

SENIORS GUIDE



UPDATED: MAY 2026

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 780-427-2830

www.health.alberta.ca

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



MEDICAL

WESTVIEW **HEALTH CENTRE**

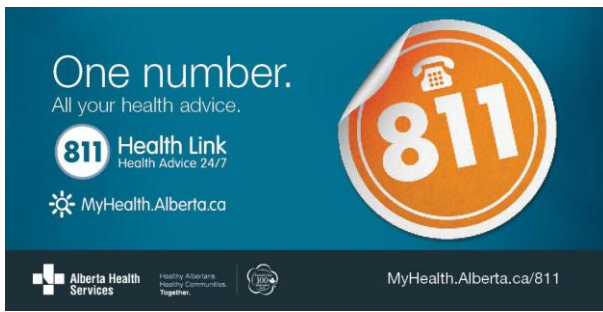
4405 South Park Drive,
Stony Plain

*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.....	780-968-3600





CLINICS

- Amaris Medical Centre.....780-968-6888**
5012-50 Street, Stony Plain
- Care Connect Medical Clinic 780-968-2091**
103, 4620-48 Street, Stony Plain
- Family Medicine Clinic 780-963-6545**
5423-48 Street, Stony Plain
- Lily Medical Clinic 780-968-9756**
5106-50 Street, Stony Plain
- Main Street Medical Clinic 780-963-4391**
108, 5106-50 Street, Stony Plain
- Meridian Medical Clinic..... 780-963-7800**
3, 4402-37 Street, Stony Plain
- South Park Medical Clinic780-862-0935**
Unit #501 4300 South Park Drive, Stony Plain

My Doctor is: _____

Clinic: _____

Phone Number: _____



COMMUNITY CARE ACCESS

Home and Community Care (AHS)780-496-1300

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 overlapping circles in shades of blue and green. In the top left, a circle contains an icon of two hands shaking. Below it, the text reads 'Community Connector FOR OLDER ADULTS'. To the right, a larger circle contains a bulleted list of services. 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.

..... | -800-394-1965





ACUPUNCTURE

Jade Acupuncture.....780-963-8299
105, 4911-50 Street, Stony Plain

Stony Plain Acupuncture & Wellness780-265-6115
5107-50 Street

Simplicity Acupuncture & Holistic Health Clinic
5400-50 Street, Stony Plain.....780-591-5595

5th Meridian Acupuncture
5419 – 47 Street, Stony Plain.....780-932-7879

CHIROPRACTORS

Chiropractic Spinal Care Centre.....780-963-7090
4601-50 Street, Stony Plain

Shiloh Chiropractic Clinic780-963-3466
5105-48 Street, Stony Plain

Dr. Kendyl Muz.....587-989-5250
5004 – 50 Avenue



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 Group587-741-0100
220, 4201-28 Street, Stony Plain
- North Stony Dental..... 780-968-4414
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, 3919-49 Avenue, Stony Plain
- Trackside Dental.....780-968-2391
4707-49 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
Rexall Drugs.....	780-963-5005
Sole Works	780-945-6352
Vagabond Pedicures	780-233-5319

HEARING CENTRES

Connect Hearing.....	780-968-7075
Grove Hearing Clinic	780-960-2960
Hearing Life	780-960-0770
IHear Unicare	780-948-0304
Westview Health Centre	780-735-3489
Stony Plain Hearing Clinic.....	780-968-7747
Amplifon Clinic.....	780-643-2115



MEDICAL ALERT SUPPORTS

Good Samaritan TeleCare	780-431-3600
Lifeline	1--863-9498
MediPendant	1-800-633-2527
Priority Care Call.....	403-568-8844
Telus	1-888-505-8008

ADLD APPROVED VENDORS

Mint Pharmacy Mainstreet	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.....	780-342-8750
<i>Health Equipment Loan Program by referral</i>	



OPTOMETRISTS

I-Care Family Vision & EyeCare.....587-330-3738

230, 4300 South Park Drive, Stony Plain

Legacy Eyecare780-968-9665

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 Safeway780-963-2264
4202 South Park Drive, Stony Plain
- Stony Plain Wellness & Compounding...780-968-2433
106, 5013-48 Street, Stony Plain
- People's Pharmacy.....780-823-1310
118 Genesis Drive, Stony Plain
- Sams Pharmacy.....780-591-4554
5012-50 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
11111-103 Avenue, Edmonton

Heart to Home Meals..... 1-888-777-2219
*Nutritious frozen meals made for seniors, free Delivery, accept
Veterans Access to Nutrition Program*

Meals on Wheels..... 780-963-3396
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 780-413-4525
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	780-997-0035
Grove Taxi.....	780-850-0183
M&M'z 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 Care780-968-1300
*4405 South Park Drive, Stony Plain
Complex medical needs and respite care.*
- Whispering Waters Manor780-963-2149
5303-47 Street, Stony Plain



HOME SUPPORTS

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 Care825-904-4640

Companionship, personal care, transportation, housekeeping, meals

Nurse Next Door.....780-737-1115

Light housekeeping, companionship, meal preparation, transportation, personal care.

StaySure Home Care780-993-2273

Personal assistance with life demands.

Serving Hands Senior Care.....780-963-1516

Companionship, transportation, errands, housekeeping, personal care.

Senior HomeCare by Angels780-487-4256

Personal care, errands, medication reminders, shopping, light housekeeping, meal preparation, respite (24-hr/flexible hourly), companionship, wheelchair van.

DID YOU KNOW...

You may qualify for Alberta Seniors and Housing Special Needs Assistance Housekeeping / Yard Maintenance - maximum \$1,226 annually. Call **Alberta Supports** at 1-877-644-9992



LAWN & YARD SUPPORTS

- A.C.J. Lawn & Snow.....780-913-8170
- Ace of Blades780-818-5296
Residential lawn, yard maintenance
- Alberta Sod Squad780-970-4763
Lawn care, snow removal
- All Star Landscaping.....780-987-8099
- Euro Yard Service780-218-8134
Lawn care, yard maintenance, snow removal
- Landscape FX780-446-2173
Lawn care, snow removal
- L & H Contracting Ltd.587-986-3742
Lawn care, snow removal
- Mar-West Maintenance780-235-8193
Trees, shrubs, grass cutting
- Northern Landscaping Ltd.780-699-8892
Residential yard maintenance in Parkland County
- R&C Acreage & Yard Maintenance780-991-0260
Mowing, garden tilling, snow removal, landscaping and more
- Richard's Carefree Landscaping.....780-984-8744
*Lawn mowing, garden maintenance, snow removal, firewood, and
junk removal*
- Ron's Seasonal Services780-905-5677
Lawn care, snow removal
- The Turf Barber780-964-7736
Lawn care services
- Willow Lawn & Garden.....780-910-4765
Lawn care



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
Red Brick Common.....780-963-2777
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 Club.....780-965-2278
Tri-Regional Men's Shed.....780-591-3355
*A relaxed and inclusive place to share stories and form
friendships. Tuesdays 1-4PM.*



FITNESS

Meta Fitness & Wellness Center780-915-6132

Seniors Jamboree780-963-8604

5008-51 Avenue

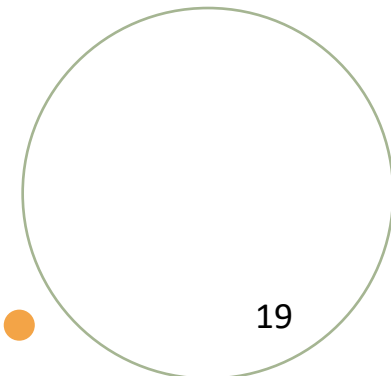
First Sunday of the month (Sept-May), cost \$7

Spruce Grove Curling Club780-962-3222

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.

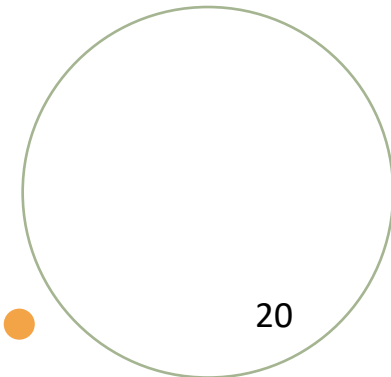


SERVICE CLUBS

- 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
- 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?

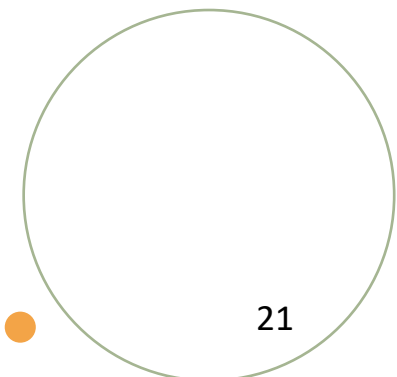
Connect with us!

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

10405 Jasper Ave NW, Edmonton, AB, T5J 3N4

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

Align Law.....780-818-0990
5211 – 50 Street, Stony Plain

Birdsell Grant..... 780-963-8181
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

Legal Aid Society of Alberta 1-866-845-3425
900 Sunlife Place, 10123 – 99 Street, Edmonton, T5J 3H1
Stony Plain Courthouse - Wednesday mornings.

Sinclair Law Office780-963-4867
103, 4302-33 Street, Stony Plain

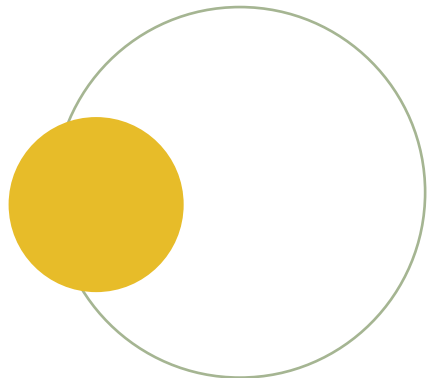
The Law Society of Alberta 1-800-661-9003
Referral to a lawyer that can provide you with a free 30-minute consultation.



MENTAL HEALTH

Access 24/7Addiction & Mental Health.....	780-424-2424
Grief Supports.....	780-963-8583
Community Low-Cost Counselling.....	780-963-8583
Aboriginal Counselling Servies of Alberta...	780-448-0378
Hope for Wellness Help Line.....	1-855-242-3310
Distress Line.....	780-482-4357
Suicide Crisis Line.....	988
National Farmer Crisis Line.....	1-866-327-6701

For additional supports, please contact 780-963-8583



ELDER ABUSE



TRI-REGION ELDER ABUSE
Coordinated Community Response

TriRegion Elder Abuse

Infoline.....780-962-7618

Senior Abuse Helpline (24H).....780-454-8888

Parkland RCMP (Non-Emergency).....825-220-2000

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	1-866-332-2322
BriteLine (2SLGBTQIA+).....	1-844-702-7483
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

211 Alberta

NEED HELP?

Free. Confidential.

Live Answer 24/7

 Call 2-1-1

 Text INFO to 211

 Chat with 211