

Learning

New Brunswick Community College (Saint John).....658-6600
 University of New Brunswick, Saint John.....648-5520
 READ Saint John.....633-2011
 Saint John Learning Exchange.....648-0202
 Senior Watch Inc/CARE-ED Learning.....634-8906/1-800-561-2463

Legal Supports

Elizabeth Fry Society (Women).....635-8851
 Family Law Information Centre.....658-2261
 John Howard Society (Men).....657-5547
 Legal Advice Clinic (Gilbert McGloan Gillis).....634-3600
 Legal Aid New Brunswick, Saint John.....633-6030
 New Brunswick Human Rights Commission.....453-2301
 Public Legal Education and Information Services of New Brunswick
1-888-236-2444

Medical Alert

Saint John Regional Hosp. Auxiliary, Lifeline Program648-6292
 Canadian Medic Alert Foundation.....1-800-668-1507
 Vial for Life.....643-7175
 Security Pro.....1-866-366-1072

Recreation/Leisure

Canada Games Aquatic Centre.....658-4715
 Carleton Community Centre.....658-2920
 Go-Ahead Seniors Healthy-Active Living Program for the 50 plus
 Fundy.....1-800-530-4844

Libraries: East Branch.....643-7250
 Main Branch (Market Square).....643-7220
 West Branch.....643-7260
 Kennebecasis Valley.....849-5314
 Samuel de Champlain.....658-4610

Market Place Wellness Centre (Pickleball, Dancing, Zumba).....
674-4335
 Nick Nicolle Community Centre.....658-2980

Recreation/Leisure, Municipal Departments

Grand-Bay Westfield.....738-6423
 Quispamsis849-5778
 Rothesay.....848-6600
 Saint John.....658-2908

Royal Canadian Legion, NB Command.....634-8850
 Saint John Arts Centre.....633-4870
 Saint John and District Shuffleboard League.....654-7615
 Seaside Lawn Bowling Club.....672-1072

Seniors' Resource Centre.....633-8781
 Walks n' Talks672-8601
 YMCA.....632-9622 (YMCA)
 Zoomers On The Go 50+@CarletonCommunity.....674-4307

Social Supports


Canadian Red Cross Community Check-In.....1-888-337-7688
 Centenary Queen Square Centre.....693-8080
 Loch Lomond Villa, Seniors Outreach Program.....643-7175
 Saint John and Fundy Region Seniors Inc.....608-3318
 Salvation Army Family and Community Services.....634-1633
 Seniors' Resource Centre.....633-8781

Transportation

A2B Transportation.....631-0968

Handi-Bus.....648-0609
 Saint John Transit Commission.....658-4700

Navigation Supports:



You've Got Questions, We've Got Answers
 Call 633-4636 or visit www.saintjohninfo.ca

Human Development Council




Seniors Information Line:
 1-855-550-0552

Thank you to our sponsors:



Call: 634-8906/1-800-561-2463
 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.



"We offer a variety of services to assist seniors in concerns of daily living."
 Seniors' Resource Centre
 633-8781

SAINT JOHN & FUNDY REGION SENIORS INC.



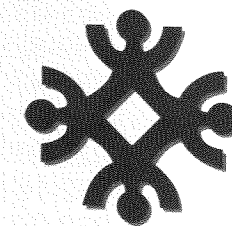
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SENIORS TOGETHER MAKE THINGS HAPPEN.

2019-2020 Seniors' Directory



Produced By:



Human Development Council

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Abuse/Assault

Emergency.....	911
Domestic Violence Outreach.....	632-5616/649-2580
Fundy Region Transition House (Women and Kids).....	466-4485
Hestia House (Women and Kids).....	634-7570
Police (Non-Emergency)	
Kennebecasis Regional Police.....	847-6300
Saint John Police Force.....	648-3200
Sexual Assault Response Team.....	632-5758

Advocacy and Counselling:

Alzheimer Society, New Brunswick.....	1-506-459-4280
Saint John Branch.....	634-8722
Arthritis Society, Info line.....	1-800-321-1433
Canadian Cancer Society, NB Office.....	634-6272
Canadian Mental Health Association, Saint John.....	633-1705
CHIMO Suicide Crisis Line Inc.....	1-800-667-5005
CNIB (Vision Loss Rehabilitation).....	634-7277
Community Mental Health Services, Saint John.....	658-3737
Diabetes Canada.....	1-506-452-9009
Family Plus/Life Solutions.....	634-8295
Gentle Path Counselling.....	652-7284
Heart and Stroke Foundation.....	634-1620
Multiple Sclerosis Society of Canada.....	1-800-268-7582
NB Deaf and Hard of Hearing Services.....	633-0599/TTY 6348037
NB Office of the Ombud.....	1-888-465-1100
NB Office of the Seniors' Advocate.....	1-888-465-1100
Osteoporosis Canada.....	1-416-696-2663
Parkinsons Atlantic Canada.....	1-800-565-3000
Ridgewood Addiction Services (Saint John).....	674-4300
Saint John Mobile Crisis Services.....	1-888-811-3664
Seniors' Resource Centre.....	633-8781
St. Joseph's Community Health Centre.....	632-5537

Financial Assistance

Income Tax Assistance (Year-Round)	
Nick Nicolle Community Centre.....	658-2980
PULSE.....	632-6807
Salvation Army.....	634-7166
Seniors' Resource Centre.....	633-8781
Canada Revenue Agency:	
GST/HST.....	1-800-387-1193
.....	TTY.. 1-800-665-0354
Income Tax Enquiries.....	1-800-959-8281
.....	TTY 1-800-255-4786
Canada Pension Plan-Old Age Security.....	1-800-277-9914
.....	TTY-1-800-926-9105
Credit Counselling Services of Atlantic Canada.....	652-1613
Financial and Consumer Services Commission.....	1-866-933-2222
Fraud-Call the Saint John Police Fraud Unit.....	648-3333
New Brunswick Justice and Consumer Affairs.....	658-2400
New Brunswick Prescription Drug & Seniors' Health Benefit Programs.....	1-800-332-3692
Office of the Public Trustee.....	1-888-336-8383
Veterans Emergency Transition Services (VETS).....	1-888-228-3871
Food	
Food Banks:	
Community Food Basket.....	652-2707
Kennebecasis Valley Food Basket.....	847-5854

Lakewood Headstart Association.....	696-6164
North End Food Bank.....	634-7403
Saint John East Food Bank.....	633-8298
West Side Food Bank.....	635-1060
Food Purchase Clubs/Produce Packs:	
Carleton Community Centre.....	674-4335
Crescent Valley Resource Centre.....	693-8513
Nick Nicolle Community Centre.....	658-2980
PULSE.....	632-6807
St. Joseph's Community Health Centre.....	632-5537
St. Mary's St Bartholomews's Church.....	696-1347

Meals on Wheels:

Community Meals on Wheels Saint John Inc.....	658-1888
Sobeys Home Delivery.....	652-4470
HOPE Mission, RiverCross Church.....	642-8060
Romero House.....	642-7447
Salvation Army.....	634-1633
St. Luke's Church.....	693-4152

Government Departments

Service Canada Passports.....	1-800-567-6868
Service New Brunswick.....	658-2500/1-888-762-8600
Department of Social Development	1-866-441-4340
Home First Program.....	1-877-514-2495
Seniors' Information Line.....	1-855-550-0552
Veterans' Affairs Canada.....	1-866-522-2122
Residential Tendencies Tribunal.....	1-888-762-8600

Health/Home Care

Assessment Plus.....	847-7577
Bayshore Home Health.....	633-9588
Canadian Red Cross, Saint John.....	674-6200/1-800-588-4881
Extra Mural Program: Kennebecasis Valley.....	848-4600
Saint John.....	649-2626
Quality Respiratory Care Inc.....	638-8401
Riley Home Health Service.....	672-1943
Senior Watch Inc/CARE-ED Learning.....	634-8906/1-800-561-2463
Tele-Care.....	811

Prescription Delivery:

Jean Coutu (University Ave).....	696-0000
KV Guardian Drugs/Pharmacy.....	847-7581
Lawtons Home Health Care.....	635-1126
Meditrust Pharmacy, Atlantic Canada.....	1-888-792-3667
Shoppers Drug Mart (Crown Street).....	636-9610

Clinics/Hospitals:

After Hours/Walk-In Clinics:

Crown Street Medical Clinic.....	635-2273
KV Medical Clinic.....	849-2273
Millidgeville Medical Clinic.....	642-3627
University Avenue After Hours Medical Clinic.....	657-9355
West Side Medical Clinic.....	693-2273
Loch Lomond Villa, Seniors Wellness Centre.....	643-7139
Market Place Wellness Centre	674-4335
New Brunswick Heart Centre.....	648-7782
North End Wellness Centre (NEW-C).....	649-2704
Ridgewood Veteran's Health Wing.....	635-2420
Saint John Regional Hospital.....	648-6000
St. Joseph's Hospital.....	632-5555

St. Joseph's Community Health Centre.....	632-5537
Willow Grove Healthcare.....	214-1800

Health Equipment

Metro Health Services.....	648-6150
Red Cross Senior's Rehabilitative Equipment Program.....	674-6200
Tango Medical.....	693-3330
Vitalaire, Saint John.....	634-8962

Foot Care:

Integrity Home Health Service.....	657-1273
Jackie's Foot Care.....	696-7672
Orthopedics Plus.....	633-1312
Senior Watch Inc.....	634-8906
Thera-Ped Foot and Ankle Clinic.....	632-9397

Other:

AVENIR Hearing (KV).....	847-3030
AvenueB Harm Reduction Inc (formerly AIDS SJ).....	652-2437
Bobby's Hospice.....	632-5593
Breast Screening-Saint John (St. Joseph's Hospital).....	632-5566
Centenary Queen Sq. Care Centre, Adult Outreach Centre.....	657-6681
.....	657-6681
Lifemark Total Ability Services Inc.....	847-0677
Medicare NB.....	1-888-762-8600
Public Health, Saint John Office.....	658-2454
RECAP (Hepatitis C prevention and treatment).....	657-5699
Sexually Transmitted Infections Info Line.....	1-877-784-1010

Housing

Independent Living:

Carleton Kirk Lodge Inc.....	643-7040
Chateau de Champlain.....	633-1195
Hillcrest Village.....	721-3518
Parkland Saint John.....	633-7275
Kings Way Care Centre.....	847-1131
Loch Lomond Villa.....	643-7175

Nursing Homes:

Dept. of Social Development for application..	1-866-441-4340
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Subsidized Housing:

Dept. of Social Development.....	1-866-441-4340
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Emergency Shelters and Community Housing Supports:

Coverdale Center for Women.....	634-1649/672-6285
Fresh Start Services for Women/YWCA.....	638-1409
Housing Alternatives.....	632-9393
Outflow Men's Shelter.....	658-1344
Saint John Non Profit Housing.....	658-1925

Notes: