

Call 211 for Additional Information

<p>Alberta has a Seniors Advocate 1-844-644-0682 (toll free) Mon- Fri 8:30am – 4:30pm Closed stat holidays</p> <ul style="list-style-type: none"> • Can help resolve individuals' issues on income, housing, health and social supports 	<p>St. Mark's Lodge 118 stmarkslodge.ca/St-Marks-Manor.html 403-245-8220</p> <ul style="list-style-type: none"> • For 65+ providing affordable accommodations for independent living in a community environment
<p>The Elder Statesmen Group elderstatesmengroup.com 403-265-4492</p> <ul style="list-style-type: none"> • Applications given by appointment in person • Building specifically for low cost seniors housing, suites are all non-smoking, subsidized units available 	<p>Calgary Transitions Services 403-943-1685</p> <ul style="list-style-type: none"> • Senior living home with nurses assistance, government subsidized care • Homecare referral needed through Community Care Access (780-496-1300) with Alberta Health Services
<p>Bishop O'Bryne Housing bobha.com 403-452-0803</p> <ul style="list-style-type: none"> • For 65+ years old • Non-denominational government owned and subsidized for low income seniors • Social inclusion and community engagement programs 	<p>Bow Crescent Senior's Housing calgarywestseniors.ca 403-286-7402</p> <ul style="list-style-type: none"> • Single, couple, and handicap suites available • Lounge area for tenants and social events, in building washer and dryer
<p>Westbourne Baptist Place: Seniors Residence westbourneseniors.com 403-274-8383</p> <ul style="list-style-type: none"> • Independent living complex with exercise classes, salon, parking, and on-site laundry • Run by a not-for-profit Christian based organization 	<p>Trinity Place Foundation http://tpfa.ca/ 403-269-3183</p> <ul style="list-style-type: none"> • For those 60+, Offers independent living, assisted living, and graduated care options in a variety of room types • Encourages active living and socializing with peers, many properties have on-site social workers to help find resources and navigate healthcare systems
<p>Bow Centre Housing Society 403-288-3626</p> <ul style="list-style-type: none"> • Retirement home for rentals and leases • For low-income seniors in independent living, no subsidy available • Single bedroom suites only • Contact bowcentreplace@shaw.ca for more info 	<p>Calgary Heritage Housing 403-286-7402</p> <ul style="list-style-type: none"> • Assist and advise tenants in obtaining community based support services, help maintain a healthy and functionally independent lifestyle • Working with low and moderate income seniors

<p style="text-align: center;">Silvera for Seniors silvera.ca 403-276-5541</p> <ul style="list-style-type: none"> • Independent and supportive living options available, buildings available in all four quadrants of the city • For low income living options for seniors • Mobility support programs for wheelchairs, programs for dementia, and active aging activities 	<p style="text-align: center;">Kerby Centre kerbycentre.com 403-265-0611</p> <ul style="list-style-type: none"> • For 55+ years old, provides assistance to seniors through adult day support programs, recognize and report elder abuse, assist with housing issues, and doing in facility activities like bridge, movie nights, and ping pong • Has supports and in home visits to help seniors stay in their home through grocery delivery, medication pick up, and supportive visits
<p style="text-align: center;">Bethany Care Society Bethanyseniors.com 403-210-4600</p> <ul style="list-style-type: none"> • <u>Toll-free:</u> 1-888-410-4679 • For 55+ years old • Offering Independent Living, Supportive Living, and Continuing Care options • Multiple locations across the city • Also provides Adult Day Programs that include social, physical, intellectual, and spiritual openings for seniors living in the community 	<p style="text-align: center;">The Drop-In Centre: Bridgeland Manor calgarydropin.ca/service-volunteer/affordable-housing/ 403-266-3600</p> <ul style="list-style-type: none"> • Independent living environment for senior homeless individuals in • Subsidized pre-furnished apartments with supportive living programs to strengthen independence • Assistance with meals, laundry, transportation, recreation, medication

TO ADD: <https://www.calgaryseniors.org/>

St. Mark's Lodge 118
(403) 245-8220

- For 65+ providing affordable accommodations for independent living in a community environment

The Elder Statesmen Group
(403) 265-4492

- Applications given by appointment in person
- Building specifically for low cost seniors housing, suites are all non-smoking, subsidized units available

Calgary Transitions Services
(403) 943-1685

- Senior living home with nurses assistance, government subsidized care
- Homecare referral needed through Community Care Access with Alberta Health Services

Westbourne Baptist Place: Seniors Residence
(403) 274-8383

- Independent living complex with exercise classes, salon, parking, and on-site laundry
- Run by a not-for-profit Christian based organization

Trinity Place Foundation
(403) 269-3183

- For those 60+, Offers independent living, assisted living, and graduated care options in a variety of room types
- Encourages active living and socializing with peers, many properties have on-site social workers to help find resources and navigate healthcare systems

Bethany Care Society
1-888-410-4679

- For 55+ years old
- Offering Independent Living, Supportive Living, and Continuing Care options
- Multiple locations across the city
- Also provides Adult Day Programs that include social, physical, intellectual, and spiritual openings for seniors living in the community

The Drop-In Centre: Bridgeland Manor
(403) 266-3600

- Independent living environment for senior homeless individuals in
- Subsidized pre-furnished apartments with supportive living programs to strengthen independence
- Assistance with meals, laundry, transportation, recreation, medication

Alberta has a Seniors Advocate
1-844-644-0682 (toll free)

- Mon- Fri 8:30am – 4:30pm Closed stat holidays
- Can help resolve individuals' issues on income, housing, health and social supports.

Bishop O'Bryne Housing
(403) 452-0803

- For 65+ years old
- Non-denominational government owned and subsidized for low income seniors
- Social inclusion and community engagement programs

Bow Crescent Senior's Housing
<http://calgarywestseniors.ca>
(403) 277-4007

- Single, couple, and handicap suites available
- Lounge area for tenants and social events, in building

Silvera for Seniors
(403) 276-5541

- Independent and supportive living options available, buildings available in all four quadrants of the city
- For low income living options for seniors
- Mobility support programs for wheelchairs, programs for dementia, and active aging activities

Calgary Heritage Housing
(403) 286-7402

- Assist and advise tenants in obtaining community based support services, help maintain a healthy and functionally independent lifestyle
- Working with low and moderate income seniors

Kerby Centre
(403) 705-3230

- For 55+ years old, provides assistance to seniors through adult day support programs, recognize and report elder abuse, assist with housing issues, and doing in facility activities like bridge, movie nights, and ping pong
- Has supports and in home visits to help seniors stay in their home through grocery delivery, medication pick up, and supportive visits

Bow Centre Housing Society
(403) 288-3626

- Retirement home for rentals and leases
- For low-income seniors in independent living, no subsidy available
- Single bedroom suites only