

Community Directory

REGIONAL AND SPECIAL SERVICES

Seven Oaks/ St. Paul Seniors Links

Connects seniors to community programs and services
1588 Main St.
(204) 339-1701
sevenoaksseniors@gwensecter.com

Jewish Child and Family Service

Older Adult Services.
Suite C200 - 123 Doncaster St. | (204) 477-7430

Jewish Community Seniors Concierge

(431)-877-8541

Access Centre West St Paul

48 Holland Rd
www.Weststpaul.com
(204) 336-0294

HEALTH AND PRIMARY SUPPORTS

A&O: Support for Older Adults

Specialized services for older Manitobans
200 - 280 Smith St.
(204) 956-6440

WRHA Home Care Intake

Winnipeg Regional Health Authority .
4th Floor, 650 Main Street |
(204) 788-8330
www.wrha.mb.ca

211

Connect to community resources
www.mb.211.ca | Call 211

HOME AND PRACTICAL SERVICES

Transit Plus Winnipeg

Transportation for people with mobile impairments
Unit B - 414 Osborne St.
(204) 986-5722

Home Maintenance Program

hmprogram@gnalc.ca |
(204) 806-1303

Kosher Meals on Wheels

Meals delivered in the Winnipeg area.
1588 Main St. |
(204) 339-1701

Meals on Wheels

Meals delivered in the Winnipeg area.
174 Hargrave St,
Winnipeg MB R3C 3N2
(204) 956-7711
www.mealswinnipeg.com

Office Hours

TUES-THUR 9:00-4:00
FRI 9:00-3:00



Gwen Sectar
Creative Living Centre
at Syd Glow Place



Wednesday Lunch Program

Oct 7 Bean & barley soup, potato verenekas, tossed salad Music with Wandering Wayne	Oct 14 Minestrone soup, salisbury steak mashed potaoes and veggies Presentation from Pathways of Care	Oct 21 Vegetable soup, tuna patties, rice and veggies Presentation by Author Henriette Ivanans	Oct 28 Pea Soup, spaghetti with meat sauce and veggies Presentation by The Memory Project						
Nov 4 Lentil soup, begal with lox, cream cheese, tomatoes and cucumber Muisc with Israeli singer Anat Kriger	Nov 11 Closed Closed for Remeberance Day	Nov 18 Minestrone soup, butter milk kugel and tossed salad Muisc with The B-Side Apostles	Nov 25 Pea soup, sweet and sour meatball, rice and veggies Music with Orit Shimoni						
Dec 2 Bean & barley soup,cheese blintzes, tossed salad Hanukkah Party with Rabbi Matthew Leibl	Dec 9 Pea soup, roasted chicken latkes and veggies Music from Scotland with Kevin McIntyre	Dec 16 Minestrone soup, cheese pizza and salad History presentation with Greg Agnew	Dec 23 Lentil soup, hotdog, coleslaw and fries Movie Day						
Dec 30 Vegetable soup, buttermilk kugel and tossed salad New Years Eve Party with Stephanie Bell	<table><tr><th>Luncheon</th><th>Adult Day Club</th></tr><tr><td>11:30-2:30 Price \$15 M \$25 NM Transportation \$10, \$20 NM</td><td>9:30-2:30 Price \$35 M, \$45 NM Includes Transportation</td></tr><tr><td colspan="2">Entertainment and menu subject to change without notice Call to confirm attendance</td></tr></table>			Luncheon	Adult Day Club	11:30-2:30 Price \$15 M \$25 NM Transportation \$10, \$20 NM	9:30-2:30 Price \$35 M, \$45 NM Includes Transportation	Entertainment and menu subject to change without notice Call to confirm attendance	
Luncheon	Adult Day Club								
11:30-2:30 Price \$15 M \$25 NM Transportation \$10, \$20 NM	9:30-2:30 Price \$35 M, \$45 NM Includes Transportation								
Entertainment and menu subject to change without notice Call to confirm attendance									

Gwen Sectar Creative Living Centre gratefully acknowledges the continued support from the following



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

Beneficiary Agency of the Jewish Federation of Winnipeg



1588 Main Street

204-339-1701

www.gwensecter.com

Program and catering available at www.gwensecter.com

Beneficiary Agency of the Jewish Federation of Winnipeg



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg

Membership

Single \$50 | Couple \$95

- Access to all FREE programs
- Preferred member pricing on ALL in-house programs
- Exclusive rates for outings and special events
- Discounts for select community organizations

Membership fees are due in March
Prices are prorated

Drums Alive!

- September 15 to Dec 15
- 14 classes \$96 members
- \$125 non-member
- Drop in \$10 members
- Drop in \$15 non members



Canasta

Tuesday at 1:00 PM

Free for members
\$5 drop-in non-member

Mahjong

Tuesday at 1:00 PM

Free for members
\$3 drop-in non-member



OUTINGS AND SPECIAL EVENTS



Last Thursday/Friday
of the month at Grant
Park Theatre.
Date & Time TBA

Monthly Movie
Matinee



WSO UN-TUXED
Oct 22, Nov 12
At the Concert Hall
Shows start at noon

Cost \$15
Transporation \$20



WJT- The Cut
Thursday Oct 22
7:30pm

Cost TBA
Transportaton \$20



Winnipeg Art Gallery
Nov 26 Afternoon

Cost TBA
Transporation \$20

E.R.I.K.® EMERGENCYRESPONSE INFO KIT

E.R.I.K TELLS FIRST RESPONDERS YOUR
MEDICAL HISTORY, MEDICATIONS,
ALLERGIES AND EMERGENCY CONTACT
WHEN YOU CAN NOT SPEAK FOR YOURSELF



FREE LIFE SAVING TOOL
AVAILABLE AT GWEN SECTOR



KOSHER MEALS ON WHEELS

MEALS DELIVERED TUESDAY- FRIDAY
SERVING SENIORS AND
THE COMMUNITY

APPLICATIONS AVAILABLE
WWW.GWENSECTOR.COM
CONTACT VANESSA (204) 339-7101
INFO@GWENSECTOR.COM



B.A.G. BETTER ACCESS TO GROCERIES

Pick Up Dates
Oct 9 Nov 22 Dec 13

3-1050 Leila
Avenue

Contact
(204) 960-3033
sevenoaksbag@gmail.com

Orders due the
Monday before
the pick up date

\$15



FOOD ACCESS BUS

FREE BUS TO FRESHCO. 1st Tuesday of the Month

Oct 6 Nov 4 Dec 7 2026
Jan 5 Feb Mar 2 April 6
May 4 June 2027



BUS STOPS

959 LEILA AVE.
535 LEILA AVE
133 MATHESON
300 TEMPLETON

Lanny Remis

SPEAKER'S FORUM LUNCHEON



Starting May 7
Thursdays at 11.45
\$20 per person
Contact Sandra att
(204) 888- 8209 to
register



BRUNCH BUS

A FREE BUS TO THE SEVEN OAKS/
ST PAUL BRUNCH CLUB AT CANAD INN
NOV 2 DEC 7 JAN 4 FEB 1

This winter, the
Brunch Bus brings
seniors together to
make new
connections and
learn about supports
for aging well.

BUS STOPS AT
959 LEILA AVE
535 LEILA AVE
1080 POWERS



CALL (204) 339-1701 TO REGISTER
BREAKFAST IS AT YOUR OWN COST

SEVEN OAKS/ST PAUL BRUNCH CLUB

First Monday of the month
Canad Inns Alto's
2100McPhillips
9:30-11:00am



Oct 5-Home Maintenance Program/
Gracefully Lily Estates
Nov 3- Local Fitness Options
Dec 1-Holiday Party

Please Join Us

Sunday November 22, 2026 1-3pm
Gwen Sector Creative Living Centre's
Annual Fundraising Tea

All proceeds support Gwen Sector Creative
Living Centre's food security programs



Please note we will be closed: Nov 11 Dec 25 2026