

# 2017 Seniors Directory

Senior Watch Inc. / CARE-ED Learning.....	634-8906 / 1-800-561-2463
Seniors Medic Alert.....	1-800-668-1507
Shoppers Drug Mart (Crown Street).....	636-9610
Social Development N.B.....	1-866-441-4340
St. Joseph's Community Health Centre.....	632-5537
Tele-Care.....	811
Total Ability Occupational Therapy for Everyone.....	847-0677
Vial for Life.....	643-7174
Vitalaire.....	634-8962
We Care Home Health Services.....	657-2273

## Housing

Carleton Kirk Complex Inc.....	643-7040
Chateau de Champlain.....	633-1195
CMHC.....	1-800-668-2642
Hillcrest Village.....	672-6041
Home Energy Assistance Program.....	1-800-669-7070
Housing Alternatives.....	632-9393
Killam Apartments.....	652-7368
Kings Valley Manor.....	847-5343
Loch Lomond Villa.....	643-7175
Nursing Homes – contact Social Development N.B.....	1-866-441-4340
New Brunswick . Office of the Rentalsman.....	1-888-762-8600
Outflow Mens Shelter.....	658-1344
Saint John Non Profit Housing.....	658-1925
Trinity Bicentennial Apartments.....	763-3183

## Recreation / Leisure / Learning

Boys & Girls Club Saint John .....	634-2011
Canada Games Aquatic Centre.....	658-4715
Carleton Community Centre.....	674-4335
Carleton Community Centre Shuffleboard.....	654-7615
Go-Ahead Seniors Healthy Active Living Program for the 50 Plus Saint John.....	849-1947
Libraries, Fundy Region	
Kennebecasis Valley.....	849-5314
Saint John (Uptown).....	643-7236
Saint John (East).....	643-7250
Saint John (West).....	643-7260
Market Place Wellness Centre (Pickleball, Dancing, Zumba).....	674-4335
New Brunswick Community College (Saint John).....	658-6600
New Brunswick Federation of Senior Citizens.....	1-800-453-4333
Recreation / Leisure, Municipal Departments	
Grand Bay-Westfield, Town of.....	738-6423
Quispamsis, Town of.....	849-5773
Rothesay, Town of.....	848-6606
Saint John, City of.....	658-2908

Royal Canadian Legion, NB Command.....	634-8850
Saint John Arts Centre.....	633-4870
Saint John Learning Exchange.....	648-0202
Saint John Volunteer Centre.....	658-1555
Salvation Army Family and Community Services.....	634-1633
For Information on Seniors' Clubs - Senior's Resource Centre.....	633-8781
Senior Watch Inc / CARE-ED Learning.....	634-8906 / 1 800-561-2463
University of New Brunswick Saint John.....	648-5670
Walks n' Talks.....	672-8601
YMCA.....	693-9622(YMCA)
Zoomers on the Go.....	632-5537

## Transportation

A2BTransportation.....	631-0968
Handi-Bus.....	648-0609
Saint John Transit.....	658-4700

### Thank You To Our Sponsors



Senior Watch provides compassionate, personalized in-home and in-hospital Senior Care, 24/7 in the Saint John area. We are committed to meeting the physical and emotional needs of clients and families ensuring the highest level of care. This is achieved by employing compassionate caregivers who have been trained to the highest standards using a gerontology-based curriculum.

**Call: 634-8906**



**"Because there's no place like home"**

24 Hours a Day/7 Days a Week/365 Days a Year

Providing Services to Seniors & Disabled Individuals in the Privacy of their own Home.  
Qualified Personal Care Aides to meet your Specialized/Recommended care needs, enhancing and strengthening your personal independence.  
Workers are professionally trained, insured & screened to ensure safety and quality.

For a free in-home assessment, call:

**(506) 738-7733**



Seniors Resource Centre  
Saint John NB  
633-8781



Produced By



**Human Development Council**

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## Counselling & Support

Canadian Mental Health Association	
Saint John.....	633-1705
Canadian Red Cross,	
Telephone Reassurance Programs.....	674-6132 / 1-800-588-4881
CHIMO Suicide Crisis Line Inc.....	1 800-667-5005
CNIB.....	634-7277
Community Mental Health Services	
Saint John.....	658-3737
Family Plus / Life Solutions.....	634-8295/1-800-360-3327
Gentle Path Counselling.....	652-7284/1-888-394-4022
Human Development Council - 211NB	
Information on Programs/Services in Saint John.....	633-INFO(4636)
Loch Lomond Villa, Senior's Outreach Centre.....	643-7174
Saint John Mobile Crisis Services.....	1-888-811-3664
Ridgewood Addiction Services (Saint John).....	674-4300
Saint John Deaf and	
Hard of Hearing Services.....	633-0599 / TTY 634-8037
Seniors Resource Centre.....	633-8781
Senior Watch Inc. / CARE-ED Learning.....	634-8906 / 1-800-561-2463
St. Joseph's Community Health Centre.....	632-5537
<b>Legal / Safety/ Food</b>	
AMBULANCE / EMERGENCIES.....	911
Canada Revenue Agency	
Canada Pension Plan / Old Age Security .....	1-800-277-9914
GST/HST.....	1-800-959-1953
Income Tax Enquiries.....	1-800-959-8281
	TTY 1-800-255-4786
Domestic Violence Action Group.....	632-5616
Financial and Consumer Services Commission.....	1-866-933-2222
Fraud – Call the Saint John Police.....	648-3333
Fundy Region Transition House.....	466-4485
Hestia House.....	634-7570
Legal Aid New Brunswick.....	633-6030
Low-Income Seniors Benefit.....	1-800-277-9914
Meals on Wheels	
Community Meals on Wheels Saint John Inc.....	658-1888
Kings Valley Wesleyan Meals on Wheels.....	216-0487
New Brunswick Justice and Consumer Affairs.....	658-2400
Office of the Rentalsman.....	1-888-762-8600
RCMP.....	1-800-665-6663
Rothesay Regional Police Force.....	847-6300
Romero House.....	642-7447
Saint John Food Purchase Club.....	632-5537
Saint John Police Force (Non Emergency).....	648-3333
Salvation Army, Hope Cafe.....	634-1633
Service Canada .....	1-800-622-6232
	TTY 1-800-926-9105

Service New Brunswick - information on provincial government programs and services (e.g. property tax, motor vehicles; disabled parking permits, birth / death certificates).....	658-2500
Social Development N.B.(Affordable Housing, Social Assistance, Long-term Care, Adult Protection).....	1-866-441-4340
Sussex Vale Transition House.....	433-1649
Veterans' Affairs	
English.....	1-866-522-2122
French.....	1-866-522-2022
Volunteer Income Tax Program	
Seniors Resource Centre.....	633-8781
For Other Locations Call Human Development Council.....	633-4636

## Health / Home Care (including Equipment & Relief Care)

Alzheimer Society, New Brunswick.....	1-506-459-4280
Alzheimer Society, Saint John Branch.....	634-8722
Arthritis Society, Saint John Branch.....	1-800-321-1433
Assessments Plus.....	847-7577
Bayshore Home Health.....	633-9588
Bellwether Healthcare Solutions Inc.....	1-866-788-8500
Bobby's Hospice.....	632-5593
Breast Screening - Saint John area (St. Joseph's Hospital).....	632-5566
Canadian Cancer Society, Southern District Office.....	634-6277
Canadian Diabetes Association.....	1-506-452-9009
Canadian Red Cross.....	674-6200 / 1 800-588-4881
Centenary Queen Sq. Care Centre, Adult Outreach Centre.....	657-6681
Darlene's Home Support Services.....	763-3256/738-7733
CNIB.....	634-7277
Extra Mural Program	
Kennebecasis Valley.....	848-4600
Saint John.....	649-2626
Foot Care	
Footech.....	657-0800
Integrity Home Health Services.....	657-1273
Jackie's Foot Care.....	696-7672
Orthopedics Plus.....	633-1312
Senior Watch Inc.....	634-8906
Ther-a-ped.....	632-9397
Harding Medical.....	633-5097
Heart & Stroke Foundation.....	634-1620
Home Hair Care, Gena's Mobile.....	672-3333
Hospitals - including clinics and health centres:	
Ridgewood Veteran's Wing.....	635-2420
Saint John Regional Hospital.....	648-6000
St. Joseph's Hospital.....	632-5555

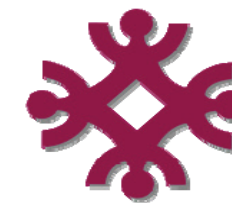
## Medical Clinics:

Crown Street Medical Clinic.....	635-2273
KV Medical Clinic.....	849-2273
Market Place Wellness Centre.....	674-4335
St. Joseph's Community Health Centre.....	632-5537
St. Joseph's Hospital Walk-In/Urgent Care Centre.....	632-5511
West Side Medical Clinic.....	693-2273
Integrity Home Health Service.....	657-1273
King's County Home Care Services Ltd.....	847-5295
AVENIR Hearing (KV).....	847-3030
Kindred Home Care.....	608-0775
Lawtons Home Health Care.....	635-1126
Lifeline	
Saint John Regional Hosp. Auxiliary, Lifeline Program.....	648-6692
Loch Lomond Villa, Seniors Outreach Program.....	643-7174
MedicareNB.....	1-888-762-8600
Apollo Medical.....	693-3330
Meditrust Pharmacy.....	674-4444
Metro Health Services Inc.....	648-6150
New Brunswick Heart Centre.....	648-7782
New Brunswick Prescription Drug & Seniors' Health Benefit Programs -	
.....	1-800-332-3692
Nursing Homes: Call Social Development N.B.....	1-866-441-4340
Parkinson Society.....	1-800-663-2468
Public Health, Saint John.....	658-2454
Quality Respiratory Care Inc.....	638-8401
Red Cross Senior's Rehabilitative Equipment Program.....	674-6200
Riley Home Health Service.....	672-1943

### GOT QUESTIONS?

### GET ANSWERS

*The Community Information Centre is your one stop shop for information on programs and services in Saint John.*



**Call 633-4636  
OR  
Visit  
www.saintjohninfo.ca**

*"The Best Service to find the Right Service"*



**Seniors Information Line:  
1-855-550-0552**