

SENIORS GUIDE



UPDATED: MAY 2, 2024

The Seniors Information Guide strives to be as complete a guide as possible; we acknowledge that some services and agencies in the Town of Stony Plain and area may not be included.

If you would like your group/organization included in the resource or if there are any errors or omissions, let us know.

Note that the resources listed within have not been screened by and are not endorsed by the Town of Stony Plain.

*Town of Stony Plain,
Community and Social
Development*

*107, 4613-52 Ave. Stony Plain
Phone: 780-963-8583
connect@stonyplain.com
www.stonyplain.com/csd*



TO OUR SENIORS

The Town of Stony Plain welcomes, recognizes and appreciates diversity.

All residents and visitors add to the social, cultural and economic vibrancy of Stony Plain – this includes Seniors.

Seniors make a difference in our community every day.

From supporting family members and friends, to assisting charities and volunteering. Seniors are deeply involved in our community and their contributions benefit residents of all ages.

*“Grow old along with me!
The best is yet to be.”*

~Robert Browning

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TURNING 65

Remember to file a tax return before April 30.

FEDERAL GOVERNMENT

Service Canada 1-800-277-9914
www.servicecanada.gc.ca

Apply at least six months before your 65th birthday

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

PROVINCIAL GOVERNMENT

Alberta Supports Contact Centre..... 1-877-644-9992
www.health.alberta.ca

Apply three months before your 65th birthday.

- ☐ Seniors Financial Assistance:
 - Alberta Seniors Benefit
 - Senior Dental Assistance
 - Seniors Optical Assistance
 - Education Property Tax Assistance for Seniors
 - Special Needs Assistance for Seniors



ALBERTA BLUE CROSS

Alberta Blue Cross 1-800-661-6995

www.ab.bluecross.ca

Apply for coverage for seniors for prescription medications.

☐ *Proof of Age Declaration form*

attach one of the following: birth certificate, passport, Canada Entry document, Old Age entitlement letter, or baptismal certificate.

Alberta Health 780-427-1432

www.health.alberta.ca

For a list of registries or to print a Proof of Age Declaration



MEDICAL

WESTVIEW **HEALTH CENTRE**

4405 South Park Drive,
Stony Plain

*Assists Albertans to achieve and
maintain health, well-being and personal
independence:*

- *WestView Geriatric Assessment Team*
- *Assessments for supported living*
- *Assessments for nursing and personal care*
- *Palliative Care*
- *Adult Day Support Program*
- *Medical equipment in the home*
- *Social Worker*

Switchboard	780-968-3600
Diagnostic Imaging/X-ray.....	780-968-3671
Laboratory.....	780-968-3684
Mental Health	780-963-6151
Nutrition.....	780-735-4963
Public Health Nursing	780-968-3700
Social Worker	780-968-3737
Volunteering.....	780-968-3668



One number.
All your health advice.

811 Health Link
Health Advice 24/7

 MyHealth.Alberta.ca



 Alberta Health Services

Healthy Albertans.
Healthy Communities.
Together.

 100%

MyHealth.Alberta.ca/811

CLINICS

Amaris Medical Centre.....	780-968-6888
<i>5012-50 Street, Stony Plain</i>	
Care Connect Medical Clinic	587-980-0900
<i>103, 4620-48 Street, Stony Plain</i>	
Family Medicine Clinic	780-963-6545
<i>5423-48 Street, Stony Plain</i>	
Lily Medical Clinic	780-968-9756
<i>5106-50 Street, Stony Plain</i>	
Main Street Medical Clinic	780-963-4391
<i>108, 5106-50 Street, Stony Plain</i>	
Meridian Medical Clinic.....	780-963-7800
<i>3, 4402-37 Street, Stony Plain</i>	
South Park Medical Clinic	780-862-0935
<i>Unit #501 4300 South Park Drive, Stony Plain</i>	

My Doctor is: _____

Clinic: _____

Phone Number: _____

COMMUNITY CARE ACCESS

AKA HomeCare780-496-1300

Home living, Day Programs, Comprehensive Home Option of Integrated Care for the Elderly, Alberta Aids to Daily Living, Access to Supportive living, Access to Long-Term Care, Edmonton Zone Palliative Care Program.

COMMUNITY CONNECTOR



The graphic features a dark blue background with several light blue circles. In the top left, a circle contains an icon of two hands shaking, with the text "Community Connector" and "FOR OLDER ADULTS" below it. In the center, a large circle lists services: "Community connecting", "Dementia service navigation", "Basic housing resources", "Basic elder abuse resources", "Finding a doctor", "Financial benefits forms assistance", and "Advance care planning". In the bottom left, a circle contains contact information. In the bottom right, there is a logo for the Town of Stony Plain Primary Care Network Westview.

Community Connector
FOR OLDER ADULTS

- Community connecting
- Dementia service navigation
- Basic housing resources
- Basic elder abuse resources
- Finding a doctor
- Financial benefits forms assistance
- Advance care planning

Contact
www.stonyplain.com/csd
107, 4613 - 52 Avenue
Stony Plain, AB T7Z 1E7
connect@stonyplain.com
Direct: 780.963.8583
Fax: 780.963.1951

TOWN OF STONY PLAIN
Primary Care Network
WESTVIEW

ALBERTA BLUE CROSS

Providing health and wellness plans, programs and services on a viable, not-for-profit basis for the financial protection and well-being of our communities.

.....1-800-394-1965

HEALTH



ACUPUNCTURE

Jade Acupuncture.....780-963-8299

105, 4911-50 Street, Stony Plain

Stony Plain Acupuncture780-265-6115

107, 5013-48 Street, Stony Plain

Simplicity Acupuncture & Holistic Health Clinic

5400-50 Street, Stony Plain.....780-591-5595

CHIROPRACTORS

Chiropractic Spinal Care Centre.....780-963-7090

4601-50 Street, Stony Plain

IHC Rehabilitation780-221-4608

52401 Range Road 13, Parkland County

Shiloh Chiropractic Clinic.....780-963-3466

5105-48 Street, Stony Plain

Zahra Gangji Professional.....780-963-4626

109, 3919-49 Avenue, Stony Plain

DENTISTS

- Dentistry by Dekterov.....780-963-4885
400, 4305 South Park Drive, Stony Plain
- Dentistry on Fifth.....780-591-0550
203, 4620-48 Street, Stony Plain
- Lobay Dental Group780-963-6000
220, 4201-28 Street, Stony Plain
- North Stony Dental..... 587-802-3570
270, 4300 South Park Drive, Stony Plain
- Parkland Dental Associates.....780-963-2973
2 F, 5301-50 Street, Stony Plain
- Stony Plain Dental Centre780-963-4626
109, 3909-49 Avenue, Stony Plain
- Trackside Dental.....780-968-2391
109, 3919-49 Avenue, Stony Plain

DENTURIST

- Parkland Aesthetics Denture Clinic780-963-5508
4915A-51 Avenue, Stony Plain
- Rizzoli Denture & Implant Clinic780-591-1800
6, 4504-50 Street, Stony Plain
- Roux Denture Clinic780-591-2260
101, 5101-48 Street, Stony Plain
- Stony Plain Denture Clinic.....780-963-2426
111, 4707-49 Avenue, Stony Plain



FOOT CARE

Family Footcare & Reflexology	780-984-9774
Foot Institute	780-962-3668
Lasting Effects Aesthetics	780-297-3691
Pure Body Spa.....	780-566-7271
Rexall Drugs.....	780-963-5005
Sole Choice Foot Care Ltd.	780-263-7848
Sole Works	780-963-1681
Vagabond Pedicures	780-233-5319
Zita's Pedicure & Massage.....	780-905-5222

HEARING CENTRES

Connect Hearing.....	780-968-7075
Grove Hearing Clinic	780-960-2960
Hearing Life	1-888-445-0785
IHear Unicare	780-968-7747
Living Sound & Hearing Centre	587-786-6157
WestView Health Centre	780-735-3489



MEDICAL ALERT SUPPORTS

Good Samaritan TeleCare	780-431-3630
Lifeline	1-866-754-5775
MediPendant	1-800-262-4239
Priority Care Call.....	780-784-1110
Telus	1-888-505-8008

ADLD APPROVED VENDORS

Main Street Pharmacy	780-963-3728
<i>5106-50 Street, Stony Plain</i>	
Rexall Drugs.....	780-962-2757
<i>505 Queen Street, Spruce Grove</i>	
Stony Plain Wellness & Compounding Pharmacy	780-968-2433
<i>106, 5013-48 Street, Stony Plain</i>	

MEDICAL EQUIPMENT

Alberta Aids for Daily Living.....	780-427-0731
Canadian Red Cross.....	780-342-8588
<i>Health Equipment Loan Program by referral</i>	



OPTOMETRISTS

I-Care Family Vision & EyeCare.....780-968-3030

230, 4300 South Park Drive, Stony Plain

Legacy Eyecare587-206-6293

119, 3003-43 Ave Stony Plain

Stony Plain Eye Centre780-963-5416

5114-50 Street, Stony Plain



PHARMACIES

Anderson Drug (Freson Bros.)780-591-4960

4416-48 Street, Stony Plain

Apollo Drug Store780-968-0066

#800, 4305 South Park Drive, Stony Plain

CO-OP Pharmacy780-963-8432

4917A-50 Avenue, Stony Plain

Medicine Shoppe/Travel Clinic.....780-968-9646

103, 4807-44 Avenue, Stony Plain

Mint Health+Drugs.....780-963-9792

#2, 4402-37 Street, Stony Plain

Mint Health+Drugs.....780-963-3728

5106-50 Street, Stony Plain

My Day Pharmacy780-968-1100

#105, 5101-48 Street, Stony Plain

Rexall Drugs.....780-963-5005

4801-50 Avenue, Stony Plain

Shoppers Drug Mart.....780-963-6946

4300 South Park Drive, Stony Plain

Stony Plain Safeway780-963-2330

4202 South Park Drive, Stony Plain

Stony Plain Wellness &

Compounding Pharmacy780-968-2433

106, 5013-48 Street, Stony Plain



PERSONAL SUPPORTS



COMMUNITY MEALS

Auggies Café780-962-5131

131 Church Rd, Spruce Grove

Tues 11AM-1PM

Food for the Soul.....780-963-3110

49 Boulder Blvd., Stony Plain

1st, 3rd Sat 10AM-1PM

Grace's Table.....780-962-4700

250 Century Road, Spruce Grove

2nd Fri 5-630PM

Community Table780-962-5611

180 Century Road, Spruce Grove

Last Fri of month 5-7PM

apfa Food Rescue Community Fridge.....780-963-0549

5600-50 Street, Stony Plain

FOOD

apfa Food Rescue Community Fridge.....780-963-0549

5600-50 Street, Stony Plain

Edmonton Meals on Wheels 780-429-2020

1111-103 Avenue, Edmonton

Heart to Home Meals780-666-2336

*Nutritious frozen meals made for seniors, free Delivery, accept
Veterans Access to Nutrition Program*

Meals on Wheels..... 587-357-5579

Meals delivered five-days a week at noon.

PK Catering.....780-901-8830

Homemade meals, delivered

Parkland Food Bank Society 780-962-4565 ext. 1

105 Madison Crescent, Spruce Grove

WECAN Food Basket Society 587-338-1101

Discount fresh meat and produce once per month

Westview Health Centre Nutritional Counselling

.....780-735-4963



TRANSPORTATION

Accessible Transportation Service	780-963-5444
Bridge to Care	780-591-1000
Drive Happiness (<i>book in advance</i>)	780-424-5438
Driving Miss Daisy	780-777-9888
Grove Taxi	780-266-8294
M&M's Taxi	780-962-3256
Meadowlark Taxi	780-962-8771
Nascab Taxi.....	780-946-7477
PJ Elite Services	780-920-2284
Serving Hands Senior Care	780-963-1516

SENIORS AFFORDABLE HOUSING

Folkstone Manor (+55).....	780-963-2149
<i>17 Folkstone Place, Stony Plain</i>	
Park View	780-963-2149
<i>5016-52 Ave, Wabamun</i>	

*For a full list of housing options, view the Regional Housing Guide.



SUPPORTED HOUSING

- Community Care Access780-496-1300**
Designated Supportive Living services are provided by Alberta Health Services. This type of housing provides accommodation, 24/7 care and support to seniors and adults with disabilities.
- Copper Skye Lodge780-571-8100**
300 McLaughlin Drive, Spruce Grove
- Good Samaritan Centre780-962-3415**
415 King Street, Spruce Grove
- Forest Ridge Place780-963-2149**
5303-47 Street, Stony Plain
- George Hennig Place.....780-963-3403**
4808-57 Ave, Stony Plain
- Good Samaritan Centre780-963-2261**
4800-55 Ave, Stony Plain Includes: Dementia Care Cottage
- In and Out Home Care780-997-0913**
Assisted living facility providing 24 hours care, meal preparation and medication administration.
- St. Michaels Grove Manor.....780-962-6672**
*600 King Street, Spruce Grove
71-unit supportive living facility*
- Westview Continuing Care780-968-3656**
*4405 South Park Drive, Stony Plain
Complex medical needs and respite care.*
- Whispering Waters Manor780-963-2149**
5303-47 Street, Stony Plain



HOME SUPPORTS

- Annette's Helping Hands.....780-914-6071
Companionship, transportation, errands, housekeeping, personal care.
- Classic Life Care.....780-428-2750
Homemaking, personal care, live in care.
- Comfort Keepers.....780-465-4665
Housekeeping, personal care services.
- Helping Hands780-244-4088
Personal errands, moving transitions, home organization, household duties, yard cleanup, house/pet sitting, Bed Bugs.
- Home Instead Senior Care587-686-8211
Companionship, personal care, transportation, housekeeping, meals
- Nurse Next Door.....780-737-1115
Light housekeeping, companionship, meal preparation, transportation, personal care.
- PJ Elite Services780-920-2284
Personal errands, pick-up/delivery of grocery/medication, personal assistance, residential/yard cleaning, food preparation.
- Senior Living Solution.....780-993-2273
Personal assistance with life demands.
- Serving Hands Senior Care.....780-963-1516
Companionship, transportation, errands, housekeeping, personal care.
- Senior HomeCare by Angels.....780-487-4256
Personal care, errands, medication reminders, shopping, light housekeeping, meal preparation, respite (24-hr/flexible hourly), companionship, wheelchair van.



LAWN & YARD SUPPORTS

A.C.J. Lawn & Snow.....	780-913-8170
Ace of Blades	780-818-5296
<i>Residential lawn, yard maintenance</i>	
Alberta Sod Squad	780-970-4763
<i>Lawn care, snow removal</i>	
All Star Landscaping.....	780-987-8099
Euro Yard Service	780-218-8134
<i>Lawn care, yard maintenance, snow removal</i>	
JC Grove Lawn (snow removal)	780-660-5666
Landscape FX	780-446-2173
<i>Lawn care, snow removal</i>	
L & H Contracting Ltd.....	587-986-3742
<i>Lawn care, snow removal</i>	
Mar-West Maintenance	780-235-8193
<i>Trees, shrubs, grass cutting</i>	
Northern Landscaping Ltd.	780-699-8892
<i>Residential yard maintenance in Parkland County</i>	
NR Property Services	780-966-1701
<i>Lawn, yard, snow, and homecare services</i>	
R&C Acreage & Yard Maintenance	780-991-0260
<i>Mowing, garden tilling and more</i>	
Rehoboth Christian Ministries	780-963-4044
<i>Low-cost lawn mowing, snow removal</i>	



Richard's Carefree Landscaping	780-984-8744
<i>Lawn mowing, garden maintenance, snow removal, firewood, and junk removal</i>	
Ron's Seasonal Services	780-905-5677
<i>Lawn care, snow removal</i>	
The Turf Barber	780-964-7736
<i>Lawn care services</i>	
WayGood Lawn Maintenance Corp	780-719-6813
<i>Power raking, aerating, lawn maintenance</i>	
Willow Lawn & Garden.....	780-910-4765
<i>Lawn care</i>	
627 Landscaping	587-590-5678

DID YOU KNOW...

If eligible, you could qualify for Alberta Seniors and Housing Special Needs Assistance Housekeeping / Yard Maintenance - maximum \$1,226 annually. Call **Alberta Supports Contact Centre** at 1-877-644-9992



RECREATION

*Did you know,
you can borrow
Tri-Leisure passes
from local libraries.*



COMMUNITY PROGRAMS

Stony Plain Public Library780-963-5440

Tri-Community Adult Learning Association (Tri-CALA)
.....780-591-3355

HOBBIES

County Quilters 780-983-8603

Multicultural Heritage Centre780-963-2777
5411-51 Street, Stony Plain

Parkland Potters Guild.....780-963-9573
4912-51 Avenue, Stony Plain

Stony Plain Horticultural Society780-914-2054

Stony Plain&Parkland Pioneer Museum..780-963-1234

Stony Plain Zebra Club780-965-2278

Tri-Regional Men's Shed780-591-3355

*A relaxed and inclusive place to share stories and form
friendships. Tuesdays 2-4PM.*



FITNESS

Meta Fitness & Wellness Center780-915-6132

Seniors Jamboree780-963-8604

5008-51 Avenue

First Sunday of the month (Sept-May), cost \$7

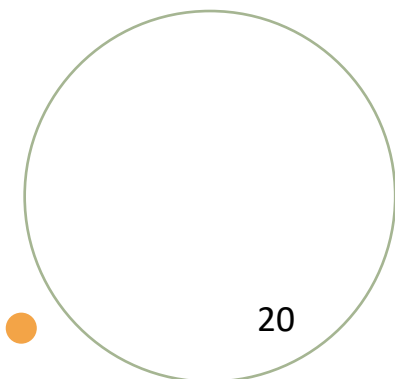
Spruce Grove Curling Club780-962-3222

Westridge Curling Club**currently closed*..... 780-963-3109

Stony Plain Golf Course Seniors Golf780-963-2133

TransAlta Tri Leisure Centre.....780-960-5080

Swimming, weight room, indoor track, skating, floor curling, indoor lawn bowling. No charge for seniors 80 and over.



SERVICE CLUBS

Kinsmen Club of Stony Plain 780-915-6934

Rotary Club of Stony Plain

.....www.stonyplain.rotary5370.org

Royal Canadian Legion #256780-963-9232

Stony Plain Lions Club780-963-4505

SOCIAL PROGRAMS

Holy Trinity Catholic Women's League.780-960-0135

National organization for Catholic women.

Senior Citizens Drop-In Centre 780-963-4707

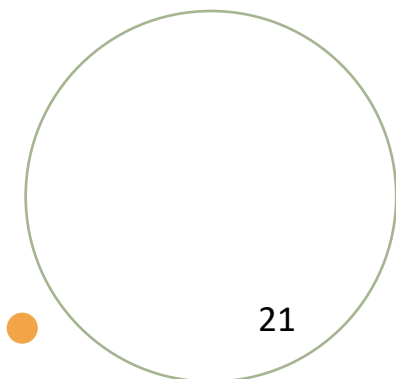
5018-51 Avenue, Stony Plain

Stony Plain Women's Institute780-721-4602

Young at Heart.....780-963-4843

Stony Plain Baptist Church, 5012-51 Ave., Stony Plain

Contact to RSVP, Third Wednesday of the month, hot lunch, followed by entertainment. Cost: \$8)



VOLUNTEERING



ANYONE
CAN
VOLUNTEER

Are you looking for
volunteer opportunities
in our community?

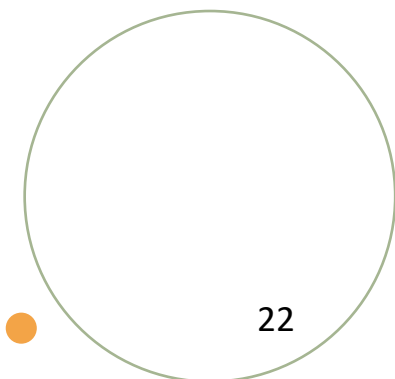
Connect with us!

The Volunteer Centre
www.stonyplain.com/volunteer
780-963-8583
volunteercentre@stonyplain.com



TOWN OF
STONY
PLAIN

Stony Plain & District Health Centre Auxiliary
(Gift Shop).....780-968-3686
5120-43 Avenue, Stony Plain



GOVERNMENT SERVICES



FINANCIAL SUPPORTS

Alberta Seniors.....780-644-9992

PO Box 3100, Edmonton, AB T5J4W3

Seniors with low-income can get financial assistance to help with monthly living expenses

Service Canada 1-800-622-6232

16826-107 Ave NW, Edmonton, AB T7Z1Y1

Assistance with Canada Pension Plan, Old Age Security, Guaranteed Income supplement, Survivor death benefits

Canada Revenue Agency 1-800-959-8281

Veterans Affairs 1-866-522-2122



ELECTED OFFICIALS

Searle Turton, MLA.....780-962-6606

210 McLeod Avenue, Spruce Grove

*Member of the Legislative Assembly Spruce Grove - Stony Plain
Constituency*

Honourable Dane Lloyd, MP 780-823-2050

102, 4807-44 Ave, Stony Plain

Member of Parliament - Stony Plain Office

ADVOCATES

Office of the Ombudsman780-427-2756

Suite 700, 9925-109 St NW, Edmonton

Alberta Advocate for Persons with Disabilities

.....780-422-1095

Office of the Alberta Health Advocates.780-422-1812

MUNICIPALITIES

Parkland County.....780-968-8888

53109A, Highway 799, Parkland County, AB T7Z 1R1

Town of Stony Plain780-963-2151

4905-51 Ave, Stony Plain, AB T7Z 1Y1



LEGAL SERVICES



ESTATE PLANNING

Resource: Alberta Saying Farewell Booklet

<https://open.alberta.ca/publications/9780778570905-2013>

REGISTRIES

Stony Plain Registries780-968-2050

101, 4911-50 Street, Stony Plain

Driving licensing, road tests, vehicle registrations, death certificates



LAW OFFICES

Birdsell Grant..... 587-402-1064

102, 5300-50 Street, Stony Plain

Edmonton Community Legal Centre.....780-702-1725

Free legal information and advice to low/moderate income people in the Edmonton area.

Glenn G. Mcallister..... 780-968-2900

128, 5211-50 Street, Stony Plain

Kay Law and Mediation..... 780-591-0225

102, 4310-33 Street, Stony Plain

The Law Society of Alberta 1-800-661-9003

Referral to a lawyer that can provide you with a free 30-minute consultation.

Legal Aid Society of Alberta 1-866-845-3425

400, 10320-102 Avenue, Edmonton

Stony Plain Courthouse - Wednesday mornings.

Sinclair Law Office780-963-4867

103, 4302-33 Street, Stony Plain



SENIORS CRISIS HELP

MENTAL HEALTH RESOURCES

Access 24/7 Addiction & Mental Health

.....780-424-2424

Grief Supports780-963-8583

National Indian Residential School Crisis Line

..... 1-866-925-4419

Hope for Wellness Help Line..... 1-855-242-3310

ELDER ABUSE



TRI-REGION ELDER ABUSE
Coordinated Community Response

TriRegion Elder Abuse

Coordinated Community Response780-963-8583

Elder Abuse is any action or inaction by those in a trusting relationship that jeopardizes the health or well-being of an older adult.

TREA CCR is a collaborative effort of stakeholders across the Tri-Region to connect vulnerable older adults to supports in a respectful and considerate way.

CRISIS LINES

Alcoholics Anonymous	780-424-5900
BriteLine	1-844-702-7483
Distress Line	780-414-6300
Gamblers Anonymous	780-463-0892
Victim Services (Daytime).....	825-220-2055
Mental Health Helpline	1-877-303-2642
Senior Abuse Helpline	780-454-8888
SAGE Seniors' Safe House	780-423-5510
<i>Shelter for Abused Senior</i>	



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107, 4613-52 Ave
780-963-8583
connect@stonyplain.com
www.stonyplain.com



NEED HELP?
Free. Confidential.
Live Answer 24/7

 Call 2-1-1

 Text INFO to 211

 Chat with 211