: www.ucc.sk.ca

Program Times: Monday – Friday 9:30am-5:00pm

Details:

- Provide pre-arrival information and advice
- Help with immediate settlement needs, such as: Social Insurance Number application, Saskatchewan Health Card application, Obtaining a Saskatchewan Driver's License, Bank Accounts)
- Arrange for translation and interpretation services

Fees: Free services; translation/interpretation for a fee



Wanuskewin Heritage Park

Address: RR #4 Penner Road, Saskatoon, SK, S7K 3J7

Phone: 306-931-6767

Toll Free: 1-877-547-6546

Email: frontdesk@wanuskewin.com

Website: www.wanuskewin.com

Hours of Operation: Monday-Sunday 9:30am-5pm; statutory holidays 10:00am-5pm

Details:

- Programs, tours, workshops, exhibits, restaurant, gift shop, catering and space/room rentals available
- Members receive discounts at the gift shop, Dakota Dunes Resort Hotel, on-site restaurant, and receive a free parking pass

Fees: Adult \$14.00, Seniors \$10.00, Students \$10.00, Youth (6-17) \$8.00, Children 5 and Under Free, Family \$35.00, \$5 flat rate daily parking

Memberships per year Adults \$75.00, Seniors/Students \$60.00, Family \$125.00



DENTAL

Allied Denture Clinic

Address: Downtown Office – 222 3rd Avenue South, Saskatoon, SK, S7K 1L9
8th Street Office – 1265 8th Street East, Saskatoon, SK, S7H 0S5
Circle West Centre – #17-107 Confederation Dr, Saskatoon, SK S7L 5C3

Phone: Downtown 306-652-304; 8th Street 306-933-304; Confederation Dr. 306-373-3041

Email: downtown@allieddenture.com; east@allieddenture.com; west@allieddenture.com

Website: www.allieddenture.com

Hours of Operation: Monday – Thursday 7:30am – 5:00pm; Friday 7:30am – 12:00pm

Details:

- Allied Denture Clinic provides services such as complete dentures, implant supported dentures, immediate dentures, partial dentures, relines, repairs while you wait, whitening kits, night guards, precision dentures, and mouth guards.

Fees: Vary depending on service provided. All insurance plans and third party financing accepted. Free consultations



Dental Clinic, College of Dentistry, University of Saskatchewan

Address: Dental Clinic Building, 105 Wiggins Road, Saskatoon, SK, S7N 5E4

Phone: 306-966-5105 **Fax:** 306-966-1795

Website: <https://dentistry.usask.ca>

Email: studenttreatent.dentisty@usask.ca

Hours of Operation: Monday – Friday 8:30am-12:00pm & 1:00pm -4:30pm

Details:

- Dental services are provided by students at the College of Dentistry, under the supervision of licensed dentists
- Appointments and emergency services are available

Fees: Are reduced up to 40% of those set out by the College of Dental Surgeons of Saskatchewan's Fee Guide each year. All insurance and payment methods accepted



Saskatoon West Dental Clinic, College of Dentistry, University of Saskatchewan

Address: 1528 20th St West, Saskatoon, SK S7M 2W2

Phone: 306-384-6363

Website: https://dentistry.usask.ca/dental-clinics/saskatoon_west_dental_clinic.php

Email: studenttreatent.dentisty@usask.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Treatment is provided by experienced dentists, College of Dentistry dental residents, and senior dental students under the supervision of licensed dentists.
- Appointments and emergency services are available

Fees: Are reduced up to 40% of those set out by the College of Dental Surgeons of Saskatchewan's Fee Guide each year. All insurance and payment methods accepted



DISABILITY AWARENESS AND SUPPORT

Alzheimer Society of Saskatchewan, Saskatoon Resource Centre

Address: Oliver Lodge, 1405 Faulkner Crescent, Saskatoon, SK, S7L 3R5

Phone: 306-683-6322

Email: saskatoon@alzheimer.sk.ca

Website: www.alzheimer.ca/sk

Hours of Operation: Monday-Friday 8:30am-4:30pm

Details:

- First Link Program, connects persons with dementia and their families to information, support services, and education as early as possible
- Support groups for people with dementia, support group for caregivers
- The Dementia Hotline 1-877-949-4141 is available to provide support throughout Saskatchewan.

Spinal Cord Injury Saskatchewan Inc

Address: 311 38th Street East, Saskatoon, SK

Phone: 306-652-9644

Toll Free: 1-888-282-0186

Fax: 306-652-2957

Email: sciinfo@scisask.ca

Website: www.scisask.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details: Services for individuals with spinal cord injuries and other physical disabilities, including:

- Rehabilitation: Counselling and Service Coordination; Peer Mentorship Support
- Education and Employment Supports: Scholarship; Disability Accommodation; Wage Subsidies for Employers
- Parascope Newsletter – Biannual
- Awareness and Accessibility; Systems Navigation

Membership: \$40 annual membership fee. Clients of SCI Saskatchewan are eligible to become members; benefits include SaskTel cellular plan and SGI Registration fee rebate.



Saskatoon Post Polio Society

Phone: 306-374-9046 or 306-374-3557

Email: donnaspratt@sasktel.net

Details:

- To increase awareness and share information
- Usually meet a couple times a year, however, there has been no meetings in the last couple of years due to Covid-19
- There is no physical office, individuals are encouraged to phone or email to obtain information or support

DISEASE MANAGEMENT AND RECOVERY

Alzheimer Society of Saskatchewan, Saskatoon Resource Centre

Address: Oliver Lodge, 1405 Faulkner Crescent, Saskatoon, SK, S7L 3R5

Phone: 306-683-6322

Dementia Helpline: 1-800-949-4141

Email: saskatoon@alzheimer.sk.ca

Website: www.alzheimer.ca/sk

Hours of Operation: Monday-Friday 8:30am-4:30pm

Details:



- Individual and group support, information, and education for people with Alzheimer's Disease and related dementias, and their families and friends
- Learning Series and Evenings of Education offered throughout the year
- Minds in Motion®-a community-based fitness and social activity program that incorporates physical activity and mental stimulation for people with early symptoms of Alzheimer's disease

and other dementias to enjoy with a friend or family member. This program is offered in partnership with City of Saskatoon Leisure Services.

Arthritis Society

Toll Free: 1-800-321-1433

Email: info@arthritis.ca

Website: www.arthritis.ca

Details:

- Arthritis support & education

Canadian Liver Foundation

Address: (National Office) Suite 801, 3100 Steeles Avenue East, Markham, ON, L3R 8T3

Phone: 416-491-3353 **Toll Free:** 1-800-563-5483 **Fax:** 905-752-1540

Email: clf@liver.ca

Website: www.liver.ca

Details:

- Assists individuals coping with liver disease online, in person, and via the toll free National Help Line
- Organization devoted to providing support for research and education into the causes, diagnoses, prevention and treatment of all liver disease
- Volunteer chapters work to improve public awareness and understanding of liver health and liver disease
- Raise funds for research and reach out to liver disease patients and their families



Crohn's and Colitis Canada, Saskatoon Chapter

Address: Box 28074 RPO Westgate, Saskatoon, SK, S7N 5V8

Phone: 306-664-4420 or 1-844-664-4420

Email: saskatchewan@crohnsandcolitis.ca

Website: <https://crohnsandcolitis.ca/Location/Saskatchewan/Saskatoon-Central-Saskatchewan>

Details:

- Pamphlets and information will be sent on request
- Newsletter 3-4 times a year
- Monthly chapter meetings
- Annual Gutsy Walk: for more information, visit www.gutsywalk.ca
- Online group peer support events and educational webinars



Diabetes Canada

Regina Office: 306-584-8445

Toll Free: 1-800-226-8464

Email: info@diabetes.ca

Website: www.diabetes.ca

Details:

- Diabetes Research, resource library, advocacy, support, and education
- Local programs and events
- Virtual learning, tools & resources



Exercise Program for Stroke and Parkinson's Disease

Address: Saskatoon Field House, 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-655-4595 – call to schedule an appointment

Fax: 306-655-4596

Program Times:

- Parkinson's: Monday, Wednesday, Friday 2:30pm-3:45pm



- Stroke: Tuesday, Thursday 1:00pm-2:30pm

Details:

- Improve joint mobility, coordination and balance and cardiovascular fitness
- Improve control over gross motor movements such as walking and improve confidence in performing daily activities

Fees: Cost of programs is \$30.00 per month; no charge for support person at this time; subsidization available if finances are a concern

Heart & Stroke Foundation of Canada, Saskatchewan

Phone: 1-888-473-4636

Hours of Operation: Monday-Friday 8:30am-5:00pm

Website: www.heartandstroke.ca

Details:

- Heart & Stroke leads the fight against heart disease, stroke and related conditions. Our work is driven by collaboration - without volunteers and donors, researchers, people who have lived experience, healthcare professionals, governments and others
- Health information, peer support online communities, health prevention e-tools, Community Connect newsletter, advocacy, health public policy, research, and stroke best practices

LifeLabs

Address 1: #5 39-23rd Street East, Saskatoon, SK

Phone: 1-800-333-0222

Fax: 306-655-4024

Hours of Operation: Monday-Wednesday & Friday 7:30am-4:30pm, Thursday 7:00am-4:00pm



Address 2: 134 Primrose Drive, Saskatoon, SK

Phone: 1-800-333-0222

Fax: 306-655-4026

Hours of Operation: Monday-Friday 7:00am-6:00pm, Saturday & Sunday 9:00am-3:00pm

Address 3: 300 Confederation Drive, Saskatoon, SK

Phone: 1-800-333-0222

Fax: 306-655-4025

Hours of Operation: Monday- Friday 7:00am-5:00pm

Address 4: 419 Ludlow Street, Saskatoon, SK

Phone: 1-800-333-0222

Fax: 306-655-4023

Hours of Operation: Monday-Friday 7:30am-4:30pm

Address 5: 2325 Preston Avenue, Saskatoon, SK

Phone: 1-800-333-0222

Fax: 306-655-4022

Hours of Operation: Monday-Friday 7:00am-6:00pm, Saturday 7:00am-3:00pm

Lung Association of Saskatchewan

Address: 1208 Arlington Ave, Saskatoon, SK S7J 3L3

Phone: 306-343-9511

Toll Free: 1-888-566-5864

Fax: 306-343-7007

Email: info@lungsask.ca

Website: www.lungsask.ca

Hours of Operation: Tuesday, Wednesday, Thursday 8:30am-4:30pm

Details:

- Resource center, counseling, advocacy
- Information to quit smoking



- Asthma Trec, program for a certificate with Asthma education
- Breathworks, program for information, resources and support for people with COPD, for information call 1-888-566-5864

Multiple Sclerosis Society of Canada

Address: 701 Queen Street, Saskatoon, SK

Phone: 306-655-7742

Toll Free: 1-844-859-6789

Email: msnavigators@msscanada.ca

Website: www.mssociety.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Information, education, advocacy and support for individuals living with or affected by MS
- 1:1 Peer Support & Self Help & Support Groups - applications & referral to appropriate groups or programs
- Quality of Life Grant: equipment funding information, eligibility and application
- Information and education on disability forms such as Canadian Pension Plan Disability
- Information on fundraising initiatives, like MS Walk or Bike, additional programs, services and events
- Research into the cause and cure of MS



Parkinson Canada, Parkinson Society Saskatoon

Address: 2103 Airport Drive, Saskatoon, SK

Phone: 306-933-4478

Toll Free: 1-800-565-3000

Email: saskatchewan@parkinson.ca

Website: www.parkinson.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Parkinson's Disease education & support (individual and groups)
- Provide newsletter and information packages to clients and families upon request
- Disease research and education, donations welcome
- Parkinson's Support groups on every 2nd Monday of each month at 7:00pm (except through July & August) at Sherbrook Community Centre- 401 Acadia Drive



Persons Living with AIDS Network of Saskatchewan

Address: 127C Avenue D North, Saskatoon, SK, S7L 1M5

Phone: 306-373-7766

Toll Free: 1-800-226-0944

Fax: 306-374-7746

Email: plwa@sasktel.net

Website: www.aidsnetworksaskatoon.ca

Hours of Operation: Monday – Thursday 9:00am-4:00pm; Friday 9:00am-3:00pm

Details:

- Provides care and confidential support services for persons who are living with HIV or AIDS; available also to care providers, family and friends
- Resource center, advocacy/referrals, one on one support counselling,
- Socializing activities, health and wellness guidance, emergency hampers and hygiene supplies, HIV Rapid Testing Tuesday and Thursday 12:00pm-3:00pm
- Drop-in center Monday-Friday: 10am-3:30pm



Rheumatology Associates of Saskatoon

Address: 103-39 23rd Street East, Saskatoon, SK

Phone: 306-244-2277



Hours of Operation: Office Hours Vary
Details: Counselling support for arthritic patient
Fees: Insured through Saskatchewan Health

Saskatoon Osteoporosis Centre

Address: 209, 39-23rd Street East, Saskatoon, SK, S7K 0H6

Phone: 306-933-2663

Fax: 306-665-0421

Email: admin@polymed.ca

Website: polymed.ca

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Details:

- Research clinic, bone density testing, works with rheumatologist, Dr. W. P. Olszynski, referral only



The Kidney Foundation of Canada, Saskatchewan Branch

Address: A3 116 103 St E, Saskatoon, SK S7N 1Y7

Phone: 306-664-8588

Toll Free: 1-833-664-8588

Fax: 306-653-4883

Email: info@kidney.ca

Website: www.kidney.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Peer support programs, newsletter
- Funds research and clinical education for kidney related diseases
- Information, advocacy, supports/promotes organ donation.



Thyroid Foundation of Canada

Address: PO Box 298, Bath, ON, K0H 1G0

Toll Free: 1-800-267-8822

Email: info@thyroid.ca

Website: www.thyroid.ca

Details:

- The Thyroid Foundation of Canada is a non-profit registered volunteer organization whose mission is to support thyroid patients across Canada through awareness, education, and research.
- Toll-free telephone line available to anyone in Canada 1-800-267-8822.
- Thyrobulletin, TFC's official newsletter available to members
- TFC's website offers medically approved thyroid information, webinars, and resources available to the public.

Fees: Adult \$35, Senior \$30, Family \$45

EDUCATION

OUTSaskatoon

Address: 213 Avenue C South, Saskatoon, SK, S7M 1N3

Phone: 306-665-1224

Fax: 306-665-1280

Email: hello@outsaskatoon.ca

Website: www.outsaskatoon.ca

Hours of Operation:

- **Summer Hours:** Monday-Friday 10:00am – 4:00pm



- **Phone Line:** Monday – Friday 9:00am – 5:00pm

Details:

- Educational training & policy work
- Resources & research
- Sexual health clinic, counselling, and peer support

Foundations Learning and Skills Saskatchewan (formerly READ Saskatoon)

Address: Unit #2 - 706 Duchess Street, Saskatoon, SK, S7K 0R3

Phone: 306-652-5448

Fax: 306-652-4205

Email: hello@foundationslearning.ca

Website: <https://www.foundationslearning.com/>

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Adult one-to-one or group tutoring
- Financial literacy
- Family literacy programming
- Workshops and training



Saskatchewan Indian Institute of Technologies

Address: 100-103A Packham Avenue, Saskatoon, SK

Phone: 306-244-4460

Toll Free: 1-877-282-5622

Email: info@siit.ca

Website: www.siit.sk.ca

Hours of Operation: Monday – Thursday 8:00am-4:30pm; Friday 8:00pm-4:00pm

Details:

- Programs in Business, Health & Community Studies, Trades & Industrial and Adult Basic Education

Fees: Tuition varies by program



Saskatchewan Literacy Network Inc.

Address: #11-2155 Airport Drive, Saskatoon, SK, S7L 6M5

Phone: 306-651-7288

Toll Free: 1-888-511-2111

Fax: 306-651-7287

Email: office@saskliteracy.ca

Website: www.saskliteracy.ca

Hours of Operation: Monday – Thursday 8:30am-4:30pm

Details:

- Training, workshops, literacy conferences
- Family, Adult and Workplace Literacy



Saskatchewan Polytechnic – Literacy and Adult Education

Address: (Saskatoon Campus) 1130 Idylwyld Drive North, Saskatoon, SK, S7K 3R5

Phone: 306-659-4012

Toll Free: 1-866-467-4278

Email: askaquestion@saskpolytech.ca

Website: www.saskpolytech.ca

Hours of Operation: Monday – Friday 8:00am-4:30pm,

Details:

- Programs include literacy, adult 10 and adult 12; all programs are daytime funded adult programs (funding available through Provincial Training Allowance)

Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Hours of Operation: Monday – Friday 8:30 - 4:30pm (closed over noon hour)

Details:

- Non-profit organization and a community leader in the promotion of dignity, health and independence of older adults through programs, services, and policy advocacy.
- Resource Centre, Lifelong Learning Opportunities, Spotlight on Seniors, Publications, Speakers Bureau, Volunteer Opportunities, Age-friendly Saskatoon Initiative, Bus Buddy Program, Century Club, Caregiver Information & Support, and Globe Walk
- Building Respectful Inclusive Communities (BRIC)
- Planned Giving Program

Fees: \$25.00/year for Individual Full membership, Individual Associate membership is free
\$35.00 Couple membership, \$25.00 Non-Profit membership, \$250 Corporate membership



Saskatoon Public Library (Accessibility Services)

Address: Frances Morrison Central Library, 311-23rd Street East, Saskatoon, SK, S7K 0J6

Phone: 306-975-7558

Email: access@saskatoonlibrary.ca

Website: <https://saskatoonlibrary.ca/services/accessibility-services/>

Hours of Operation: Monday-Friday: 10:00am-6:00pm

Details:

- Large print books, DAISY Talking Books, Audiobooks, Electronic Resources and special equipment for patrons
- Home Reader service for people who cannot leave their homes
- Book deposits to seniors' apartments, special care facilities, etc.
- Walk-in service to people with disabilities and newcomers who need assistance
- Library tours for people with disabilities and newcomers learning English.



Saskatoon Public Library (Outreach Services)

Address: Frances Morrison Central Library, 311-23rd Street East, Saskatoon, SK, S7K 0J6

Contact: 306-657-8556 or 306-657-8768

Email: outreach@saskatoonlibrary.ca

Website: <https://saskatoonlibrary.ca/services/outreach-workers/>

Hours of Operation: Monday, Wednesday, Thursday & Friday 10:00am-5:00pm; Tuesday 12:00pm-5:00pm

Details:

- Help to navigate problems related to housing, mental health, addictions, crisis support, employment, income, or other confidential important needs
- Can connect individuals to support services in the community through referrals



Saskatoon Seniors Continued Learning Inc.

Address: SSCL, Box 8695, Saskatoon, SK, S7K 6S5

Phone: 306-343-6773

Email: saskatoonseniorscl@gmail.com

Website: <https://artsandscience.usask.ca/noncredit/sscl.php>

Details:

- Non-credit classes for seniors. Classes are held in-person, online, and hybrid

- Academic university courses in literary, political, scientific, history, religious and artistic courses for persons 55 years of age and older; Co-sponsorship with College of Arts and Science
- Registration information can be found in the website
- Course length 8 weeks per session, two-hour classes each week. Must be a SSCL member to enroll in classes
- Sessions: Fall, Winter, Spring

Fees: \$5.00/year membership, \$55.00/course

St. John Ambulance - St. John Training Centre

Address: 301 Central Avenue, Saskatoon, SK, S7N 2E9

Phone: 306-343-0041

Fax: 306-934-2667

Email: sjasaskatoon@sja.ca

Website: www.sja.ca

Hours of Operation: Monday – Friday 8:00am-4:00pm

Details:

- Volunteer Medical First Responder Services for the public and private events
- Volunteer Therapy Dog Program
- Courses offered: First Aid, Cardiopulmonary Resuscitation (CPR), Automated External Defibrillation (AED), Medical First Responder/Emergency Medical Responder, Wilderness First Aid, Babysitting, Home Alone, WHMIS, Personal Care Worker, Mental Health in the Workplace, Pet First Aid, Food Safe and Instructor.

Fees: Donations are requested for event coverage and talks; Fees for company and individual training courses vary



One-on-One Technology Training Classes, Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4 (Saskatoon Field House)

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Details:

- Learn on the device of your choice
- SCOA staff assists with your questions
- Two classes annually available at select High Schools throughout Saskatoon

Fee: \$30.00 for an hour and a half



Tutor Doctor

Address: 31-1703 Patrick Crescent, Saskatoon, SK, S7W 0L6

Phone: 306-933-7264

Website: <https://www.tutordoctor.com/saskatoon-southeast/>

Hours of Operation: Monday-Friday 9:00am-8:00pm, Saturday 10:00am-5:00pm, Sunday 11:00am-5:00pm

Details:

- One on one tutoring at home, free assessment

The Ability Hub- Digital Literacy for 55+

Address: 237 5th Ave North, Saskatoon, SK

Phone: 306-665-5508

Email: info@abilityhubyx.ca

Website: <https://www.abilityhubyx.ca/>

Hours of Operation: Monday-Friday 8:30am-4:30pm

Details:

- Learn fundamental digital skills; we will cover the basics of operating your iPad; Introduction to email, text, & video call; Understanding the World Wide Web (www.)
- Contact to find out about various skill development programs

YWCA Saskatoon- Career Moves

Address: 510 25th Street East, Saskatoon, SK

Phone: 306-986-2873

Email: employmentservices@ywcaskatoon.com

Website: www.ywcaskatoon.com

Hours of Operation: Monday-Friday 5:30am-9:00pm; Saturday 8:00am-8:00pm; Sunday 10:00am-6:00pm

Details:

- This programs helps older adults who are looking for a job or making a career change
- Our program will help you create an employment action plan; market your skills and experience; develop a competitive resume and cover letter; prepare for interviews; connect with employers; enhance your computer skills; identify short term training needs

Saskatoon Food Bank and Learning Centre

Address: 202 Avenue C South, Saskatoon, SK, S7M 1N2

Phone: 306-664-6565

Fax: 306-664-6563

Email: hello@saskatoonfoodbank.ca

Website: www.saskatoonfoodbank.org

Hours of Operation:

- **Main Facility & Warehouse:** Monday – Friday 8:00am-11:45am and 12:30-4:00pm

Details:

- Learning Centre, literacy protection and workplace program
- Income tax filing from March – May



FALL PREVENTION

Staying On Your Feet – A Falls Prevention Balance and Education Program (SHA)

Address: 103-310 Idylwyld Drive North, Saskatoon, SK, S7L 0Z2

Phone: 306-655-3418

Fax: 306-655-3400

Email: cheryl.lehne@saskhealthauthority.ca

Website: www.in-motion.ca

Details:

- Structured and progressive balance exercise program
- Education on risk factors for falls, developing a personal safety plan and other related health information
- Program length: 1x/week for 10 – 12 weeks
- Supported by Community Services, Community Older Adult, and Primary Health, Saskatoon Health Region
- Fee: \$5 for exercise band for each participant



FINANCIAL SUPPORT SERVICES

Affinity Credit Union

Address: 902 7th Avenue North, Saskatoon, SK, S7K 3P4

Phone: 1-866-863-6237

Email: questions@affinitycu.ca

Website: www.affinitycu.ca

Details:

- Affinity Credit Union is a values-based, co-operative financial institution owned by more than 138,000 members-owners. We offer access to a complete range of accounts and services and are a leader in delivering digital banking solutions to our members. By choosing to bank with Affinity, our members know that every dollar they deposit is reinvested and circulated back into our local communities through loans to other members

Canada Revenue Agency (Income Tax)

Address: 340 3rd Avenue North, Saskatoon, SK

Toll Free: 1-800-267-2384

Website: www.canada.ca/en/contact.html

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Tax information for individuals, trusts, international tax and non-residents, including personal income tax returns, tax benefits (EI, CPP, OAS, GIS), installments, RRSPs, Canadian Passports



Canada Revenue Agency- Community Volunteer Income Tax Program (CVITP)

Toll Free: 1-800-959-8281

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/need-a-hand-complete-your-tax-return.html

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- In order to be eligible for the CVITP, individuals must have a modest income and a simple tax
- This may include: Adults 65 years and older; housing-insecure individuals; Indigenous Peoples; Newcomers; persons with disabilities; students



CARP (Canadian Association of Retired Persons)

Address: National Head Office, 70 Jefferson Avenue, Toronto, ON, M6K 1Y4

Phone: 639- 944-7575

Toll Free: 1-833-211-2277

Email: support@carp.ca or SK@carp.ca

Website: www.carp.ca & <https://www.carp.ca/community/saskatchewan/>

Facebook Page: @CARPSaskatchewan

Details:

- CARP Saskatchewan advocates for older adults to ensure a life of dignity, free from ageism, regardless of health, family or financial circumstance
- Member discounts on over 100 everyday products and services from CARP's trusted partners including: insurance, travel, medical, restaurants, products, etc.

Programming:

- Fully-funded “Best in Class” Vaccinations for seniors
- Independent Seniors Advocate for Saskatchewan
- Long Term Care, Community Care & Home Care reform
- Financial/pension Protection

- Guest speakers
 - Coffee with CARP on-line presentations/open-mic sessions on topics of interest
- Fees:** CARP Membership \$19.95/year; Zoomer magazine and membership \$29.95/year

Drug Plan and Extended Benefits Branch, Saskatchewan

Address: 2nd Floor, 3475 Albert Street, Regina, SK, S4S 6X6
Phone: 306-787-3317 (Regina) **Toll Free:** 1-800-667-7581 **Fax:** 306-787-8679
Email: DPED@health.gov.sk.ca
Website: www.saskatchewan.ca
Hours of Operation: Monday – Friday 8:00am-5:00pm



Details:

- Drug Plan; special allowance if drug costs are high relative to client's income
- Emergency assistance for people who can't afford the drugs they need
- Palliative Care coverage, patients can receive drugs for free
- No-Substitution' Prescription Drug Coverage: people who can't use a particular brand of drug are eligible (need to apply and application is reviewed)
- Expanded to provide assistance towards the cost of specialized nutritional products required by people with complex medical conditions, diabetic supplies
- Provides Saskatchewan Aids to Independent Living (SAIL) Program benefits to eligible residents (Phone 306-787-7121)
- Community Drug Utilization Program to encourage appropriate use of drugs

Saskatoon Services for Seniors- Volunteer Tax Preparation

Address: 103-115 – 19th Street East, Saskatoon, SK
Phone: 306-668-2762 **Fax:** 306-668-2559
Email: saskatoonservices4seniors@sasktel.net
Website: <http://saskatoonservicesforseniors.ca/seniors-tax-preparation/>
Hours of Operation: Monday – Friday 8:00am-5:00pm, closed 12:00pm-1:00pm



Details:

- Saskatoon Services for Seniors in conjunction with Canada Revenue Agency (CRA) provides a free income tax service to individuals and couples who have lower incomes and a simple tax situations
- Call 306-668-2762 to be added to our list, we will prepare taxes for clients on a first come first serve basis.

Seniors Income Plan (SIP), Ministry of Social Services

Address: 2045 Broad Street, Regina, SK S4P 3T7
Phone: 306-787-2681 **Toll Free:** 1-800-667-7161 **Fax:** 306-787-9993
Website: <http://www.saskatchewan.ca/residents/family-and-social-support/seniors-services/financial-help-for-seniors>
Hours of Operation: Monday – Friday 8:00am-5:00pm, closed 12:00pm-1:00pm



Details:

- Senior Income Plan to assist senior citizens to meet their basic needs
- You are eligible for SIP if you are 65 years of age or older; you are a permanent resident of Saskatchewan; you receive full or partial OAS and GIS; and you have an annual income below a specific level

Service Canada – Canada Pension Plan (CPP), Old Age Security (OAS)

Address: Market Mall, Unit 120-2325 Preston Ave., Saskatoon, SK, S7J 2G2

Phone: 1-800-277-9914

Website: www.canada.ca/en/services/benefits/publications.html

Hours of Operation: Monday – Friday 8:30am-4:00pm (office); 8:30am-4:30pm (call centre)

Details:

Provides information and assistance for persons inquiring about or making application under:

- Canada Pension Plan (CPP), Retirement pension
- Death benefits, surviving spouses, orphans benefits
- Disability, including benefits for children of disabled contributors
- Division of unadjusted pensionable earnings (in case of divorce), assignment of retirement pension
- Seven-year child rearing drop-out provision
- Old Age Security, Guaranteed Income Supplement (GIS)
- Basic Old Age Security (OAS), Spousal Allowance, Allowance for survivor

Veterans Affairs Canada

Address: 101-22nd Street East (5th Floor), Saskatoon, SK, S7K 0E1

Toll Free: 1-866-522-2122 (English)

Email: information@veterans.gc.ca

Website: www.veterans.gc.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Counseling and referral services
- Financial assistance based on military service: Veterans Independence Program,
- Disability Pension, War Veterans Allowance, Veterans Death Benefits available
- Treatment benefits: glasses, dental, hearing aids, drugs, prostheses
- Call 1-800-268-7708 to speak to a mental health professional. Available 24/7



FOOD AND GROCERY SUPPLIERS

Catering by Sharon

Phone: 306-242-8195

Details:

- Special occasion catering (i.e. small weddings, birthdays, anniversaries, staff parties, baking trays, funerals, etc.)
- Personal Chef Services
- Specializing in diabetic, gluten, vegan, lactose-free and/ or renal baking and cooking
- Contact Sharon to make arrangements

CHEP Good Food Inc.

Address: 204-1120 20th Street West, Saskatoon, SK, S7M 0Y8

Phone: 306-655-4575

Fax: 306-668-4574

Website: www.chep.org or <https://eatwellsask.usask.ca/>

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Eat Well Saskatchewan is a free nutrition service that includes direct access to a registered dietitian. For general inquiries call 1-833-966-5541
- Good Food Box with fresh produce
- Community Fresh Food Markets and Seniors Stores. These programs are in partnership with churches, schools, and seniors residences to offer programs on a weekly or bi-weekly basis



- Community Gardens where individuals and families can access a network of gardening plots to grow fresh produce

Outpatient Dietitian

Address: West Winds Primary Health Centre 3311 Fairlight Drive, Saskatoon, SK S7M 3Y5

Phone: 306-655-4260

Fax: 306-655-4893

Website: www.saskatoonhealthregion.ca/livewell

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- Health care provider referral required
- Group and individual nutrition and diet counseling
- Individualized assessment and counselling for a variety of conditions including, but not limited to, heart disease, gastrointestinal disorders, allergies, and pregnancy



Saskatoon Food Bank and Learning Centre- Emergency Food Hamper

Address: 202 Avenue C South, Saskatoon, SK

Phone: 306-664-6565

Email: hello@saskatoonfoodbank.ca

Website: www.saskatoonfoodbank.org

Hours of Operation: Monday – Thursday 8:30am – 11:45am and 12:30pm – 3:00pm; Fridays 8:30am-11:45am

Details:

- Provide 2 to 3 days' of emergency food for anyone in Saskatoon and area (a 50 km radius). Our Emergency Food Hampers typically contain items like whole grain pasta and cereal, pasta sauce, peanut butter, frozen meat, breads and buns, and coffee or tea. You can access 2 hampers in a month
- We provide Emergency Food Hampers to anyone requesting one; there are no restrictions for qualifying for a hamper. To pick up an Emergency Food Hamper ***we ask for identification for each member of your family*** and something to indicate you are a resident of Saskatoon and area (such as a bill, letter, or rent receipt).

Saskatoon Friendship Inn

Address: 619-20th Street West, Saskatoon, SK, S7M 0X8

Phone: 306-242-5122

Fax: 306-242-1291

Email: reception@friendshipinn.ca

Website: www.friendshipinn.ca

Hours of Operation: 8:00am - 1:30pm (Open 365 days a year)

Details:

- Hot nutritious Breakfast and Lunch, 7 days/week, free of charge
- Meal service times are: Breakfast: 8:00am-9:30am; Lunch: 11:30am-1:30pm
- Social Worker on staff, and available for drop-in consultations M – F between 7:00am – 3:00pm
- Emergency hygiene, personal supplies offered (when available)
- Volunteering Opportunities

Living Sky Cafe

Address: 950 Spadina Crescent East, Saskatoon, SK

Phone: 306-675-3021

Website: <https://livingskycafe.com/>

Hours of Operation: 7days/week, 9:30am-3:30pm

Details:

- Our Market & Mini Grocery Store is now stocking all of the essentials from our baked in house bread, fresh fruits & vegetables, meats & cheeses as well as many of our preserves and sauces
- Oven ready meals available for delivery

Skip a Beet- Meal Delivery Service

Address: 127-218 Faithfull Crescent, Saskatoon, SK

Phone: 306-221-9177

Email: skipabeetyxe@gmail.com

Website: <https://skipabeet.ca/>

Hours of Operation: Monday-Saturday 10:00am-9:00pm. Delivery on Monday 4:30pm-7:30pm

Details:

- Gourmet meal delivery service. Healthy, fresh meals packed with protein and nutrients delivered to you

Pitch Kitchen

Address: 3322-Y, Fairlight Dr, Saskatoon, SK

Phone: 306-249-2880

Email: pk.saskatoon@gmail.com

Website: <https://www.pitchkitchen.online/>

Hours of Operation: Monday-Saturday 11:00am-8:00pm

Details:

- Must phone to order
- Our single-serve meals program is a great solution for busy people, seniors, on-site construction workers, weekday lunches and so much more. Just thaw completely and pop in the microwave for a few minutes and you have a healthy meal. Single-serve meals are sold in groups of two (must be the same kind). They are \$14 for 2. We require 48-72 hours' notice for all orders

YXE Foodies Catering

Address: 308- 4th Avenue North, Saskatoon, SK

Phone: (306) 914-5580

Email: yxefoodies@gmail.com

Website: <https://www.yxefoodies.ca/>

Hours of Operation: Monday-Friday 8:30am- 4:00pm

Details:

- 7 Meal Deal
- Convenient and easy right to your home. Individually packaged, microwavable, and freezable
- Nutritionally balanced and dietary restriction friendly
- Pick up or delivery available

CK Kitchens

Address: 750 Spadina Crescent East

Phone: 306-242-4747

Email: chef.kaisen@gmail.com

Details:

- We provide frozen soups in 500ml and 1L containers
- Gluten free, low sodium, keto, and diabetic friendly options available
- No charge for delivery

Foodiva Meals

Address: 1901 Wiggins Ave South, Saskatoon, SK

Phone: 306-525-8926

Email: info@foodivameals.ca

Website: https://foodivameals.ca/

Details:

- Say no to meal planning, grocery shopping, cooking, and washing dishes with our ready-to-eat meals stored in your fridge for the week ahead
- Weekly meal additions mean there's always something new and exciting on our menu for you to try
- You choose your meal, we cook and deliver the meals every Sunday

FOOT CARE

Angelina's Mobile Footcare and Reflexology Services

Address: Saskatoon, SK, S7H 2H9

Contact: Angie Williams

Phone: 306-229-3336

Hours of Operation: Monday – Friday 7:00am-5:00pm

Details:

- This mobile service is provided in the comfort of your home.
- Ingrown toenails, plantar warts, corns, calluses or foot fungus issues can also be address and remove
- Do you have poor circulation? Sore, tired or aching feet? Reflexology may be the answer!
- Reflexologist/Chartered Herbalist with 18 years experience will press on different areas of your feet. These areas correspond to different organs and parts of your body.
- Suitable for any age, including those with diabetes, arthritis, and/or heart conditions.
- Benefits include: excellent for circulation and nerve issues, improve weakened immune system, constipation, headaches, relieve stress or for those who sleep poorly.

Fees: \$45.00/1 hour home visit. Gift Certificates are also available.



Bayshore Home Health- Saskatoon

Address: 10 Crossmount Road, Saskatoon SK, S7T-0X8

Phone: 306-652-3314

Toll Free: 1-800-647-7730

Email: saskatoon@bayshore.ca

Website: www.bayshore.ca

Hours of Operation: 24/7 Phone service; Office open Monday – Friday 8:30am-4:30pm

Details:

As we grow older, our feet demand a greater level of attention and care. In addition to soreness caused by daily wear and tear, our feet can experience discomfort and pain from a host of ailments. Bayshore Home Health will help care for your feet in the privacy and comfort of your own home, care facility or hospital. Our nurses are certified in basic and advanced foot care. They treat a wide variety of health issues that affect the feet, including problems related to:

- Diabetes
- Arthritis
- Poor circulation
- Muscle inflammation
- Aging



Market Mall Family Chiropractic

Address: 152-2325 Preston Avenue, Saskatoon, SK

Phone: 306-955-5900

Website: mmchiro.ca/reflexology

Hours of Operation: Monday, Tuesday, Thursday 10:00am-6:00pm; Wednesday and Friday 9:00am-6:00pm; Saturday 9:00am-2:00pm

Details:

- Reflexology helps nature to normalize body functions. It will not make any condition more acute. It is a safe, effective way to better health and helps clear the energy flow of the body.
- Reflexology may be effective for many conditions including: Anxiety, arthritis, back pain, breathing disorders, chronic illness, depression, digestive disorders, headaches, pain relief, sleep disorders, stress

HAIR CARE

Daryl Pitka's Mobile Hairdressing

Address: Saskatoon, SK

Contact: Daryl Pitka

Phone: 306-477-0636

Hours of Operation: Tuesday – Saturday (call to make an appointment)

Running with Scissors (Saskatoon)

Contact: Sandy McDonald **Phone:** 306-241-1334

Email: sandy.e.mcdonald@gmail.com

Hours of Operation: Monday – Sunday, All day (call to book an appointment)

Details:

- Mobile Hair services for our seniors or persons with mobility and health issues, MS or surgery, etc. My services provided in the comfort of your home, hospital room or private care home.

Fees: Call for pricing, budget friendly and affordable.

HEALTH AGENCIES

Saskatchewan Blue Cross

Address: 516 2nd Avenue North, Saskatoon, SK, S7K 2C1

Phone: 306-244-1192

Toll Free: 1-800-667-6853

Email: service@sk.bluecross.ca

Website: www.sk.bluecross.ca

Hours of Operation: Monday – Friday 8:30am-5:00pm

Details:

- For more than 75 years, Saskatchewan Blue Cross® has been committed to delivering exceptional health and wellness benefits, travel insurance and life insurance solutions to Saskatchewan residents and employers.
- A locally based, not-for-profit organization, it's recognized as one of Saskatchewan's Top Employers, one of the Top 100 Companies in Saskatchewan, one of Canada's Top 100 Brands (as part of the Canadian Association of Blue Cross® Plans), and proudly supports the wellbeing of more than 200,000 members.
- With a mission to empower communities on their journey to whole health and wellness, and a vision for a future of lifelong health and wellbeing for every person in Saskatchewan, this team is committed to advancing and benefiting the communities they call home.

Fees:

- We're just a phone call away. Our Member Experience representatives are happy to assist you in finding a plan that is right for you and helping you to understand how to manage and make the most of your healthcare benefits.
- Give us a call Monday to Friday, 8:30 am to 5 pm CST, excluding public holidays.

Canadian Red Cross, Saskatoon Office

Address: 443 2nd Avenue North, Saskatoon, SK, S7K 2C1

Phone: 306-668-0720

Fax: 306-668-0722

Website: www.redcross.ca

Hours of Operation: Monday – Friday 9:00am-4:00pm

Details:

- Restoring family links
- First aid and water safety
- Risk reduction
- Disaster management

Cheetham's Pharmacy

Address: 514 Queen St., Saskatoon, SK., S7K 0M5

Phone: 306-653-5112

Toll Free: 1-800-695-4788

Fax: 306-653-166

Website: www.cheethamspharmacy.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm, on-call after hours and weekends

Details:

Specializes in senior's wellness. Our senior's clients get the following FREE services:

- Prescription delivery, Senior's medical shuttle, Senior's foot care
- Compliance packaging and medication management
- Medication assessments by a Certified geriatric pharmacist
- Smoking cessation counselling
- Compression stocking fitting
- Diabetic assessments and counselling by a Certified diabetic educator

Fees:

- Prescription Services; standard fees as determined by the Provincial Drug Plan

LiveWell- Chronic Disease Management Programs and Services

Address: Royal University Hospital, 103 Hospital Drive, Saskatoon, SK S7N 0W8

Phone: 306-655-5483

Toll Free: 1-877-548-3898

Email: live-well@saskatoonhealthregion.ca

Website: www.saskatoonhealthregion.ca/LiveWell

Hours of Operation: Monday – Friday, 8:00am-4:30pm

Details:

- Six week program provides practical suggestions and support which builds confidence in coping with everyday challenges of a chronic condition
- Program offered year-round (currently offered virtually via webex or phone)

Fees: Free of charge



medSask, your medication information service

Phone: 306-966-6378

Toll Free: 1-800-665-3784

Email: med.sask@usask.ca

Website: www.medsask.usask.ca

Hours of Operation:

- Monday – Friday: 9:00am-12:00am , Saturday, Sunday & Holidays: 5:00pm-12:00am

Details:

- medSask is a service that you can phone or email to get answers to your questions about herbal, over the counter, and prescription medication
- Your questions are answered by licensed pharmacists free of charge
- medSask services can add to and support the advice from your usual prescriber or community pharmacist.

Sask Public Health, Saskatchewan Health Authority

Address: 101, 310 Idylwyld Drive North, Saskatoon, SK, S7L 0Z2

Phone: 306-655-4620

Fax: 306-655-4498

Website: www.saskhealthregion.ca

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- Pneumococcal immunizations for those age 65+ and at risk individuals (call first as immunization may be at a different location)
- Influenza clinics held during mid Oct-Dec; call 306-655-4358 to find out locations
- High risk immunizations
- Follow-up of reported communicable diseases
- Investigate complaints concerning restaurants, air and water quality etc.

Fees: Varies with department and service



Saskatchewan Health Registration

Address: 2130 - 11th Avenue, Regina, SK, S4P 0J5

Toll Free: 1-800-667-7551

Website: www.ehealthsask.ca

Hours of Operation: Monday – Friday 9:00am-4:00pm, closed Statutory Holidays

Details:

- Health Card Services; applications, name and address updates, replacement cards
- Vital Event Certificates; Birth, marriage, death, and name change certificates
- MySaskHealthRecord; Personal medical records



SWITCH Student Wellness Initiative Toward Community Health

Address: 1528 20th Street West, Saskatoon, SK, S7M 0Z6

Phone: 306-956-2518

Fax: 306-934-2506

Email: info@switchclinic.ca

Website: www.switchclinic.com

Hours of Operation: Monday, Wednesday 5:30pm-8:00pm; Saturday 12:30pm-3:00pm

Details:

- SWITCH operates out of Westside Clinic, a community clinic across from St. Paul's Hospital in Saskatoon, Saskatchewan. We provide free holistic clinical and outreach services to residents of Saskatoon's core communities, though all residents are welcome.
- Offers counselling, speech language pathology, physical therapy, occupational therapy, chiropractic, acupuncture, cultural supports, gynecology, pharmacy, and nutritional information



Choice Nutrition- Naturopathic Health Care and Microscopy

Address: 109-701 Cynthia Street, Saskatoon, SK

Phone: 306-249-6700



Website: <https://choicenutrition.ca/>

Hours of Operation: Monday to Friday 9:00am to 5:30pm

Details:

- Naturopathic Medicine and Cancer Care
- Integrative Microscopy
- Laser Therapy
- Acupuncture
- Wellness and Detox Spa

Acorn Stairlifts

Address: (Corporate Office) Unit 101, 5555 North Service Road, Burlington ON, L7L 5H7

Toll Free: 1-800-274-7170

Email: info@acornstairlifts.ca

Website: www.acornstairlifts.ca

Details:

- Worldwide leader of indoor and outdoor home stairlifts
- Designed for nearly all types of stairs
- Call or email for a free no obligation stairlift quote

Careica Health

Address: 3122 Millar Avenue, Saskatoon, SK, S7K 5Y2

105-2100 8th Street East, Unit #105, Saskatoon, SK S7H 0V1

Phone: 306-651-1243 (Home Oxygen) 306-651-0177 (Sleep Care)

Website: www.careicahealth.com

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- Education, treatment and care for sleep apnea
- In-home oxygen delivery and installation

Carnegie Medical Supplies

Address: Bay H – 2301 Millar Avenue, Saskatoon, SK, S7K 2Y1

Phone: 306-668-3998

Fax: 306-668-3999

Email: carmedical@sasktel.net

Website: www.carmedsup.com

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Complete line of mobility products, Special needs equipment, Homecare aids for daily living
- Ostomy supplies, Ostomy clinic, Incontinence aids and supplies
- Wound care, Home health care products and supplies
- Sells and rents mobility equipment such as wheel chairs, beds, walkers, etc.
- Braces, Support stockings, and all post hospital supplies

Prairie Oxygen Ltd.

Address: #3 – 2210 Millar Avenue Saskatoon, SK. S7K 4L1

Phone: 306-384-5255

Toll Free: 1-877-738-8702

Fax: 306-384-0022

Email: reachus@prairieoxygen.ca

Website: <http://www.prairieoxygen.ca/>



Hours of Operation: Monday – Friday 8:00am-5:00pm

Details:

- Home Oxygen products and services
- Sleep Apnea screening tests
- A wide variety of CPAP equipment and supplies
- 24/7 on call support for oxygen emergencies

Motion (formerly Golden Mobility & Rehab)

Address: 3150 A Faithful Avenue, Saskatoon, SK, S7K 8H3

Phone: 306-242-9060

Fax: 306-652-8895

Email: saskatoon@motioncares.ca

Website: www.motioncares.ca

Hours of Operation: Monday – Friday 8:30am-5:00pm

Details:

- Special needs equipment and service/ Aids to daily living, Bathroom safety products
- Adapt vehicles for accessibility and driving/Power and manual wheelchair, walking aids
- Auto dealer for wheelchair accessible vehicles
- Outdoor elevators (porch lifts), ceiling track transfer systems, stair lifts
- Wheelchair van rentals
- Residential Elevators, Ramp Systems, Securtek Medical Alert System, Lift Chairs, Walkers



Highland Sport and Medical Supplies

Address: B3 8th Street East, Saskatoon, SK, S7H 0W5

Phone: 306-974-9488

Fax: 306-974-9489

Email: sales@highlandssportandmed.com

Website: www.highlandssportandmed.com

Hours of Operation: Monday- Thursday 9:00am-4:30pm; Friday by appointment only

Details:

- Wound/Advanced Wound Care Supplies, Urological Supplies, Ostomy Supplies and much more.
- We bill directly to the following:
 - SAIL (Sask Health)-Paraprogram/Ostomy Program/Children's Feeding Program
Supplementary Health Benefits
 - NIHB, WCB, SGI, Veterans Affairs

Fees: Vary by service. Physicians prescription required in most cases.



MedicAlert Foundation Canada

Address: 405-895 Don Mills Road, Toronto, ON, M3C 1W3

Phone: 416-696-0267

Toll Free: 1-800-668-1507

Fax: 1-800-392-8422

Emergency Hotline: 1-800-407-7717

Email: customerservice@medicalert.ca

Website: www.medicalert.ca

Hours of Operation: 24-hour emergency hotline accessible world-wide in 140 languages

Details:

- Toll-free emergency hotline; centralized database can update medical information
- Wallet card, bracelet or necklace is engraved with your ID, medical condition and MedicAlert 24/7 hotline number
- Saskatchewan Police (RCMP and municipal police services) have direct access to MedicAlert database

Fees: \$7.00 per month

Motion (Formerly MEDChair Saskatoon)

Address: 2815 Cleveland Ave Bay A, Saskatoon, SK S7K 8G1

Phone: 306-242-2804

Fax: 306-242-4022

Email: saskatoon@motioncares.ca

Website: www.medichair.com

Hours of Operation: Monday – Friday 8:00am-5:00pm

Details:

- Extensive line of Home Medical Equipment products, Rental products
- Home and vehicle accessibility products
- Hand controls

Motion - Sage Seniors' Resources

Address: #49 2325 Preston Avenue South, Market Mall, Saskatoon, SK, S7J 2G2

Phone: 306-955-7243

Fax: 306-955-7635

Email: saskatoon@motioncares.ca

Hours of Operation: Monday – Friday 10:00am-5:00pm

Details:

Home Health and Mobility Aids:

- Scooters, Power Chairs, Walkers, Canes, Wheelchairs
- Lift Chairs, Beds, Bath Equipment
- Exercise bands, aids for independent living, and more!
- Sales, Rentals and Service (Full time Technicians on staff)



Medigas

Address: Unit G- 2301 Millar Avenue, Saskatoon, SK, S7K 2Y1

Phone: 306-242-3325

Hours of Operation: Monday – Friday 8:00am-5:00pm

Details:

- Home oxygen, respiratory therapy, asthma and allergy, CPAP

NorDon Drugs & NorDon Medical

Address: 14-1610 Isabella Street East, Saskatoon, SK, S7J 0C1

Phone: 306-374-1585

Hours of Operation:

- NorDon Drugs: Monday –Saturday 9:00am-9:00pm, Sunday 12:00pm-4:00pm
- NorDon Medical: Monday – Friday 9:00am-6:00pm, Saturday 10:00am-4:00pm

Details:

- Braces, Support stockings (NorDon Drugs)
- Pill packaging, Regular pharmacy supplies (NorDon Drugs)
- Ostomy supplies, incontinence aids and supplies (NorDon Medical)
- Wound care, home health care products and supplies (NorDon Medical)
- Adult and children's nutritional supplements (NorDon Medical)



Philips Lifeline Systems

Address: (Corporate Office) 95 Barber Greene Road, Suite 105, Toronto, ON, M3C 3E9

Phone: 416-445-3387

Toll Free: 1-800-387-1215

Fax: 1-800-313-9764

Email: referral@lifeline.ca

Website: www.lifeline.ca

Hours of Operation:

- Emergency Help Line: 24 hours per day, 7 days per week.
- Sales hours are: Monday – Friday 8:00am-8:00pm; Saturday & Sunday 9:00am-5:00pm

Details:

- Philips Lifeline is an easy-to-use medical alert service that lets you summon help any time of the day or night - even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a highly trained Personal Response Associate will ensure you get help fast. Ask about AutoAlert, the most widely adopted fall detection technology available in Canada today.

Saskatchewan Aids to Independent Living (SAIL) Program**Phone:** 306-787-7121**Toll Free:** 1-888-787-8996**Email:** EBH@health.gov.sk.ca**Website:** <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-services-for-people-with-disabilities/sail>**Details:**

- Provincial Government Program that facilitates the independence of persons with permanent physical disabilities
- Provide people with physical disabilities and certain chronic health conditions a basic level of coverage for disability related equipment, devices, products, and supplies in a cost effective and timely manner
- Improve affordability of disability supports

Schaan Home Healthcare**Address:** 2346 Millar Avenue, Saskatoon, SK S7K 2Y2**Phone:** 306-664-1188**Toll Free:** 1-800-667-3786**Fax:** 306-664-6675**Email:** info@schaanhomehealth.ca**Website:** www.schaanhealthcare.ca**Hours of Operation:** Monday to Friday 9:00am to 5:00pm**Details:***Saskatoon's Best Selection of Medical Supplies and Home Healthcare Products.*

- Compression Garments & Rehab Products
- Skin, Wound, & Ostomy Supplies
- Incontinence Products & Catheters
- First Aid Supplies & Diagnostic Devices
- Personal Care Items & Daily Living Aids
- Pressure & Fall Prevention
- Mobility Aids & Bathroom Safety Items
- Lift Chairs, Rollators, & Scooters

**SecurTek – Medical Alert Services****Phone:** 1-877-777-7590**Website:** <https://www.securtek.com/home/medical-alert>**Dealers:** <https://www.securtek.com/about/find-a-dealer?province=sk&city=Saskatoon>**Details:**

- In-Home Medical Alert and Fall Detection –equipped with a help button where trained staff are available to assist 24/7
- Mobile Medical Alert – Help button sends panic alarm signal to SecurTek Monitoring Station via cellular network, will confirm if assistance is needed before notifying emergency services or designated contacts, ability to track the device using GPS
- Health & Wellness Solutions – Activity alerts to alert you if anything is out of the ordinary

Fees: Fees vary by features needed

Stove Guard International Ltd.

Address: 126 O'Neil Crescent, Saskatoon, SK

Phone: 306-931-2201

Toll Free: 1-888-607-8683

Hours of Operation: Monday-Friday 9:00am-5:00pm, Saturday 12:00pm-5:00pm

Details:

- Automatic Stove Shut Off Devices to Prevent Cooking Fires
- Personal Assistance Medical Alarm (No Monthly Monitoring Fees)
- Products for Hearing Loss
- Products for Limited Mobility
- Products for Low Vision
- Brands: Clarity, Serene, Geemarc, Fanstel, Sonic Alert, Williams Sound, TextNet

Swoobies “Comfortable Discreet and Absorbent”

Email: info@swoobie.com

Website: www.swoobie.com

Hours of Operation: 24 hours online

Details:

- Swoobies are absorbent and disposable bra liners that adhere to the lower bra cup to absorb boob sweat.
- Swoobie bra liners can be purchased online at Swoobie.com and may require additional postage to ship from the USA.
- Skin ointments or creams can be applied to the Swoobie liner for application against the skin, protecting the bra from chemicals or staining.
- Swoobie bra liners are made from advanced absorbent materials used in baby care and adult incontinence products.

The Medicine Shoppe Pharmacy on 33rd

Address: 511A 33rd Street West, Saskatoon

Phone: 306-931-2999

Website: www.medicineshoppe.ca

Hours of Operation: Monday- Friday 10am-6pm, Saturday 10am-2pm, Closed Sundays and Stat holidays

Details:

- Small locally owned pharmacy. Owned by Trista Giblin and Alina Favreau
- In-store foot care, compression stockings
- Free blister packaging
- Medication reviews
- Free prescription delivery within Saskatoon
- Vaccinations
- 15% off OTC products

Total Independence Plus Inc.

Address: 440 4th Street East, Saskatoon, SK

Phone: 306-244-1479

Toll Free: 1-800-472-5063

Fax: 306-244-5838

Email: totalind@shaw.ca

Website: www.totalindependenceplus.com

Details:

- Scooters, lift chairs, tub lifts, bathroom safety, walkers, electric beds, wheelchairs - manual and electric



VitalAire Health Care

Address: 518-48th Street East, Saskatoon, SK, S7K 5T9

Phone: 306-651-8108

Toll Free: 1-866-274-4183

Website: www.vitalaire.ca/saskatoon-oxygen-clinic

Hours of Operation: Monday – Friday 9:00am-4:30pm

Details:

- Medical oxygen for facilities
- Nebulizers and supplies

HEARING

Beltone Hearing Centre (Saskatoon)

Address: 314 2nd Avenue North, Saskatoon, SK, S7K 2B9

Phone: 306-244-1336

Toll Free: 1-800-667-6964

Website: www.beltone.com/en-ca/

Hours of Operation: Monday – Thursday 8:30am-4:30pm; Friday 8:30am-4:00pm

Details:

- Free hearing consultations
- Hearing Evaluations
- Hearing Aid Sales & Service
- Custom Hearing Protection
- Assisted Living Devices

Connect Hearing

Address: Unit 5, 3110 8th Street East, Saskatoon, SK S7H 0W2

Phone: 306-651-1606

Toll Free: 1-888-501-2661

Fax: 306-651-1613

Email: info@connecthearing.ca

Website: www.connecthearing.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Hearing Evaluations
- Custom ear plugs/ protection
- Hearing Aid sales and services
- CAA rewards
- Free hearing tests for ages 50+



Saskatchewan Deaf and Hard of Hearing Services

Address: 3-511 1st Avenue North, Saskatoon, SK, S7K 1X5

Phone: 306-665-6575

Toll Free: 1-800-667-6575

Text: 306-229-2010

Email: saskatoon@sdhhs.com

Website: www.sdhhs.com

Hours of Operation: Monday – Friday 8:00am-12:00pm, 12:30pm-4:00pm

Details:

- Discount hearing aid batteries
- Assistive hearing devices



- Interpreting services (American sign language)
- Note takers, family support workers

Sound Impressions Hearing Centre

Address: 18-2105 8th Street East Saskatoon SK, S7H 0T8

Phone: 639-683-8087

Fax: 306-477-3299

Email: info@soundimpressions.ca

Website: www.soundimpressions.ca

Hours of Operation: Monday – Friday 9:00 am to 12:00 pm & 12:30pm - 5:00pm

Details:

- Registered audiologists, Hearing assessments for adults and children (8 months and older)
- Specializing in adult hearing aid fittings and related hearing aid services
- Custom hearing protection
- Assistive listening devices



HOME SUPPORT AGENCIES

All About You

Address: 2602 Irvine Ave, Saskatoon, SK S7J 2B3

Phone: 306-717-4566 (Ken Roberts) or 306-374-9183 (Bonnie Roberts)

Email: kenroberts229@gmail.com or bonnieroberts50@hotmail.com

Website: www.allaboutyou seniorcare.ca

Hours of Operation: Monday – Friday (weekends possible)

Details:

- Companion care: companionship, mail bills and write letters, manage appointments, go for walks, plan visits and outings, mental stimulus, companion care for those with Dementia and Alzheimer's
- Personal Care: Assist with morning wake up and evening tuck in, assist client to medical appointments, bathing, grooming, mobility
- Home helper: grocery shopping and errands, check food expiration, prepare light meals, help with laundry, garbage disposal, pick up prescriptions, home maintenance

Bayshore Home Health

Address: 620 Duchess Street, Saskatoon, SK

Phone: 306-664-6669

Toll Free: 1-800-647-7730

Email: saskatoon@bayshore.ca

Website: www.bayshore.ca

Hours of Operation: 24/7 phone service; Office open Monday-Friday 8:30am-4:30pm

Details:

- When a loved one suffers a serious illness or injury, or when seniors need support to keep living independently, arranging and managing home care services can feel overwhelming, that's why Bayshore Home Health has Care Managers on our team – specially trained nurses who provide ongoing support to our clients and their families – at no additional charge. Our Care Managers are experts in senior home care, and many have years of experience in social work, nursing, health care or senior living. Our Care Managers are your single point of contact for all your home health service needs; they manage the details so that you don't have to!
- Home Support/ Companion Care: To assist people to stay active, maintain independence and lead an enjoyable life through social interaction and help with activities of daily living and

household tasks (Light housekeeping, laundry, meal planning and preparation, shopping, recreation and physical activity, companion visits, respite and companion care)

- Personal Care: To enable people with chronic health and physical care needs to remain and thrive in the home they love (Grooming, dressing, bathing, meal assistance, medication assistance, palliative and dementia care)
- Licensed Practical Nurse: To support people to recover and remain at home; provide treatment for long-term health conditions and specific care needs (Medication administration, chronic condition management, basic dressing changes, palliative care, serious injury care and rehabilitation)
- Registered Nurse: To assist people with specialized nursing needs and to facilitate a safe transition from hospital to home (Health, pain, and symptom management, intravenous therapy, advanced wound care, palliative care, serious injury care and rehabilitation, foot care)

Beyond Care Home Health

Phone: 306-715-3308

Email: beyondcare04@gmail.com

Website: www.beyondcarehomehealth.ca

Details:

- Personal Care
- Foot Care
- Medication Assistance
- Dementia Care
- Palliative Care
- Respite Care
- Meal Preparation Assistance
- Light Housekeeping
- Client Companionship

Care Pro Home Care

Phone: 639-480-3980

Email: info@carepro247.ca

Website: www.carepro247.ca/

Details:

- Home Care and Nursing Services
- For all your needs living independently at home

Free Consultations

CBI Health- Saskatoon Home Health

Address: 3333 8th Street East, Saskatoon, SK, S7H 4K1

Phone: 306-244-2273

Toll Free: 1-800-463-2225

Website: <https://www.cbihealth.ca>

Hours of Operation: 24/7 and your call will always be answered, no matter the time of day or night

Details:

- At CBI, we provide the support your loved ones need and the peace of mind you need – for a few hours a month or around the clock, at home or in a long-term care or retirement community.
- Personal Care, Home Making and support, Nursing, Accompanied Visits, Caregiver Relief, help with Meds and Foot Care
- We're specially trained to help with Alzheimer's and dementia, diabetes, acquired brain injury and end of life care.
- Call today to see how we have helped families like yours since 1984.

Fees: Competitive rates



Client/Patient Access Services (CPAS)

Address: 201-310 Idylwyld Drive North, Saskatoon, SK, S7L 0Z2

Phone: 306-655-4346

Fax: 306-655-4343



Website: http://www.saskatoonhealthregion.ca/locations_services/Services/Client-Patient

Details:

- Single point of entry to health care services in the community and in the hospital
- CPAS determines eligibility for and provide access to many services, including Home Care, Special Care Homes, Community Day Programs, Community Volunteer Services, Community Therapies, Seniors First Program, Occupational Therapy, etc.
- Resource information available on Personal Care Homes, Community housing options, and more
- Volunteer Services 306-655-4323

Fees: Provincially determined rates; varies based on income

Daily Living Personal Care

Address: Saskatoon, SK

Contact:

Charlene Stushnoff, Owner

Certified CCA

Phone: 306-370-0314

Email: charlenestushnoff@gmail.com

Website: www.dailylivingcare.com

Hours of Operation: 24/7 Service

Details:

Credibility and Reliability

- Full Liability Insurance; BBB A+ Rating; WCB covered; Veteran Affairs Provider
- All caregivers have a Criminal Record Check, and experience or certification as a CCA, LPN, or a Carehome Worker

Our Services

- Providing services for all long-term or short-term, disability or health care assistance; e.g. dementia, mobility, or bed ridden
- Personal Care (shower/bath, grooming, toileting, changes, meal assist, basic hair and nail help, etc.)
- Companion (doctor, shopping, activities, mail, letter writing)
- Light Housekeeping
- Overnight Respite/Companion (assist, security, safety)
- Can assist people of all ages with short or long-term illness or disabilities
- 1 hour services available

Fee: Most Services are only \$33.00 +GST

- Exceptions are: Full Time Assistance (6+hrs/week), Overnight Respite, Full-time Daily Companion, and mileage for Out of Town clients
- Our company considers all care issues and financial concerns and builds a care plan suitable to your immediate needs with your input. Contact us for more information

Homebase Care Services Inc.

Address: 218 Avondale Road, Saskatoon, SK

Phone: (Clay) 306-914-8194 or (Emily) 306-341-3031

Website: <https://homebasecareservices.ca/>

Details:



- Personal Hygiene: assistance with bathing, oral hygiene and dressing
- Laundry and Light Cleaning: vacuuming, tidying, dusting. Deep cleaning is not provided and laundry must be done in clients home.
- Recreation and Companionship: going for a walk or doing exercises assigned by a physician or physio therapist. Playing games, visiting, or doing any activity that the client enjoys.
- Transportation and Appointment Assistance: assistance making appointments, driving to and from appointments, or picking up prescriptions
- Cooking and Meal Preparation: purchasing groceries on behalf of the client, taking clients grocery shopping, assist with cooking or preparing meals

Home Care by Doctors

Address: 210 Avenue P South #420, Saskatoon, SK S7M 2W2

Phone: 306-956-0564

Email: info@homecarebydoctors.com

Website: www.homecarebydoctors.com

Hours of Operation: 24 Hours a day, 7 days a week

Office Hours: Monday – Friday 8:00am-7:00pm, Saturday 9:00am-5:00pm

Details:

- | | |
|--------------------------|--------------------------|
| • Caring Companionship | • Home Modifications |
| • Personal Care | • Dementia Care |
| • House keeping | • Personal Medical Alert |
| • In-home Nursing | • Holiday Support |
| • Live-in Home Care Aids | • Palliative Care |
| • Respite Care | • Specialized Care |
| • Post Hospital Care | |

Fees: Vary among services

Home Instead

Address: 1633-D Quebec Avenue, Saskatoon, SK, S7K 1V6

Phone: 306-931-4663

Toll Free: 1-877-757-9834 **Fax:** 306-931-4699

Email: homeinstead@shaw.ca

Website: www.homeinstead.com/saskatoon-sk

Hours of Operation: 24/7 service. Office hours: Monday – Friday 9:00am-5:00pm; Phone calls answered live on evenings and weekends

Details:

For families determined to ensure their aging loved ones receive personalized long-term care

- A Care Coordinator meets with your family to discuss goals, assess needs, and recommend a plan.
- Caregiver visits are in blocks: mornings, afternoons, evenings, or overnights, seven days per week. Ongoing schedules range from a few visits per week to 24/7 care.
- Care Professionals make all this possible- changing the face of aging from fear to hope. Staff are selectivity hired, trained, and supervised. All are bonded, insured, and carefully matched to families for ongoing visits.
 - Sensitive companionship (medication reminders, encourage nutrition and hydration, plan outings and socialization, supervise home maintenance, help with projects)
 - Personal care (Assist with eating, manage incontinence, assist with bathing, dressing, grooming, stabilize for walking and transfers)
 - Home help (Light housekeeping, meal preparation, laundry)
 - Escorts to outings (Appointments, errands)



- Specialized Dementia Care Expertise (Maintain a safe environment, manage changing behaviors, provide mind-stimulating activities)
- Palliative Care (In-home or facility)

LutherCare Communities

Address: 810 45th Street West, Saskatoon, SK, S7L 6A5

Phone: 306-649-6350

Email: info@luthercare.com

Website: www.luthercare.com

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- LutherCare Communities offers a wide range of services to meet your needs or the needs of your loved one
- Whether you are looking for a retirement community with independent living, intermediate or long-term care we have a place for you to call home
- LutherCare Communities operates within a resident-first philosophy which means engaging with residents, families, team members, and our partners to provide the highest standard of care
- Our vision is to provide a safe and caring Continuum of Living™ for all and our mission is to provide excellent in care, shelter, and support for all entrusted to our care
- In addition, LutherCare is proud to offer a multitude of services to meet various needs including long-term care, independent living, intermediate care homes, group homes, and family housing
- We also offer Home Help, in-home support for older adults and Adult Day Programs which provides programs for seniors with dementia and a variety of focuses
- These services are fully accredited, highlighting our commitment to excellence

Nomad Therapies

Address: 210 – 810 Central Avenue, Saskatoon, SK, S7N 2H2

Phone: 306-382-2939

Fax: 306-934-2517

Email: info@nomadtherapies.ca

Website: www.nomadtherapies.ca

Hours of Operation: Monday – Friday, 8:00am-5:00pm

Details:

- Services offered include Physical Therapy, Occupational Therapy, Massage Therapy
- Mobile treatments; services brought to you in your home, or wherever you choose
- In-clinic treatments for all services

Neighborhood Home Care Services

Address: Unit-i, 411 Herold Court, Saskatoon, SK S7V 0A7

Phone: 306-700-3586

Fax: 306-716-2755

Website: www.neighbourhoodhomecare.com

Hours of Operation: Monday-Friday 6:00am-12:00am

Details:

- Nursing Care, Companionship, Personal Care, Palliative Care, 24hr Care Support, Post-Operative Care, Care for Quadriplegics, Alzheimer's and Dementia Care, Meal Preparation, Housekeeping, Transportation



OverC Health Management

Address: 210 – 810 Central Avenue, Saskatoon, SK, S7N 2H2

Phone: 306-934-2535

Fax: 306-934-2517



Email: admin@overchealth.ca

Website: www.overchealth.ca

Hours of Operation: Monday – Friday, 8:30am – 5:00 pm

Details:

- Communicate with the people who work within the healthcare system, on behalf of the client, including physicians and other health care providers.
- Gather and organize health information.
- Outline health care options and facilitate the decision making process.
- Assist in navigating the health care industry to find information easily and quickly.
- Assist in managing health care appointments, including attending the appointment with the client, if requested.

Prairie Hospice Society

Address: 302-506 25th St E. Saskatoon, SK, S7K 4A7 **Contact:** Main Office

Phone: 306-249-5554

Email: admin.assist@prairiehospice.org

Website: www.PrairieHospice.org

Details:

- Compassionate non-medical care and companionship for those facing advancing illness, death and bereavement in the comfort of home
- Respite, rides and small errands can be booked through our Hospice Now program
- Comprehensively trained volunteers offer up to 4 hours per week of services, free of charge.

Saskatoon Home Support Ltd.

Address: 7-3012 Louise Street, Saskatoon, SK

Phone: 306-956-3334

Email: care@saskatoonhomesupport.ca

Website: www.saskatoonhomesupport.ca

Hours of Operation: 24/7 Service; Office Hours Monday – Friday 9:00am-4:00pm

Details:

- Companion: Respite care. We can come into the home, personal care home or long term facility
- Homemaking: Laundry, light housekeeping and meal preparation
- Errands and Shopping: We can offer assistance with shopping and to errands. We can also take a grocery list and get the items for you.
- Accompaniment to Appointments: Our Care Givers can go to Medical appointments and take notes
- Personal Care: Assist with bathing, morning or evening care and medication reminders
- Alzheimer and Dementia Care
- Peace of mind daily calls
- Caregivers are Trained, Screened, Insured and Bonded. No contracts needed



Saskatoon Services for Seniors

Address: 115 19th Street East, Saskatoon, SK

Phone: 306-668-2762

Email: saskatoonservices4seniors@sasktel.net

Website: www.servicesforseniors.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm, closed statutory holidays

Details:

- Housekeeping and home support
- Yard work services



- Snow removal services
- Urban camp program
- Snowbird services
- Eaves cleaning, window washing, painting and other jobs
- Grocery delivery
- Friendly caller
- Other services (errands, walking pets etc.)

Village Rose – Home Health Care

Address: 3711 Kinnear Avenue, Saskatoon, SK

Phone: 306-370-2033

Email: VillageRoseHealthCare@gmail.com

Website: <https://www.villagerosehomehealthcare.com/>

Hours of Operation: 24/7 Service; Office Hours Monday – Friday 9:00am-4:00pm

Details:

- Village Rose is a group of highly qualified, and professional, private healthcare workers who are dedicated to providing compassionate care to every one of our clients. We strive to help our clients achieve the healthiest lifestyle possible: physically emotionally and mentally
- Mobility aide, medication administration, vital statistics monitoring, assisted bathing/dressing, hygiene/pericare, Dementia/Alzheimer's care, recreational therapy, errands and social outings, hospital accompaniment and after care, home management, housekeeping, gardening, meal preparation, foot care, haircut and styling, and music therapy



HOSPITALS/CLINCS/WELLNESS CENTRES

Geriatric Evaluation and Management (GEM) Services

Address: Saskatoon City Hospital, 7th floor, 701 Queen Street, Saskatoon, SK, S7K 0M7

Phone: 306-655-8925

Website: http://www.saskatoonhealthregion.ca/locations_services/Services/Geriatric-Evaluation

Hours of Operation: Clinic and Day Hospital: Monday – Friday 7:30am-4:00pm

Details:

- Outpatient Interdisciplinary Assessment Clinic, Outpatient assessment and treatment day hospital, Home visiting nurses, Inpatient consultation service and in reach nurses
- Sees patients age 65+ through a variety of different program initiatives. Includes assessment and treatment of; complicated medical issues, physical movement, cognitive ability, functional ability, the environment, social supports, mental health, and medication issues



Palliative Care Services

Address: St. Paul's Hospital, 1702-20th Street West, Saskatoon, SK, S7M 0Z9

Phone: 306-655-5530



Hours of Operation: 24-hour service

Details:

- Services to people who are terminally ill; focus is on comfort and quality of life
- Support to families and symptom control
- CPAS determines eligibility for palliative care services

Royal University Hospital, RUH

Address: 103 Hospital Drive, Saskatoon, SK, S7N 0W8

Phone: 306-655-1000

Website: www.saskatoonhealthregion.ca/locations_services/locations/ruh

Hours of Operation: 24 hour Emergency service



Saskatoon City Hospital, SCH

Address: 701 Queen Street, Saskatoon, SK, S7K 0M7

Phone: 306-655-8000

Website: www.saskatoonhealthregion.ca/locations_services/locations/sch

Hours of Operation: Emergency service 9:00am-8:30pm / 7 days per week



Saskatoon Community Clinic

Address: 455-2nd Avenue North, Saskatoon, SK, S7K 2C2 (Downtown Clinic)
1528 20th Street West, Saskatoon, SK, S7M 0Z6 (Westside Clinic)

Phone: 306-652-0300 (Downtown) or 306-664-4310 (Westside)

Fax: 306-664-4120 (Downtown) or 306-934-2506 (Westside)

Email: member.relations@communityclinic.ca

Website: www.saskatooncommunityclinic.ca

Hours of Operation:

- Downtown Clinic: Monday – Friday 8:00am-5:00pm; Saturday 9:00am-1:00pm
- Westside Clinic: Monday -Friday: 9:00am-9:00pm; Saturday & Sunday: 9:00 am--5:00pm. See SWITCH listings for after hours services.



Details:

- Client-owned health centre offering physicians, nursing, counseling services, health information centre, lab and x-ray, pharmacy, physical and occupational therapy, nutrition
- Group programs, aboriginal seniors' programming
- Seniors counselors, social workers make home visits
- Volunteers support, isolated and disabled elderly

St. Paul's Hospital

Address: 1702-20th Street West, Saskatoon, SK S7M 0Z9

Phone: 306-655-5000

Website: www.saskatoonhealthregion.ca/locations_services/locations/sph
or www.stpaulshospital.org

Hours of Operation: 24 hour emergency service



West Winds Primary Health Centre, Saskatoon Health Region

Address: 3311 Fairlight Drive, Saskatoon, SK, S7M 3Y5

Phone: 306-655-4250

Website: http://www.saskatoonhealthregion.ca/locations_services/locations/Pages/Primary-Health-Centres.aspx

Hours of Operation: Vary depending on Department, building open 8am – 5pm

Details:

Working together with people and communities for better health

- Client Patient Access Services (CPAS)
- Home Care 306-655-4258 for all agencies
- LiveWell with Chronic Conditions 306-655-4260
- Public Health Services 306-655-4275
- Academic Family Medicine 306-655-4200



Women's Mid-life Health Program

Address: 701 Queen Street, Saskatoon, SK

Phone: 306-655-7681

Email: info@menopausecentre.org

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/Women-Health or www.menopausecentre.org

Details:

- Information and resources about women's mid-life health

MINOR EMERGENCY / WALK IN CLINICS

Bridge City Mediclinic

Address: #101 - 3333 8th Street East, Saskatoon, SK, S7H 4K1

Phone: 306-700-5252

Fax: 306-700-3721

Website: <https://bridgecitymediclinic.com/>

Hours of Operation:

- Monday – Friday: 8:00am – 8:00pm
- Saturday – Sunday: 9:00am – 4:00pm



Lakeside Medical Clinic

Address: 215 Joseph Okemasis Drive, Saskatoon, SK S7N 3A8

Phone: 306-374-6884

Fax: 306-374-2552

Website: www.lakeside.ca

Hours of Operation:

- Monday – Friday 8:00am-10:00pm
- Saturday, Sunday, Holidays 9:00am-9:00pm
- Switchboard Hours: Monday – Friday 8:00am-5:00pm

Details:

- Along with regular patient visits and scheduled appointments, the physicians at LMC provide walk-in services to patients requiring more urgent care and to patients who are unable to access their own physicians in a timely manner

Laurier Drive Medical Clinic

Address: 3110 Laurier Drive, Saskatoon, SK, S7L 5J7

Phone: 306-978-2200

Hours of Operation: Daily 8:00am-8:00pm



Lenore Medical Clinic-Lawson Heights

Address: 4-123 Lenore Drive, Saskatoon, SK, S7K 7H9

Phone: 306-242-6700

Hours of Operation:

- Monday – Friday 9:00am-8:00pm
- Saturday, Sunday 9:00am-4:00pm



HOUSING



Assisted AdvantAGE Senior Solutions

Phone: 306-717-0697

Email: assistedadvantagess@gmail.com

Website: www.assistedadvantage.ca

- Meet with Senior Living Consultants who are experienced professionals, helping older adults and their caregivers with navigating the senior living options available in Saskatoon and the surrounding areas
- Through a consultative process a Senior Living Consultant can help find appropriate housing options that will best suite individual care needs, lifestyle and budget
- Aims to empower individuals to make well-informed decisions regarding their long-term care and housing choices, and believes that everyone deserves the opportunity to live in a supportive and enriching environment, that meets their unique needs and enhances their quality of life!

Our scope:

- Independent 55+ Rentals
- Life Leases
- Supportive Living (including Retirement Residences & Assisted Living)
- Personal Care Homes (including Memory Care)

Outside our scope:

- Long Term Care (Accessed through CPAS)
- Low-Income Housing (Accessed through the Saskatoon Housing Authority)

Camponi Housing Corp./La Maison Mamawe-Atosketak Inc.

Address: 1715 – 11th Street West, Saskatoon, SK, S7M 1H8

Phone: 306-653-0384

Fax: 306-653-0394

Email: admin@camponi.ca

Website: <https://www.camponi.ca>

Hours of Operation: Monday – Friday 8:10am-4:30pm

Details:

- Provides safe, affordable and quality housing for Metis & Indigenous people in Saskatoon
- Affordable rent including a rent geared-to-income program for all family sizes, with rental units in most areas of Saskatoon

Canada Mortgage and Housing Corporation

Phone: 1-800-668-2642

Email: contactcentre@cmhc.ca

Website: <https://www.cmhc-schl.gc.ca>

Details:

- Housing information for everyone; construction on new houses, renovations
- Information for people with disabilities
- Specific publication and information for seniors
- Tries to cover all the needs of Canadians

Cress Housing Corporation

Address: 200-335 Packham Avenue, Saskatoon, SK, S7N 4K5

Phone: 306-244-7747

Fax: 306-244-2444

Website: swktc.sk.ca/cres-housing-corporation/

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- Targeted to First Nation Renters
- Market rent units
- Subsidized Housing, Senior Housing, and Accessible Housing

Fees: Rent is 25% of your gross monthly income; deductions are given depending on your family composition and for utilities

Renters of Saskatoon and Area [ROSA]

Email: renters.rosa@gmail.com

- ROSA shares systemic information including renters' rights, and some referrals to renter services and community supports, when possible
- Email, or private message on Facebook, with your particular concern:
<https://www.facebook.com/rentersrose>

Saskatoon Housing Authority

Address: 525-24th Street East, Saskatoon, SK, S7K 0K9

Phone: 306-668-2700

Fax: 306-668-2701

Email: saskatoon.housing@sasktel.net

Hours of Operation:

- Doors are open to the public Monday – Friday 9:30am-3:30pm
- Available by phone or email from 8:30pm – 4:30pm

Details: Accessible housing for low-income seniors



Saskatoon Housing Initiatives Partnership (SHIP)

Address: #201 1120 20th Street West, Saskatoon, SK S7M 0Y8

Phone: 306-979-6706

Website: www.shipweb.ca

Email: info@shipweb.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- Research and development of affordable housing and homelessness service and supported housing projects
- Administer federal funding for capital and service projects to address homelessness in Saskatoon
- Facilitate Saskatoon's Homelessness Action Plan



Saskatchewan Housing Corporation

Address: 225 1st Avenue North, Saskatoon, SK, S7K 1X2

Phone: 306-933-6292

Fax: 306-933-5374

Website: www.saskatchewan.ca

Hours of Operation: Monday – Friday 8:00am-12:00, 1:00-5:00pm

Details:

- Repairs for low income home owners, depending on funding available
- Develops and funds social housing programs for low-income households



Saskatoon and Region Personal Care Home Association

Phone: 306-229-7527

Email: info@saskatooncarehomes.ca

Website: <http://www.saskatooncarehomes.ca>

Details:

- This website will help you find a personal care home with a vacancy. The website vacancy list is updated on a regular basis to help better serve our community
- Beneficial resources are also provided to help you plan for a better future

LEGAL ADVICE AND GOVERNANCE

Better Business Bureau of Saskatchewan

Address: 980 Albert Street, Regina, SK, S4R 2P7

Phone: 306-352-7601

Toll Free: 1-888-352-7601

Fax: 306-565-6236

Email: info@sask.bbb.org

Website: www.bbb.org

Hours of Operation: Monday – Thursday, 8:30am – 4:30pm, Friday 8:30am – 4:00pm

Details:

- Dispute resolution, mediation, takes complaints
- Consumer information, information on business in Saskatchewan



Community Legal Assistance Services for Saskatoon Inner City Inc. (CLASSIC)

Address: 123 20th Street West, Saskatoon, SK, S7M 0W7

Phone: 306-657-6100

Fax: 306-384-0520

Email: info@classiclaw.ca

Website: www.classiclaw.ca

Hours of Operation:

- Monday – Friday 9:00am-12:00pm & 1:00pm – 5:00pm
- Walk-in Advocacy Clinic applications are available by phone Monday – Thursday, 9:00am – 12:00pm & 1:00pm – 4:00pm and in person on Wednesday afternoons from 1:00pm to 4:00pm
- Legal Advice Clinic are either available by phone or in-person by appointment only; all LACs are booked after completing an intake that is done by phone



Details:

- University of Saskatchewan Law students deliver CLASSIC's walk-in services under the supervision of a lawyer
- Pro bono lawyers provide advice and guidance to clients in various areas of law through CLASSIC's Legal Advice Clinic
- Free, professional and confidential legal services for low-income members of our community
- Legal advice and advocacy in areas of law including landlord-tenant disputes, labour standards appeals, social services appeals, small claims matters, summary criminal offences and more
- Wills and estates

Federation of Sovereign Indigenous Nations

Address: 100, 103A Packham Avenue, Saskatoon, SK, S7N 4K4

Phone: 306-665-1215

Fax: 306-244-4413

Email: info@fsin.com

Website: www.fsin.com

Hours of Operation: Monday – Friday 8:30am-5:00pm

Details:

- Education, economic development, health and social development, sport, culture and recreation, urban development, justice, corrections, young offenders issues, disability issues
- Protection and promotion of Treaty Rights, Veterans, Senate, Legislative Assembly

- Office, Treaty Governance Processes, First Nation Women's Council

Pat McNeil Notary Public

Address: 620 Heritage Lane, Saskatoon, SK, S7N 5P5

Phone: 306-221-7285

Hours of Operation: 9:00am – 5:00pm Daily

Details:

- Documents & Deeds, Affidavits, Transfers of Properties, Land Title Searches, Certified Copy
- Statutory Declarations, Power of Attorney, Insurance Signings, Consent to Travel, Passports

Ombudsman Saskatchewan

Address: #500-350 3rd Avenue North, Saskatoon, SK, S7K 6G7

Phone: 306-933-5500

Toll Free: 1-800-667-9787

Fax: 306-933-8406

Email: ombsktn@ombudsman.sk.ca

Website: www.ombudsman.sk.ca

Hours of Operation: Monday – Friday 8:00am-12:00pm; 12:30pm-4:30pm

Details:

- Takes complaints about Saskatchewan provincial and municipal government services
- Independent, impartial and confidential
- Call, write or use the online complaint form



Public Legal Education Association of Saskatchewan Inc. (PLEA)

Address: 500, 333-25th Street East, Saskatoon, SK, S7K 0L4

Phone: 306-653-1868

Fax: 306-653-1869

Email: plea@plea.org

Website: www.plea.org

Hours of Operation: Monday – Friday 8:30am - 4:30pm

Details:

- PLEA is a non-profit, non-government organization that provides free services to the people of Saskatchewan. PLEA's goal is to assist the public in becoming more informed about the law and the legal system. This is done through print materials, websites, our Request a Speaker Program, school resources, self-help resources, and over email and phone lines



Saskatchewan Human Rights Commission

Mailing Address: P.O. Box 6011 Saskatoon, SK S7K 4E4

Phone: 306-933-5952

Toll Free: 1-800-667-9249

Fax: 306-933-7863

Email: shrc@gov.sk.ca

Website: www.saskatchewanhumanrights.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm

Details:

- If a person feels someone has discriminated against them, complaints can be made to the Saskatchewan Human Rights Commission by phone, post, email, or online
- In-person or face-to-face meetings are by appointment only. The Commission does not accept walk-in traffic



Saskatchewan Voice of People with Disabilities Inc. (SVOPD)

Address: 614 Grand Ave, Indian Head SK, S0G 2K0

Phone: 306-695-3111

Toll Free: 1-877-569-3111

Email: voice@saskvoice.com

Website: www.saskvoice.com

Hours of Operation: Monday – Friday 9:00am-5:00pm. Closed Weekends and Holidays



Details:

- Advocacy and systems navigator for health, social services, education and employment for people with disabilities
- Public awareness of disability issues using social media, electronic newsletter and website
- Member of disability coalitions, committees both provincial and national for equity for people with disabilities

Fees: \$10.00 for membership

MENTAL HEALTH / NEUROLOGY

Canadian Mental Health Association, Saskatoon Branch Inc.

Address: 1301 Avenue P North, Saskatoon, SK, S7L 2X1

Phone: 306-384-9333

Fax: 306-978-5777

Email: info@cmhasaskatoon.ca

Website: www.saskatoon.cmha.ca

Hours of Operation: Monday – Thursday 8:00am-4:30pm; Friday- by appointment only

Details:

- Vocational and social programs for persons with mental illness, advocacy, referral, support for people and families experiencing mental illness
- Mental Health First Aid training, public education programs, fundraising, workplace wellness workshops and Mental Health workshops
- Life Skills program and Public Awareness presentations

Fees: \$15.00 membership fee (single/family); \$2.00 for consumers or participants

**Crocus Co-op**

Address: 135 Avenue B South, Saskatoon, SK, S7M 1M2

Phone: 306-477-2960

Fax: 306-477-2962

Email: admin@crocuscooperative.org

Website: www.crocuscooperative.org

Hours of Operation: Monday – Friday 9:00am-4:00pm

Details: *Crocus Co-op is a non-profit, charitable, member guided organization that works on behalf of people recovering from mental illness by:*

- Promoting their rights and responsibilities
- Providing a safe, accepting drop-in environment
- Promoting the growth of our members through vocational, educational, recreational and social programs.
- Must be a member of Crocus Co-op in order to participate in programs

Fees: \$1 lifetime membership fee. Meals are \$5.00 cash or 5/\$20 meal pass

**Community Adult Mental Health Services, Saskatchewan Health Authority**

Address: 715 Queen Street, Saskatoon, SK, S7K 4X4

Phone: 306-655-7777

Website: http://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/CommunityAdultMentalHealthServices.aspx

Hours of Operation: Monday – Friday 8:00am - 4:30pm; Closed 12:00pm-12:30pm

Details:

- Individuals must complete a centralized intake to access supports
- Provides mental health services to adults, families, groups and communities that are experiencing significant distress or dysfunction related to mental disorder, cumulative stress or problems in living, Including addictions and tobacco cessation



- Addictions counsel (1-on-1 and group counselling)

Saskatchewan Brain Injury Association

Address: 230 Ave R South, Room 422, St. Paul's Hospital, Saskatoon, SK, S7M 0Z9

Phone: 306-373-1555

Toll Free: 1-888-373-1555

Website: www.sbia.ca

Hours of Operation: Monday – Friday 9:00am-12:00pm (only during the summer)

Details:

- Educational events, prevention information, quarterly provincial newsletter
- Advocacy, Survivor & Family Camp & Retreats, social and recreational programs, support for survivors and caregivers

Schizophrenia Society of Saskatchewan, Saskatoon Branch

Address: 230 Avenue R South Rooms 219 & 220, Saskatoon, SK, S7M 2Z1

Phone: 306-584-2620

Email: info@schizophrenia.sk.ca

Website: www.schizophrenia.sk.ca

Hours of Operation: Please contact office to make an appointment

Details:

- Provides public awareness presentations on schizophrenia and related illnesses for community groups
- Provides information and support for people affected and their families
- Provide referrals to various mental health and addiction programs in the community when needed.

Fees: \$20.00 annual membership fee

(a membership is not necessary to attend meetings and get support)



MOVING / DOWNSIZING / REALTY

74 Doors Professional Organizing

Phone: 306-361-4252

Email: susie@74doors.ca

Website: <https://www.74doors.ca/>

Details:

- Mission is to open doors to more time, clarity and inspiration by helping you organize your busy home and life
- Offer customized organizing plans tailored specifically to your needs

All-Save Moving Services Inc.

Phone: 306-232-6683

Toll Free: 1-855-317-6683

Email: johnstuart@sasktel.net

Website: www.allsavemovers.com

Hours of Operation: Monday – Friday 9:00am-6:00pm, Saturday 9:00am - 5:00pm

Details:

- We now specialize in helping seniors down size and dispose of items they no longer need.
- We can ship unwanted items anywhere in North America due to my affiliation with the Quick Group of Companies/United/Mayflower agencies.

- We believe our job is to protect our customer and their things. I have been taught from the beginning of my career that my customer writes my pay cheque and my customers sustain my family.

Coldwell Banker Signature Saskatoon Office

Address: 200-301 1st Avenue South, Saskatoon, SK

Phone: 306-652-2882

Website: www.coldwellbanker.ca

Hours of Operations: Monday-Sunday 8:00am-8pm: very flexible hours

Details:

- The purpose is to earn the right to your estate needs, as well as providing conscientious service before and after the sale

Geransky's Moving & Storage (Now with Jay's Transportation Group)

Address: 502A 47th Street East, Saskatoon, SK, S7K 4L3

Phone: 306-955-3773

Website: www.geranskysmoving.com

Details:

- Discounts for seniors
- Full service mover
- Insured, Trusted, Careful, Respectful & Professional
- Professional packing and unpacking
- Secure heated storage – monitored 24 hours



Home Free Organizing Solutions

Phone: 306-291-2531

Email: info@homefreeorganizing.ca

Website: www.homefreeorganizing.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Downsizing services
- Packing and unpacking for a move
- Estate organizing
- Residential organizing

Transitions Estate Services

Address: 3710 33rd Street West, Saskatoon, SK

Phone: 306-370-4580

Email: SaskatoonTransitions@gmail.com

Website: www.TransitionsEstateServices.com

Details:

- If you are planning a move to a smaller home, downsizing, or are planning to move to a supported living arrangement Transitions Estate Services can help. We will sort and pack your possessions to prepare to move and will assist with unpacking afterwards.
- Will host a moving sale on your behalf to liquidate the items that you are not able to take with you.
- Will assist you with decluttering your home. If you have been a collector and want to reduce how much stuff you have our team will assist you to sort through what you have and coordinate donations, items for sale, and items to dispose of.

- Provides Estate Dispersal, Downsizing, Moving, Estate Sales, Moving Sales and Decluttering services, & Personal Property Appraisals.

Two Men and a Truck

Address: 106-701 Cynthia Street, Saskatoon, SK

Phone: 306-500-1381

Website: <https://twomenandatruck.ca/movers/sk/saskatoon>

Hours of Operation: Monday- Saturday 8:00am-6:00pm

Details:

- Free quotes and senior rates
- Local home moving, business moving, packing services, climate-controlled storage, moving boxes and supplies, junk removal, long distance moving, in-home rearranging—moving heavy items within the home

Two Small Men with Big Hearts Moving

Address: 331 103 Street East, Saskatoon, SK

Phone: 306-934-6688

Website: <https://twosmallmen.com/>

Hours of Operation: 7 days/week 8:00am-7:00pm

Details:

- Local moves, long distance moves, special item transport, storage services, packing services with special senior rates
- Comprehensive guide to planning a move for a senior citizen available
- Can help move/rearrange in-home furniture

RECREATIONAL ACTIVITIES AND CLUBS

ARTS & CRAFTS

Bridge City Needle Arts Guild

Facebook: Bridge City Needle Arts Guild

Email: BCNGSaskatoon@gmail.com

Program Times:

- General meetings: The first Wednesday of each month September to June, 7:30p.m. Mayfair United Church, 902 33rd Street, Saskatoon, SK
- Stitching days: please call above numbers for more information

Details: Encourage and promote the practice and knowledge in the area of embroidery.

Fees: \$70.00 per year includes membership in guild and Embroiders association of Canada.



Emmanuel Anglican Church with the Refinery Arts and Spiritual Centre

Address: 609 Dufferin Avenue, Saskatoon, SK, S7N 1C4

Phone: 306-653-3549, contact for program dates and times

Website: www.emmanuelrefinery.org

Fees: Dependent on class, call for more information

Periwinkle Quilting

Address: 270-2600 8th Street E Saskatoon, SK. S7N 0V7

Phone: 306-933-3072

Email: periwinkle@sasktel.net



Website: www.periwinkle.biz

Store Hours: Monday – Saturday 9:30am-5:30pm, Thursday 9:30am-9:00pm

Details:

- Sells fabric and offers various classes
- Offers regular and special discounts all year round, check website for the current discount
- Call number listed for upcoming classes

Saskatoon Craft Guild

Address: Masonic Temple, 1021 Saskatchewan Cres. West, Saskatoon, SK., S7M 5J6

Phone: 306-955-5219

Email: stooncraftguild@gmail.com

Website: Saskatoon Craft Guild Facebook Page

Program Times: Wednesdays 7:00pm-9:30pm

Details:

- Crafts include creative stitchery, crochet, hardanger, knitting, rug making, smocking, quilting

Fees: \$100/ year (approximately 26 meetings per year)



Saskatoon Potters Guild

Address: Albert Community Centre, 610 Clarence Avenue, Saskatoon, SK, S7H 2E2

Phone: 306-343-6566

Email: saskatoonpottersguild@gmail.com

Website: www.saskatoonpottersguild.com

Program Times: Check the website for information about classes, sales, etc.

Details:

- Sales in November and April
- Classes available daytime and evening – wheel throwing and hand building
- Workshops and other member benefits available. Please check website for more details.



Saskatoon Quilters Guild

Address: Circle Drive Alliance Church, 3035 Preston Ave S, Saskatoon, SK, S7T 1C2

Email: info@saskatoonquiltersguild.com

Website: www.saskatoonquiltersguild.com

Program Times: Once or twice per month, Sept. to June. Call or visit website to find out the latest information

Details:

- Membership benefits include use of the equipment library, early registration and discounts on programs, and discounts at various quilt and art supply shops
- Afternoon and evening programs are instinct each meeting includes a 45-60-minute program featuring quest speakers, trunk shows & demonstrations
- Show & tell of member's work concludes each program
- Guilders goodies a time to learn all manner of quilters techniques, takes place most meeting mornings
- Guilders activities include a yearly spring retreat & a bi-annual fall quilt show or fall workshop occurring on alternate years

Fees: \$60/ annually



Saskatoon Spinners and Weavers Guild

Address: 600 45th St. W, Saskatoon, SK S7L 5W9

Email: saskatoonswg@gmail.com



Website: saskatoonspinnersandweavers.wordpress.com

Details:

- Meet on the 4th Tuesday of every month
- Weavers, spinners, and dyers meet to discuss items of common interest and to exchange feedback regarding the workmanship and design of their work

Fees: \$100/year

HOBBIES

Saskatchewan Genealogical Society, Saskatoon Branch

Address: 1-1730 Quebec Ave, Saskatoon, SK, S7K 1V9

Email: info@genealogysaskatoon.org

Website: www.genealogysaskatoon.org/

Program Times: 3rd Thursday of the month from September – June;

- Held at the Saskatchewan Archeological Society office, library is open at 6:15, meetings start at 7:00pm. No meetings held in July and August

Details:

- Meetings usually consist of a mini workshop, a coffee & goodies break, and a program. This format may change for special events, including our Open House & Genealogy Fair in February, Dessert Social in June, and our Christmas Potluck Social in December.
- Members may borrow library materials for one month or longer if approved
- Mentoring is available for beginner genealogists

Fees: \$25/year. Membership in our Branch requires concurrent membership in our parent organization, the Saskatchewan Genealogical Society (SGS)

www.saskgenealogy.com/index.php/about-us/membership/

Saskatoon Camera Club

Address: Mayfair United Church, 902 33rd Street West, Saskatoon

Phone: 306-384-3296

Email: president@saskatooncameraclub.com

Website: www.saskatooncameraclub.com

Program Times: Meetings by Zoom and in person at Mayfair United Church on select Tuesdays from September to May. Meetings start at 7pm and Judging Nights start at 6pm. See calendar for updates on the website.

Details:

- Improve member's photographic skills through the sharing of ideas and experiences
- Guest speakers, fall outings, coffee served during classes

Fees: Family \$60.00, Single \$50.00, Student \$25.00, Spouse of Life Member \$10.00



Saskatoon Bridge Club

Address: 3041 Louise Street, Saskatoon, SK, S7J 3L1

Phone: 306-373-3077

Website: www.saskatoonbridgeclub.ca

Email: info@saskatoonbridgeclub.ca

Details:

- Monday morning game at 11am for players aged 55+ (September to June)



- People of all ages are welcome at our club. We offer games for beginners and advancing players. As a beginner, it helps to have some prior knowledge of card games, bridge in particular. You do not have to take bridge lessons, but many do so.

Saskatoon Horticultural Society

Email: info@saskatoonhortsociety.ca

Website: www.saskatoonhortsociety.ca

Details:

- Informational programs and workshops
- See website for upcoming events and membership information

Fees: Membership per year is \$35.00 with “Gardener for the Prairies” magazine, \$15.00 without magazine subscription



MUSIC

The Bassment

Address: 202-4th Avenue North, Saskatoon, SK, S7K 0K1

Phone: 306-683-2277

Email: info@thebassment.ca

Website: www.thebassment.ca

Program Times: Please call or see our website for program dates and times

Details:

- Local and touring artists
- Members get discounted ticket prices.

Fees: Yearly membership: \$25.00 Single, \$40.00 Couple



Orpheus 60 Chorus

Address: 504 -303 5th Avenue North, Saskatoon, SK, S7K 2P6

Phone: 306-652-0359 (Julie Janzen)

Details:

- A chorus of seniors who rehearse Monday evenings and perform at Seniors’ residences Thursday afternoons from September to May. New members welcome, no audition required.
- Rehearsals are held at The Bentley Saskatoon

Philharmonic Orchestra

Address: 238 Avenue V North, Saskatoon, SK, S7L 3E6

Phone: 306-477-1406

Email: saskatoonphilharmonicorchestra@gmail.com

Website: www.saskatoonphilharmonicorchestra.com

Details: Please go to the website

Fees: \$150 per year— x2 \$75 installment option.



Saltwater Joy Band

Address: 1110 – 1st Street East, Saskatoon, SK, S7H 1T7

Phone: 306-220-4344

Email: d.lepitzki@gmail.com

Fees: Honorarium of \$150.00/hour (negotiable in certain situation)

Saskatoon Brass Band

Phone: 306-341-2718 (Brian, President)

Email: saskatoonbrassband@gmail.com

Website: www.saskatoonbrassband.org

Program Times: Please call for program dates and times visit

Details:

- Weekly rehearsals
- Play in seniors' homes, parks, churches, and civic events
- Host festivals, such as Prairie Music Residency
- New members are welcome and we're always looking for administrative volunteers

Fees: Playing Membership \$125/year. Brass instrument rental \$25/year plus \$50 deposit



Saskatoon Concert Band

Address: 238 Avenue V North, Saskatoon, SK, S7L 3E6

Phone: 306-477-1406

Email: saskatoonconcertband@gmail.com

Website: www.saskatoonconcertband.ca

Details: Please go to the website.

Fees: \$200 per year

Saskatoon Symphony Orchestra

Address: 602B 51st Street East, Saskatoon, SK, S7K 7K3

Phone: 306-665-6414

Email: subscriptions@saskatoonsymphony.org

Website: www.saskatoonsymphony.org

Hours of Operation: Tuesday – Friday 10:00am-4:00pm (hours may vary)

Details:

- To purchase tickets for the Saskatoon Symphony Orchestra concerts, contact 306-975-7799



Sweet Adelines – Magic City Chapter

Membership Inquires: membership@magiccitychorus.com or Louise @ 306-371-0654

Magic City Chorus is a place to grow – as a singer, as a person, as a leader, as a friend. Find your voice, find yourself and find lifelong community. Singers of all ages are welcome.

Performance Bookings: booking@magiccitychorus.com or Shelley @ 306-716-8533

Magic City can provide up to 30 minute performances. Fees vary depending on length.

Website: www.magiccitychorus.com

Facebook: www.facebook.com/magiccitychorus

Details:

- Rehearsals - Tuesdays @ 6:30-9:30pm
- Women's A Cappella (Barbershop) Chorus
- Auditions required

SOCIAL CLUBS

Century Club of Saskatchewan, Saskatoon Chapter, Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4 (Saskatoon Field House)

Phone: 306-652-2255



Website: www.scoa.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm (closed over noon hour)

Details:

- A social group for older adults 90 years and over
- Free membership
- You will have an opportunity to attend 5-6 Century Club Events throughout the year where all costs are covered including transportation
- Members may invite a companion to events
- Free copy of the collected stories memory book – A Walk Down Century Lane
- Receive 6 “Century Club Connections” Newsletters throughout the year from the Saskatoon Council on Aging



Cosmopolitan Senior Centre

Address: 614 – 11th Street East, Saskatoon, SK, S7N 1G3

Phone: 306-373-8693

Email: info@cosmoyxe.com

Website: www.cosmoyxe.com

Program Times: Beginning of September to end of May,

- Fitness Class (Sept-June)
- Yoga (Sept-June)

Card Playing (year round):

- Kaiser and Whist on Monday
- Bridge on Tuesday
- Whist on Wednesday
- Bridge (Partners) on Thursday, Cribbage and Kaiser on Friday

Details:

- Qualified instructors have extensive training
- Non-members invited to check out program, encouraged to join
- Activities offer socialization and friendship. Light refreshments provided

Fees:

- Annual Membership \$10.00. Drop in fees: \$3.00, contact for more specific details and schedule



Forest Grove Community Church Seniors

Address: Forest Grove Community Church, 502 Webster Street, Saskatoon, S7N 3P9

Phone: 306-933-2266

Email: office@forestgrovecc.com

Program Times: Please call for program dates and times

Details: Age 55+, fellowship, entertainment, caring



Hub City Radio Control Club

Address: 41 Valley Road, Aberdeen, SK– Google Maps “Hub City Radio Control Club”

Phone: 306-380-4577

Email: flyrc@shaw.ca

Website: www.hcrcc.org

Details:

- Teach how to fly radio control model airplanes
- Provide instruction to assist in learning to fly and ensure the safety of your aircraft (so you don't crash your plane on your first time out with your new plane)
- Need to be a member of the Model Aircraft Association of Canada (MAAC), however, they will help set you up with MAAC

- Open club; anyone and any age can join (youngest member is 12 yrs old; oldest member is 89 yrs old)
 - General meetings happen the 2nd Wednesday of every month (except July & August)
- Fees:** \$80/year for the MAAC membership; \$120/ year for the club

Mayfair Lawn Bowling Club

Address: Bowling Greens, 923 Avenue D North (not a mailing address)

Phone: 306-652-3152

Email: mayfairlawnbowling@gmail.com

Website: <https://mayfairlawnbowlingclub.ca/>

Details:

- Welcomes all ages and all abilities
- Welcomes all new beginners anytime! Try it twice for free!
- Learn to bowl offered throughout the year
- Club and Provincial tournaments played
- Group bookings available with an instructor provided
- Accommodates all handicaps – has specialized equipment to help with mobility issues

Fees: New members \$90.00 per year membership or drop-in \$10.00 per hour

Nutana Lawn Bowling Club

Address: 320 – 7th Street East, Saskatoon, SK, S7H 0X3

Phone: 306-241-5431

Email: nlbcsaskatoon@gmail.com

Website: www.nutanalawnbowlingclub.ca

Details: (May to September)

- Club bowling
- Tournaments and special events throughout season
- Learn to bowl classes

Fees: \$160/year

Nutana Legion #362

Address: 3021 Louise Street, Saskatoon, SK, S7J 3L1

Phone: 306-261-8113

Email: dancingwiththere@gmail.com

Website: www.nutanalegion.ca

Program Times:

- Barbeque Thursdays 5:30 pm (All year long)
- Beginner line dancing Tuesday and Thursday 11:00am-1:00pm (Sept-June)
- Dance Saturday (Start 7:00pm)
- Jam Sessions Wednesdays 7:00pm (All year long)
- Happy Hour Fridays 2:00pm – 7:00pm (All year long)
- Meat Draw Wednesdays x2 at 8:30pm & x1 at 9:00pm (Sept – June)

Hours of Operation:

- Office hours Tuesday, Wednesday, Friday 12:00pm-4:00pm
- Lounge hours Wednesday 2:00pm-11:00pm; Friday & Saturday 2:00pm-7:00pm or later
- Museum Hours: Thursday 1:00pm – 4:00pm & Saturday 3:00pm – 5:00pm

Fees: Membership fee \$75.00/year



Saskatoon Community Bands Listing

Address: 8B-379 3110 8th Street East, Saskatoon, SK, S7J 0W2

Email: stooncommunitybands@gmail.com

Website: www.saskatooncommunitybands.org

Program Times: Monday Evenings, September through May. Registration is held in September
Details:

- An opportunity for adults of any age to come together for the enjoyment of making music in a concert band setting. Participants must supply their own woodwind or brass instrument. Local music dealers have instruments available for rental or purchase. There are six levels of experience from beginner to advanced.

Fees: An annual membership fee is required. Please contact for more details.

Saskatoon Community Clinic Seniors Program

Address: 455-2nd Avenue North, Saskatoon, SK, S7K 2C2

Phone: 306-652-0300

Fax: 306-664-4120

Website: <https://www.saskatooncommunityclinic.ca/seniors-health/>

Program Times: Phone for times

Details:

- Services available to clinic patients and/or members
- Community Clinic Volunteer Program with the elderly
- Volunteers support for isolated and disabled elderly community clinic patients and members who wish to remain independent through visitation, monitoring well-being and assisting with group programs



Saskatoon Heritage Society

Address: Box 7051, Saskatoon, SK, S7K 4J1

Website: www.saskatoonheritage.ca

Email: saskatoonheritagesociety@gmail.com

Details:

- Works to preserve Saskatoon's historic places and architectural treasures and encourage an appreciation of Saskatoon's history
- See website for programs and events
- Board meetings the third Wednesday of each month – call 306-652-9801 for more information

Fees: \$10.00 for seniors, \$15.00 for individuals, \$20.00 for family, \$30.00 for corporate



Saskatoon International Folkdance Club

Address: Albert Community Centre, 610 Clarence Avenue South, Saskatoon, SK

Phone: 306-374-0005

Email: damcqueen@shaw.ca

Website: www.saskatoonfolkdance.ca

Hours of Operation: Thursdays 7:00pm Weekly

Details:

- Learn dances from Israel, Bulgaria, Romania, Greece and many other countries!
- Reasonable drop-in fees. First evening is free!
- Activities are held indoors from September – May and outdoors from June – August; please call before first-time attendance

Fees: \$5.00 drop-in, summer months are free, call to inquire about membership

St. George's Senior Citizens Club

Address: 1235-20th Street West, Saskatoon, SK, S7M 5B6

Phone: 306-384-4644

Details:



- Music Jam Sessions
- Socializing, crafts, bowling, bingo, cards, pool tables
- Will cater lunches for funerals and visit nursing homes

Fees: \$10.00/year; Bowling: \$65.00 per season

St. Peter and Paul Senior Citizen Club

Address: 1202 11th Street East, Saskatoon, SK, S7H 0G3

Phone: 306-934-8058

Email: sspp@sasktel.net

Program Times: Programs start in September, call for dates and details

Details:

- Age 50+, day-time activities followed by a hot meal



Dibrova Ukrainian Folk Ensemble

Address: 430 Crean Ln Saskatoon, SK S7J 3X4

Phone: 306-652-3178

Details:

- Choir practice
- Orchestral group with choral singing to nursing homes, local venues, and parties



Fairfield Senior Citizens Association

Address: 103 Fairmont Court, Saskatoon, SK

Phone: 306-382-1689

Details:

- Dances every Friday from 8:00pm-11:00pm
- \$10 admission for members; \$12 admission for non-members
- Everyone is welcome

STAYING ACTIVE

Bridge City Senior Action

Address: 2020 College Drive, Saskatoon SK, S7N 2W4

Phone: 306-931-8053 (Sheila) or 306-244-0587 (Kathy)

Details:

- At the Saskatoon Fieldhouse, Tuesday and Thursday; 9:30am-10:30am (September- June)
- Fitness class for age 55+
- Staying active at your own pace
- Cardio, Muscle Toning, and Stretching

Fees: Annual fee of \$25.00 and \$3.00 per session

The First Step Program

Address: Field House, 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-975-3121

Hours of Operation: Tuesday, Thursday, and Saturday - morning and evening times available

Details:

- Supervised exercise and education programs
- Individualized programs for people with pre-diabetes, diabetes, high blood pressure, abnormal cholesterol, increased body weight, arthritis, osteoporosis, or chronic kidney disease

Fees: Please call number above for program costs

Hunter's Bowling

Address:

- Eastview location; 2929 Louise Street East Saskatoon, SK, S7J 3L8
- Fairhaven location; 3401 22nd Street West, Saskatoon, SK, S7M 3Z5

Phone: Eastview, 306-373-4333; Fairhaven, 306-382-2822

Website: www.huntersbowling.com

Hours of Operation:

- Sunday – Thursday 11:00am-11:00pm (Eastview)
- Friday & Saturday 11:00am-1:00am (Eastview)
- 9:00am – 11:00pm Daily (Fairhaven)

Details:

- Fun and league bowling
- No experience necessary, just willingness to have fun!
- Both locations have a restaurant

Fees:

- \$19 for 1 hour of 5 pin; \$27.75 for 2 hours
- \$20 for 1 hour of 10 pin; \$28.75 for 2 hours

Recreation and Community Development Division, City of Saskatoon

Facility:

Cosmo Civic Centre

Terry Fox Track

Harry Bailey Aquatic Centre

Lakewood Civic Centre

Lawson Civic Centre

Saskatoon Fieldhouse

Shaw Centre

Address:

3130 Laurier Drive

150 Nelson Road

1110 Idylwyld Drive

1635 McKercher Drive

225 Primrose Drive

2020 College Drive

122 Bowlt Crescent

Phone:

306-975-3344

306-975-3354

306-975-3321

306-975-2944

306-975-7873

306-975-3354

306-975-7744



Website: www.saskatoon.ca/leisureguide or

www.saskatoon.ca/parks-recreation-attractions/recreational-facilities-sportsfields/leisure-centres

Hours of Operation: Facility hours vary depending on leisure centre

Details:

- Fitness, sport, recreation and culture
- Programs for seniors

Fees: Admission varies depending on leisure centre

Saskatchewan Senior Fitness Association

Address: Unit 164, 227 Saguenay Drive, Saskatoon, SK, S7K 6G4

Contact: Sheldon Kraus

Phone: 306-242-9452

Email: ssfakraus@gmail.com

Hours of Operation: Monday – Friday 9:00am-5:30pm

Details:

- Participate in activities and workshops, encourage seniors to interact with other seniors with similar interests
- “55+ Games” held every two years, next Games June, 2024

Fees: Membership \$20.00/year beginning April



Community Older Adults - Forever...in motion (SHA)

Address: Community Health Centre at Market Mall #55-2325 Preston Ave., Saskatoon,

Phone: 306-844-4080

Email: foreverinmotion@saskhealthauthority.ca

Website: www.in-motion.ca

Details:

- Safe physical activity classes for older adults led by staff or peer volunteer leaders that have taken the Forever...*in motion* training
- Classes are in seniors housing, community centers, churches, condominiums and leisure centers
- Time and length of classes vary depending on location
- Either no or low cost to attend and depends on the site
- Classes include endurance, strength, balance and flexibility components
- Forever...in motion leadership training offered at a very low cost for new and existing volunteers
- Supported by Community Older Adults, Saskatchewan Health Authority

Saskatoon Soccer Centre

Address: 150 Nelson Road, Saskatoon, SK, S7S 1P5

Phone: 306-975-3400

Fax: 306-975-3407

Email: info@saskatoonsoccer.com

Website: www.saskatoonsoccer.com

Hours of Operation: Call for times

Details:

- Multi-purpose facility: soccer, volleyball, football, fitness center, gymnasium, ultimate disc, beach volleyball
- Modified programs for older adults available



YMCA

Address: 25-22nd Street East, Saskatoon, SK, S7K 0C7

Phone: 306-652-7515

Fax: 306-652-2828

Email: ymca@ymcasaskatoon.ca

Website: www.ymcasaskatoon.org

Hours of Operation:

- Monday – Friday 5:30am-10:00pm;
- Saturday - Sunday 7:00am-7:00pm

Details:

- Multi-purpose facility: gymnasium, swimming pool, aqua fitness, zumba, yoga, squash and racquetball courts, fitness centre, massage therapist, martial arts, aerobics fitness

Fees:

- Adult- \$24.22 +tax/bi-weekly;
- Men's Plus- \$45.22 +tax/bi-weekly;
- Women's Plus- \$29.16 +tax/bi-weekly;
- 10% discount on seniors (60+);
- SCOA members receive 15% off memberships



YWCA's Fitness on 25th

Address: 510-25th Street East, Saskatoon, SK, S7K 4A7

Phone: 306-244-7034 or 306-244-0944

Fax: 306-653-2468

Website: www.fitnesson25th.com and www.ywcasaskatoon.com

Hours of Operation:

- Monday-Friday 5:30am - 9:00pm
- Saturday 8:00am-8:00pm



- Sunday 8:00am-6:00pm

Details:

- Aquafitness, Gentle Aqua, Arthritis & Fibromyalgia Exercise Programs
- We provide the largest variety of programming focused on keeping our senior population healthy and vibrant in their golden years, while still remaining extremely cost effective.

Fees: Senior's Membership – Ages 60 and over

- Bi-weekly No Contract Senior Auto-Pay Membership: cancel at any time with 15 days notice of your next payment: \$22.00
- Senior One-Year Paid in Full Membership: \$550.00
- One Month Paid in Full: \$55.00
- 10 Visit Card: \$75.00
- Drop-in: \$8.09

Taoist Tai Chi

Address 1: 812 Preston Avenue South, Saskatoon, SK

Address 2: 510 25 Street East, Saskatoon, SK

Phone: 306-244-5292

Email: saskatoon@taoist.org

Website: www.western.canada.taoist/saskatoon

Details:

- Taoist Tai Chi® practice is a moving meditation that reduces stress and helps you find joy. Physically it will make you energetic, balanced, strong and supple
- Taoism teaches that health comes when body, mind and spirit work together in harmony
- This whole body approach has a beneficial effect on many conditions, from Worry, Anxiety and Stress to sore backs to deeper health issues such as Chronic Pain, Multiple Sclerosis, and Parkinson's disease. People with particular health challenges may want to participate through our Pain Relief Taoist Tai Chi® arts program.
- Call for programs and details

Saskatoon Pilates

Address 1: 6-816 1st Avenue North, Saskatoon, SK

Address 2: 1801 Lorne Avenue, Saskatoon, SK

Phone: 306-955-2965

Email: studio@saskatoonpilates.ca

Website: saskatoonpilates.ca

Hours of Operation:

Tuesday- Thursday & Saturday 9:00am-8:00pm; Monday and Friday 10:00am-8:00pm

Details:

- For class and other information, please visit our website or contact the studio

proACTIVE Fitness

Address: 5-3602 Taylor Street East

Phone: 306-374-3013

Email: info@proactivefitness.ca

Website: www.proACTIVEfit.ca

Details:

- Small group (3-7) personal training
- One-to-one personal training
- Specializing in 50+

RECYCLING AND SECOND HAND RETAIL

Community Living

Address: 108 103rd Street, Saskatoon, SK, S7N 1Y7

Phone: 1-877-477-2171

Fax: 306-664-9292

Email: info@theyellowbin.com

Website: www.theyellowbin.com

Hours of Operation: Monday – Friday 10:00am-5:00pm

Details

- We accept clothing and household items in good condition (small items, no furniture), call to arrange for pick-up
- Drop-off depot: 108 103rd Street
- Home pick-ups- phone or email to schedule



CWL Clothing Depot

Address: 619-20th Street West, Saskatoon, SK, S7M 0X8

Phone: 306-242-5042

Website: <http://www.cwlsk.ca/pages/clothingdepot.html>

Hours of Operation:

- Donations may be dropped off Monday to Friday from 10:00am to 3:00pm
- The Depot is open Tuesday to Friday 12:30pm to 3:00pm and Saturday 9:30am to 12:30am

Details

- The CWL Clothing Depot is located in the heart of Saskatoon's core neighborhood, accepting quality used clothing, jewelry, footwear, small household items and linens and sold at affordable prices to those in need.
- Volunteers and donations needed
- CWL Clothing Depot is non-profit organization, proceeds from sales are directed to local and provincial charities and organizations.

Diabetes Canada – Household Items & Clothing Pick-Up

Toll Free: 1-800-505-5525

Website: <https://declutter.diabetes.ca/pickup>

Details:

- We pick-up gently used clothing, small household items (dishes, cutlery, knickknacks, etc.); call to arrange pick-up or visit our website to schedule a date and time

Habitat for Humanity Restore

Address: 122 Avenue D South, Saskatoon, SK, S7M 1P7

Phone: 306-343-7763

Fax: 306-343-1068

Website: www.habitatsaskatchewan.ca/restore

Hours of Operation:

ReStore Hours: Tuesday – Saturday 9:30am-6:00pm

Donation Centre Hours: Tuesday – Saturday 10:00am – 4:00pm

Details:

- We accept gently used and new home improvement products
- We build homes for low income working families
- Donations accepted during business hours



Opportunity Shop, YWCA

Address: 1 – 511 1st Avenue North, Saskatoon, SK, S7K 1X5

Phone: 306-242-8002

Fax: 306-242-8044

Website: <https://www.ywcasaskatoon.com/how-you-can-help/donating-and-shopping-at-the-opportunity-shop/>

Hours of Operation: Monday- Friday 10:00am-4:30pm; Sunday 10:00am-3:00pm

Details:

- Quality used clothing, small household items and linens sold at affordable prices
- Volunteers and donations needed
- All proceeds go towards YWCA services and programs

Salvation Army Thrift Store

Address: 410 42A Street East, Saskatoon, SK, S7K 0V3

Phone: 306-956-4685

Hours of Operation: Monday – Friday 10:00am-8:00pm; Saturday 10:00am-6:00pm

Details

- Clothing, household items, and furniture at affordable prices

SARCAN Recycling

Locations:	3803 Kochar Avenue	306-975-0650
	2900 Jasper Avenue S	306-975-7188
	#7 – 2305 22nd Street West	306-384-5699
	350B - 103rd Street East	306-373-3386

Phone: 306-933-0616

Website: www.sarcan.ca

Hours of Operation: Monday – Saturday 9:00am-5:00pm

Details:

- SARCAN Recycling provides environmental protection, employment creation and economic development through a province-wide network for recycling beverage containers, paint and electronics. For more information on the products we recycle, please visit www.sarcan.ca or call us at 306-933-0616.



Saskatchewan Waste Reduction Council (SWRC)

Address: #208, 220 – 20th Street West, Saskatoon, SK, S7M 0W9

Phone: 306-931-3242

Fax: 306-955-5852

Email: info@swrc.ca

Website: www.saskwastereduction.ca

Hours of Operation: Monday – Friday 9:00am-4:00pm

Details:

- A non-profit organization working toward a waste-free Saskatchewan; provide information in the community about recycling, composting and other waste minimization topics
- SWRC maintains a database on how to recycle a wide variety of materials. Call their office at 306-931-3242 with your recycling questions or visit their website at: www.saskwastereduction.ca to view the database online

Value Village Stores

Store #1: Address: 2115 Faithfull Avenue, Saskatoon, SK, S7K 1T8

Phone: 306-668-6161

Store #2: Address: 302 Cope Lane, Saskatoon, SK, S7T 0G3

Phone: 306-955-8702

Website: www.valuevillage.com

Hours of Operation: Monday – Saturday 9:00am- 9:00pm; Sunday 10:00am-7:00pm

Details:

- Quality used, household items, jewelry, clothing, shoes, books, miscellaneous items at excellent prices
- Donations in good condition accepted on premises or through pick-up by Community Living and Diabetes Canada
- Seniors Day every Tuesday 30% off for 60 and over

Village Green- MCC Thriftshop

Clothing:

Address: 60 33rd Street East, Saskatoon, SK

Phone: 306-652-1861

Email: villagegreenmcc@thrift.mccsk.ca

Hours of Operation: Monday-Wednesday, Friday & Saturday 10:00am-5:00pm; Thursday 10:00am-7:00pm



Details:

- Volunteers and donations accepted (donations hours 10:00am-4:00pm)
- Items in stores sold at reasonable prices
- Proceeds help those in need locally and internationally
- Free furniture pickup service call: 306-665-0102

REHABILITATION SERVICES

Venture Rehabilitation Sciences Group

Address: 109-294 Venture Crescent, Saskatoon, SK, S7K 6M1

Clinic Locations: Saskatoon-6 locations: (Fairlight Dr, Spadina Cr, Venture Cr, Estey Dr, Tweed Ln, Queen St)

Phone: 306-665-1962

Fax: 306-975-0109

Toll Free: 1-866-340-0109

Email: info@venturerehab.ca

Website: www.venturerehab.ca

Hours of Operation (Venture Cr): Monday – Friday 9:00am-5:00pm (other clinic hours vary)

Details:

- Multidisciplinary facility with services in Physical Therapy, Occupational Therapy, Exercise Therapy, medical bridging & specialist consultation
- Orthopedic conditions: muscle & joint pain, post-surgery, arthritis, Osteoporosis, treatment of spinal injuries, Temporal Mandibular Joint (jaw)
- Neurological Rehabilitation: Strokes, Brain Injuries, Concussions, Parkinson's and other
- (Vestibular Rehabilitation) Physical Therapy assessment and treatment of dizziness and balance
- Pelvic Health: male and female for treatment of pelvic pain and incontinence
- Acupuncture, IMS dry needling, Exercise programming
- Cancer care including post mastectomy programs
- Fall and Fracture Prevention Program, Treatment of Balance and dizziness, Occupational Therapy, Home visits

Fees: Please contact the clinic for cost of services and further information

Livewell Cardiac Exercise Program

Address 1: Saskatoon Field House, 2020 College Drive, Saskatoon, SK, S7N 2W4

Address 2: Shaw Centre, 122 Bowlt Crescent, Saskatoon, SK S7M 0L1



Phone: 306-655-4595 (Field House)

306-655-4051 (Shaw Centre)

Email: live-well@saskhealthauthority.ca

Website: http://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/LiveWell-Cardiac.aspx

Hours of Operation:

Field House:

- Monday, Wednesday, Friday 8:00am-11:30am, 12:15pm-2:30pm
- Tuesday and Thursday 8:00am-11:30am
- Monday-Thursday 4:30-7:30pm

Shaw Centre:

- Monday, Wednesday, Friday 8:00am-12:30pm, 1:30pm-3:45pm

Details:

- Trained medical and rehabilitation professionals provide education, exercise and support for individuals/families following a heart attack/bypass operation/angioplasty/stent

Fees: First month: \$30.00 for patient (subsequent months to be decided on) - \$20.00 for support person

Life Mark Health, a facility of Centric Health

Address: 304-3907 8th Street East, Saskatoon, SK, S7H 5M7

Phone: 1-866-266-1780

Email: 8thstreet@lifemark.ca

Website: www.lifemark.ca

Hours of Operation: Monday – Thursday 7:30am-8:00pm; Friday 7:30am-7:00pm

Details:

- Services offered include Physiotherapy, Occupational Therapy, Kinesiology, Vestibular Rehabilitation, Pelvic Health, Bracing, Acupuncture, and Dry Needling, Temporomandibular Joint (TMJ) disorder

Fees: Please contact this clinic for cost of services and further information.



McKerracher Center

Address: 2302 Arlington Avenue, Saskatoon, SK, S7J 3L3

Contact: Access through Centralized Intake Assessors

Phone: 306-655-4590

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- **Rehab Program:** Offers a variety of education skill building, social and recreational groups for persons affected by mental illness and addiction issues.
- **Residential Services Program:** Residential Services facilitates the Mental Health Approved Homes program in the Saskatoon Health Region. The residents are adult persons who face serious challenges as a result of mental illness. The approved home provides a supportive environment based on mutual respect.
- **Adult Family Program:** Provides educational groups and individual support for families affected by mental health and addiction issues.



Nomad Therapies

Address: 210 – 810 Central Avenue, Saskatoon, SK S7N 2G6

Phone: 306-382-2939

Fax: 306-934-2517

Email: info@nomadtherapies.ca

Website: www.nomadtherapies.ca

Hours of Operation: Monday – Friday, 8:00am-5:00pm

Details:

- Services offered include Physical Therapy, Occupational Therapy, Massage Therapy
- Mobile treatments; services brought to you in your home, or wherever you choose
- In-clinic treatments for all services

Fees: Variable, please contact for cost of services and further information

Rehabilitation Services, Saskatoon Health Authority

Address: Saskatoon City Hospital (7th Floor), 701 Queen Street, Saskatoon, SK, S7K 0M7

Phone: 306-655-8175

Fax: 306-986-7222

Website: http://www.saskatoonhealthregion.ca/locations_services/Services/Rehabilitation

Hours of Operation: Monday – Friday: 8:00am-4:30pm (closed over noon hour)

Details:

- Physical, occupational, recreation and Speech/language therapy
- Social worker, psychologist Inpatient/outpatient service



Saskatchewan Association for the Rehabilitation of the Brain Injured, SARBI

Address: 5-501 45th Street West, Saskatoon, SK, S7L 5Z9

Phone: 306-373-3050

Fax: 306-373-3925

Email: saskatoon@sasktel.net

Website: www.sarbi.ca

Hours of Operation: Monday – Friday 9:00am-4:00pm

Details:

- Rehabilitation program, individually designed for traumatically brain injured adults and families
- Each client requires a physician's referral to the program



Saskatoon Pulmonary Rehab Program- Saskatoon Field House

Address: Saskatoon Field House, 2020 College Drive, Saskatoon, SK

Phone: 306-655-4595

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Pulmonary-Rehabilitation.aspx

Hours of Operation: Monday, Wednesday, Friday 8:00am-11:30am; 12:15pm-3:45pm; Monday-Thursday 4:30pm-7:30pm

Details:

- A multidisciplinary treatment method designed to help chronic lung patients
- Involves all aspects of patient care from exercise, medication, education

Fees: \$30/month for participants; \$20/month for support



Saskatoon Pulmonary Rehab Program- Shaw Centre

Address: Shaw Centre, 122 Bowlt Crescent, Saskatoon, SK

Phone: 306-655-4051

Hours of Operation: Monday, Wednesday, Friday 8:00am-12:00pm; 1:30pm-3:30pm

RESOURCES CENTRES

Caregiver Information and Support, Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-652-4411

Toll Free: 1-888-652-4411

Email: info@saskatooncaregiver.ca

Website: www.saskatooncaregiver.ca

Hours of Operation: Monday – Thursday 8:30am-4:30pm (closed over noon hour) Fridays Office closed - Staff work remotely phone 306.652.2255 to leave a message.

Details:

- Resources and information for caregivers and their families, SCOA Aging Positive Resource Centre
- Compassionate listening over the phone
- Workshops and presentations on caregiver information
- Major caregiver summit annually (Caregiver Week)

Fees: No fees, prices to be determined for special events



Saskatchewan Seniors Mechanism

Address: 112-2001 Cornwall Street, Regina, SK, S4P 3X9

Phone: 306-359-9956

Toll Free: 1-888-823-2211

Email: SSM@skseniorsmechanism.com

Website: www.skseniorsmechanism.ca

Hours of Operation: Monday – Friday 9:30am-4:30pm

Details:

- Research and action on issues affecting seniors
- Coordination of resources and projects for seniors including Celebrating Seniors Provincial Volunteer Awards and Age-Friendly Saskatchewan
- Publishes 'Gray Matters'



Saskatoon Tribal Council, Wellness Program and Treaty Office

Address: 335 Packham Avenue, Saskatoon, SK

Phone: 306-956-6100

Website: <https://sktc.sk.ca/wellness/>

Hours of Operation: Monday – Friday 9:30am-4:30pm

Details:

- The Wellness Program is supported by talented and highly qualified health staff, supported by STC Program Managers. Our services have been shaped and guided by the communities we serve.
- Wellness is supported within communities through ceremonies and the incorporation of traditional medicines, guided by community Elders and knowledge keepers.
- The treaty office offers employment opportunities, events, programs, and services

Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Hours of Operation: Monday – Thursday 8:30 - 4:30pm (closed over noon hour) Fridays Office closed - Staff work remotely phone 306.652.2255 to leave a message.

Details:

- Non-profit organization and a community leader in the promotion of dignity, health and independence of older adults through programs, services, and policy advocacy.



- Positive Aging Resource Centre (information and referrals), Positive Aging Drop-In Program, Lifelong Learning Opportunities, Spotlight on Seniors (booths/entertainment), Publications, Speakers Bureau, Volunteer Opportunities, Age-friendly Saskatoon Initiative, Bus Buddy Program, Century Club, Caregiver Information & Support, and Saskatoon Seniors' Globe Walk
- Building Respectful Inclusive Communities (BRIC)
- Planned Giving Program

Fees: \$25.00/year for Individual Full Membership, Individual Associate Membership is free
 \$35.00 Couple membership, \$25.00 Non-Profit membership,
 \$250 Corporate membership

SUICIDE

Mobile Crisis Service

Phone: 306-933-6200

Fax: 306-664-1974

Email: info@saskatooncrisis.ca

Website: www.saskatooncrisis.ca

Hours of Operation: 24 hours daily

Details:

- 24-hour mobile crisis service
- Crisis counseling and intervention, conflict management and referral dealing with suicide intervention, child abuse and neglect, marriage and family problems, drug and alcohol abuse, relapse of a mental illness, problem gambling and older adults/seniors in distress

Suicide Grief Support Saskatoon

Phone: 306-249-5666

Email: suicidegriefsupport@gmail.com

Facebook: @suicidegriefsaskatoon

Hours of Operation: 24-hour Phone Service

Details:

- Left Behind by Suicide; Meets the 1st Tuesday of each month at the WA Edwards Family Centre, 7:30pm-9:00pm, facilitated by survivors.
- A survivor's group for those who have lost someone close through suicide
- Sharing of coping skills
- Personal outreach, 10-12 week support groups facilitated by survivors, one-on-one visits, support groups



TRAVEL / TRANSPORTATION

Wheels of Hope Transportation Services – Canadian Cancer Society

Address: Canadian Cancer Society, 1910 McIntyre Street, Regina, SK, S4P 2R3

Toll Free: 1-888-939-3333

Email: transportation@cancer.ca

Website: www.cancer.ca

Hours of Operation: (Office Hours) Monday – Friday 8:30am-4:30pm



Details:

- Cancer patients requiring transportation to treatment centre can request a driver
- Volunteer drivers offer rides and a friendly face.
- Passengers must be able to get in and out without assistance

Access Transit

Address: 226 23rd Street East, SK, S7K 0W9

Phone: 306-975-3555

Fax: 306-975-3572

Email: accesstransit@saskatoon.ca

Website: www.transit.saskatoon.ca

Booking Hours: Trips can be booked up to 3 days in advance. For 3 day advance bookings, our phone lines open at 9:00am 7 days a week. If less than 3 days in advance or same day booking requests, our phone lines open from 6:30am-10:00pm, Monday – Saturday, 8:30am to 10:00pm on Sundays

Details: *(New users must register for the service)*

- For people who are unable to use the regular transit system with safety and dignity due to mobility or cognitive impairment.
- First accessible door means that we will come to the door to get the person and escort them to the door of their destination. All customers must be waiting at the door for the bus and watching it.

Fees: *(Monthly and annual passes available)*

- Adults, seniors and post secondary students - \$3.00 per trip, children (grade k-8) - \$2.25 per trip, children (grade 9-12) - \$2.75, post-secondary students - \$3.00, children 5 years old and under travel free, rates subject to change.
- Regular transit service fares apply. You can use your monthly bus pass for fare.

Bus Buddy, Saskatoon Council on Aging (SCOA)

Address: 2020 College Drive, Saskatoon, SK, S7N 2W4

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Hours of Operation: Monday – Thursday: 8:30am-4:30pm (closed over noon hour) Fridays Office closed - Staff work remotely phone 306.652.2255 to leave a message.

Details:

- Bus Buddy is a program from the Saskatoon Council on Aging geared to assist seniors to be comfortable using Saskatoon City Transit
- The program provides a safe and personal introduction to using city buses with the assistance of trained and qualified Bus Buddy Volunteers
- Bus Buddy Volunteers are screened and matched up with seniors interested in learning how to use city transit

CAA Saskatchewan

Address: Administration Offices, 200 Albert Street North, Regina, SK, S4R 5E2

Phone: 1-800-564-6222

Email: notify@caask.ca

Website: caask.ca

Details:

- CAA Saskatchewan serves approximately 184,000 Members, from across the province who trust CAA for their everyday lifestyle needs including travel, insurance, automotive, roadside assistance and safety.



- There are many savings, advantages, and valuable discounts available, just by having a CAA membership. The professional and friendly staff working at the 11 CAA Stores in 9 Saskatchewan communities, plus the CAA Car Care Centre at Regina Battery Depot, are available to help.

Fees: CAA (Canadian Automobile Association) Saskatchewan is member based, with varying membership styles and costs available.

Canadian Snowbird Association (C.S.A.)

Address: 180 Lesmill Road, Toronto, ON, M3B 2T5

Phone: 1-416-391-9000

Toll Free: 1-800-265-3200

Fax: 1-416-441-7007

Email: csastaff@snowbirds.org

Website: www.snowbirds.org

Hours of Operation: Monday – Friday 9:00am-5:00pm EST

Details:

- Travel information, auto club, news magazine
- Prescription drug and policies for seniors who are traveling
- Travel insurance, currency exchange program

Fees: \$25.00 annual membership per household

Driver Evaluation Program (DEP)- SHA, Kinetik Rehabilitation Services

Address: Saskatoon City Hospital, 8th Floor, 701 Queen Street, Saskatoon, SK, S7K 0M7

Phone: 306-655-8612

Fax: 306-655-8951

Hours of Operation: Monday – Friday 8:00am-4:30pm

Details:

- Provides a standardized objective assessment to determine a person's ability to safely operate a motor vehicle
- May benefit any person with cognitive, perceptual, physical, or medical limitations that impact their functional ability to drive
- Referrals are accepted from various sources: Health care professionals, family members, third parties such as SGI or WCB

Fees: \$250.00 unless otherwise funded

My Personal Driver

Phone: 306-261-2304

Email: mypersonaldriver@shaw.ca

Website: www.mypersonaldriver.ca

Hours of Operation:

- Services Offered Monday to Friday, between 7:00 am and 5:30pm. Please call if you require service outside of these times.
- Office Hours: Monday – Friday, 8:00am-4:30pm. Please be aware, office is not regularly staffed, please leave a detailed message for a return call

Details:

- We are a small home-based business, specialized in “Standing Bookings” such as recurring weekly or monthly appointments
- We serve independent older adults (55+ years of age) and/or passengers that require special transportation services
- Please contact us a minimum of four (4) to eight (8) hours prior to your desired service time; if possible, prefer to be contacted at least 24 hours in advance
- There is no meter – just an hourly fee, charged in 15-minute increments (a minimum 15-minute booking is required)

- Monthly billing to your credit card is available. Prepaid punch cards are also available, with slightly lower per-trip rates
- Can transport a folded wheelchair if client can transfer

SaskAbilities – Accessible Parking Program

Address: 2310 Louise Avenue, Saskatoon, SK, S7J 2C7

Phone: 306-385-7213

Fax: 306-373-2665

Email: parkingprogram@abilitiescouncil.sk.ca

Website: www.saskabilities.ca

Hours of Operation: Monday – Friday 8:30am-4:30pm (closed 12:00pm-1:00pm for lunch)

Details:

- Successful applicants receive parking permits for parking in designated areas
- Wheelchair signs for businesses that need them are available for purchase

Fees: \$10.00 charge for each permit



Riide

Address: 225 Avenue B North, Saskatoon, SK, S7L 1E1

Phone: 306-652-2222 (call center/dispatch)

Hours of Operation: 24-hour service

Details:

- Wheelchair accessible vans (5 & 7 passenger) new MV-1 and Ford Connects provide a smooth ride
- Arm service provided
- Sedans and larger vans also available - 9 passenger, 12 passenger, 14 passenger vans
- Booking APP

Fees: Regular metered taxi fees



Saskatoon Transit System Services

Address: 226-23rd Street East, Saskatoon, SK, S7K 0J4

Phone: 306-975-3100

Email: transit.services@saskatoon.ca

Website: www.transit.saskatoon.ca

Hours of Operation: Please see details below

Details:

- Regular bus services; low floor accessible service
- Phone & Go – 306-975-7500
- Customer Service – 306-975-3100
- Walk-In Service Centre: Monday-Friday 7:00am-5:30pm, Saturdays and Sundays 10:00am-5:30pm, closed statutory holidays
- Customer Service Centre Info-line: Monday - Friday 7:00am-7:00pm, Saturday 9:00am – 5:00pm, Sundays and statutory Holidays 9:00am-1:00pm & 2:00pm-6:00pm

Fees:

- Adults - \$3.00, Seniors - \$3.00, Students (Gr.9-12) - \$2.75, Children (Kindergarten-Gr.8) - \$2.25, Children under 5 free, exact fare required
- Senior bus passes - \$313.30/ year (July-June), \$168/ six months (July-Dec or Jan-June), \$87.00/ three months, \$29/ month (\$5.00 charge for new card)
- Fares subject to change



SGI - Saskatchewan Government Insurance

Address: 623 2nd Avenue North, Saskatoon, SK, S7K 2C7

Toll Free: 1-844-855-2744

Website: www.sgi.sk.ca

Hours of Operation: Monday – Saturday 8:00am – 5:00pm

Exams:

- Road tests Monday – Saturday 8:00am – 5:00pm
- Written Tests Monday-Saturday 8:00am-4:00pm

Details: Vehicle insurance, driver abstracts, driving examinations, permits, vehicle registrations, driver's license

Via Rail Canada Inc.

Address: P.O. Box. 8116, Station "A", Montreal, QC, H3C 3N3

Toll Free: 1-888-842-7245 or TTY 1-800-268-9503 (hearing impaired)

Website: www.viarail.ca

Hours of Operation: Monday to Sunday : 7am to 11pm Eastern Time.

Details:

- 10% discount on adult fare for 60+ (restrictions apply)
- Other promotions offered throughout the year



VISION

CNIB- Vision Loss Rehabilitation

Address: 1149 8 St E Saskatoon, SK S7H 0S3

Phone: 306-374-4545

Toll Free: 1-844-887-8572

Fax: 306-955-6224

Website: <https://sk.visionlossrehab.ca/en>

Hours of Operation: Monday – Thursday 8:30am-4:30pm

Details:

- Individual and family counseling relating to vision loss
- Rehabilitation teaching helps an individual adjust and maintain independence
- Orientation and Mobility Training: working on a 1 on 1 basis to help an individual develop independent travel skills and white cane techniques
- Sight Enhancement: assists partially sighted people in using their remaining vision more effectively
- Assistive Technology: professional consultations and demonstration of a variety of high and low-tech devices
- Career development and employment, lending library services, sales room with different aids for the visually impaired
- Independent Living Skills



FYI Doctors

Address 1: 30-2325 Preston Avenue, Saskatoon, SK. S7J 2G2

Phone: 306-477-7776

Fax: 306-477-7782

Website: www.fyidoctors.com

Hours of Operation: Monday – Saturday 9:00am-5:00pm, closed holidays

Address 2: 308-3907 8th Street East, Saskatoon, SK

Phone: 306-931-3937

Hours of Operation: 8:00am-5:00pm Monday- Friday

Address 3: 242 21st Street East, Saskatoon, SK

Phone: 306-244-7959

Hours of Operation: 8:00am-5:00pm, closed 12:00pm- 1:00pm Monday- Friday

Address 4: 407 1st Avenue North, Saskatoon, SK

Phone: 306-652-4374

Hours of Operation: 8:00am-5:00pm Monday- Friday; Saturday 8:30am-4:30pm

Address 5: 3301 22nd Street West, Saskatoon, SK

Phone: 306-683-4374

Hours of Operation: 8:30am-5:00pm Monday- Friday

YARD WORK AND RENOVATIONS

EGADZ

Address: 485–1st Avenue North, Saskatoon, SK S7K 1X5

Phone: 306-931-6644

Website: <https://www.egadz.ca/>

Details:

- Yard care/maintenance call for more information

Crocus Co-op

Address: 135 Avenue B South, Saskatoon, SK, S7M 1M2

Phone: 306-477-2969

Fax: 306-477-2962

Website: www.crocuscooperative.org

Hours of Operation: Monday – Friday 9:00am-4:00pm

Details:

- Yard waste removal, dump hauls, snow removal, fall & spring clean-up, rototilling, lawn aeration & vacuuming, power raking, window washing and tactile work



Services for Seniors, Saskatoon

Address: 103, 115-19th Street East, Saskatoon, SK, S7K 7Y8

Phone: 306-668-2762

Email: saskatoonservices4seniors@sasktel.net

Website: www.saskatoonservicesforseniors.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Saskatoon Services for Seniors is a non for profit organization that supports older adults (55+), seniors and physically challenged individuals to age-in-place
- Home Helper: housekeeping, organization, laundry
- Yard Work: grass cutting, raking, gardening, snow shoveling
- Home maintenance referrals for minor home repairs
- Volunteer tax preparation over the phone or drop off
- Grocery shopping and delivery

Fees: Service fees ranging from \$20/hr to \$35/hr depending on the services required. Membership: \$10.00/year (expires April 30th each year)

Handy Housewives

Address: 206-B Veltkamp Lane, Saskatoon S7T 0S1

Phone: 306-249-9567

Email: contactus@handhousewives.ca

Website: www.handyhousewives.ca

Hours of Operation: Monday – Friday 8:30am-5:00pm

Details:

- Residential cleaning, Laundry and ironing
- Food preparation, Baking, Grocery Shopping
- Environmentally friendly products
- Bonded and Insured

Fees: \$38.00/hr for weekly/bi-weekly service, \$43.00/hr for monthly service, \$45.00/hr for one time service

Heart's Lifestyle Services

Phone: 306-292-5474

Email: yesmoments@sasktel.net

Facebook: @Hearts Lifestyle Services

Details:

- Home and Lifestyle support solutions "Reliable, compassionate, attentive personal assistance delivered from the Heart"
- Transportation - with support
- Companionship - in home or while on outings Shopping and Errands Assist with personal care, meals, scheduling, coordinating tasks, reminders, check-ins, activities, light housekeeping, hobbies and pet care.
- Minimum 1 hour of service

Fees: Hourly and discounted rates for prepaid services, please contact

Homebase Care Services Inc.

Address: 218 Avondale Road, Saskatoon, SK

Phone: (Clay) 306-914-8194 or (Emily) 306-341-3031

Website: <https://homebasecareservices.ca/>

Details:

- Homebase Care Services Inc. provides home care to Saskatoon, Warman, Martensville and surrounding areas.
- Yard Maintenance: shoveling driveways and sidewalks and mowing lawns

Action Plumbing and Heating Ltd.

Address: 119A Cardinal Crescent, Saskatoon, SK

Phone: 306-244-8248

24/7 Phone: 306-227-6668

Email: office@actionplumbing.ca

Website: www.actionplumbing.ca

Details:

- Plumbing, heating, air conditioning, ventilation
- 24/7 emergency services
- Financing options and senior discounts available

Centennial Plumbing, Heating & Electrical

Address: 2630 Millar Avenue, Saskatoon, SK

Phone: 306-500-7392

Website: www.centennialplumbing.com

Details:

- Plumbing Services: drain cleaning, leaks, faucets, gas BBQ and fireplaces, sewer systems, showers, sinks, toilets, tub repair, boiler repair and installation
- Electrical Services: Lighting installation, surge protection, panel upgrades, new outlets and switches, ceil fan installation, video doorbells, smoke/CO/heat/water detectors
- Heating Services: furnace repair, replacement, maintenance, and indoor air quality
- Water heater repair and installation
- AC repair, installation, replacement, and maintenance
- Aging and accessibility bathroom renovations
- Senior discounts available

Arborscapes Tree and Landscape Services LTD.

Phone: 306-222-6494

Email: info.arborscapes@gmail.com

Website: arborscapesltd.com

Details:

- Landscape Maintenance
- Tree Services: Assessments, Pruning, Removals & Spraying
- Landscape Design
- Snow Removal: Residential and Commercial

WEBSITES

<http://www.scoa.ca>

Saskatoon Council on Aging (SCOA)

<http://www.carp.ca>

Canadian Association of Retired Persons

<http://www.todaysseniors.com>

Information to help simplify your life and maximize retirement

<http://www.alcoa.ca>

Active Living Coalition for Older Adults

<http://www.cagacq.ca>

Canadian Association on Gerontology

<http://www.hc-sc.gc.ca>

Health Canada Information Resource

<http://www.pensionersconcerned.ca>

Canadian Pensioners Concerned

<http://www.caregiving.com>

Resources and links related to caregiving

<http://www.cra-arc.gc.ca/seniors>

Canada Revenue Agency: topics for seniors 55+

<http://www.ccsa.ca>

Canadian Centre on Substance Abuse

<http://www.cihi.ca>

Canadian Institute for Health Information

<http://www.unionretiree.ca>

Congress of Union Retirees of Canada

<http://www.road scholar.org>

Non-profit travel organization for older adults

<http://www.eldernet.com>

A seniors' guide to health, housing, legal, financial, retirement, lifestyles, news and entertainment information on the internet

<http://www.extendedcare.com/>

Information resource for seniors on-line services and information

<http://www.fifty-five-plus.com>

Fifty-Five Plus Magazine

www.rcmp-grc.gc.ca/scams-fraudes

Fraud Information RCMP Site

<http://www.fsna.com>

National Association of Federal Retirees

<http://www.gov.sk.ca>

Government of Saskatchewan on-line services and information

<http://www.grandtimes.com>

Grand Times, a unique weekly internet magazine for seniors

www.homefamily.net

Living Simply Site

<http://www.legion.ca>

Royal Canadian Legion

<http://www.nia.nih.gov>

National Institute on Aging

<http://www.safety-council.org>

Canada Safety Council

<http://www.saskatoonhealthregion.ca>

Saskatoon Health Region

<http://www.senior.com>

Online community for seniors

<http://www.seniorscentre.ca>

An interactive website for seniors

<http://www.seniors.gc.ca>

Government of Canada

<http://www.seniornet.org>

Free internet/computer tutorials

<http://www.rcmp-grc.gc.ca/is-si/>

Internet Safety/Protection

<http://www.theseniortimes.com>

Online senior newspaper

<http://www.vac-acc.gc.ca>

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