



Group Meal Programs



Here is a list of seniors' blocks and community centers that offer meals for seniors who live in the community. Many of these locations prefer that you call them in advance to reserve a spot before coming in for a meal. Please note that the companies listed are not necessarily endorsed by your Occupational Therapist or the WRHA. All prices and meal times listed are subject to change. Please call to confirm prices and meal times.

St. James-Assiniboia

Metropolitan Kiwanis Courts

Location: 2300 Ness Ave.

Phone: 885-7700

Description: Three meals a day, 7 days a week for tenants & visitors

Cost: \$5.75 for lunch, \$6.75 for supper

Assiniboine South

Manitoba Eastern Star Chalet

Location: 13-525 Cathcart St.

Phone: 889-3687

Description: Evening meals at 4:30pm Monday & Wednesday. Lunch on Friday at noon.

Cost: \$5 per meal.

River East

Bethania Haus Inc.

Location: 1060 Kimberly

Phone: 654-5041

Description: Dinner available 7 days a week

Cost: \$5 per meal

River East Meal Program

Location: 1100 Henderson Hwy.

Phone: 667-6812 or 338-6284

Description: Lunch available Monday, Wednesday, & Friday

Cost: \$6 per meal

Kinsford Haus Co-op Ltd.

Location: 426 Kingsford Ave.

Phone: 663-2233

Description: Lunch served daily Monday.

Cost: \$5 per meal for tenants and \$8 for guests

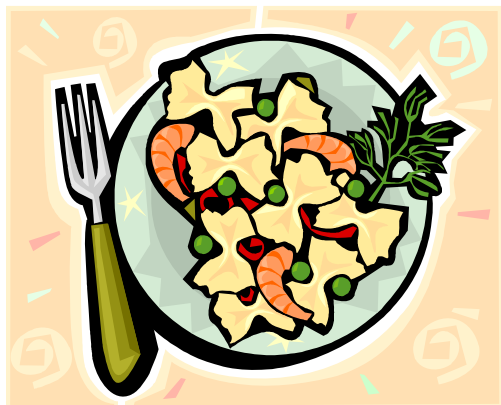
Parkside Plaza Meal Program

Location: 1630 Henderson Hwy.

Phone number: 339-4428

Description: Lunch served Tuesday, Thursday, & Friday at noon

Cost: \$6 per meal



Transcona**Transcona Council for Seniors**

Location: 209 Yale Ave. West

Phone: 222-9879 or 222-5947

Description: Evening meal available Monday & Wednesday at 4pm & lunch available Friday at noon

Cost: \$6 per evening meal (Monday and Wednesday; \$5 per noon meal (Friday)

Seven Oaks**Gwen Sector Creative Living Centre**

Location: 1588 Main St.

Phone number: 339-1701

Description: Hot lunch served Tuesday, Wednesday, & Friday at 11:30am. Cold lunch served Monday and Thursday at 11:30am. All meals are Kosher.

Cost: \$9 per meal. \$11 on Friday

Inkster**Bluebird Lodge Annex – Winnipeg Housing Rehabilitation Corporation**

Location: 97 Keewatin St.

Phone number: 949-6102

Description: Evening meal Monday-Friday at 4:30pm and lunch meal Friday at.

Cost: \$5 per meal

St. Boniface**Chez-Nous Inc.**

Location: 187 Avenue de la Cathedrale

Phone number: 233-7761

Description: Monday-Friday evening meals.

Cost: \$6 per meal or \$60.00 for 10 meals (residents); \$7.50 per meal (non-residents)

Accueili Colombian

Location: 200 Masson St #10

Phone number: 233-0501

Description: Monday-Friday evening meals.

Cost: \$6 per meal or \$60.00 for 10 meals (residents); \$7.50 per meal (non-residents)

Columbus Manor

Location: 100-303 Goulet St.

Phone number: 233-7080

Description: Noon meals Monday-Friday.

Cost: \$3 per meal to eat on site
\$3.50 per meal for take-out

Foyer Vincent Inc.

Location: 200 Horace St.

Phone number: 233-1925

Description: Lunch Monday-Friday at 11:30am.

Cost: \$4.00 per meal

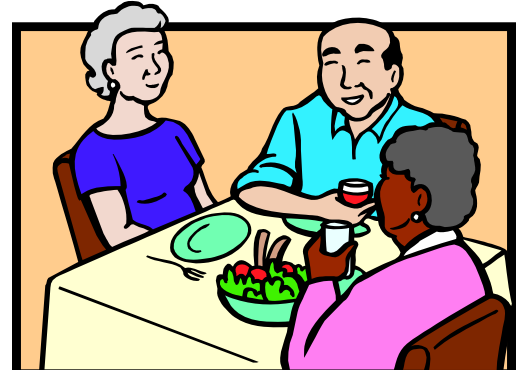
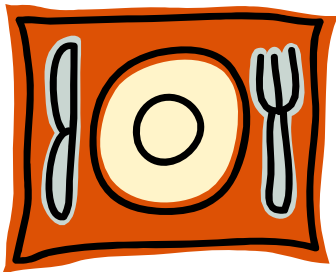
Villa Tache/Place Des Meurons

Location: 120-400 rue Des Meurons

Phone number: 233-5337

Description: Monday, Wednesday, & Friday between 4:30 & 5:00p.m

Cost: \$6 per meal



Downtown

Age and Opportunity:

Stradbrook Senior Center

Location: 400 Stradbrook Avenue

Phone: 956-6490

Description: Mondays, Wednesdays and Fridays at 4:30pm

Cost: \$4.00 for members (yearly membership \$15.00); \$4.50 for non-members.

Autumn House

Location: 790 Wellington Ave.

Phone: 772-5929

Description: Lunch Monday-Friday at noon,

Cost: \$5 per meal (tenants), \$7.00 (guests)

River Heights

Bethel Place

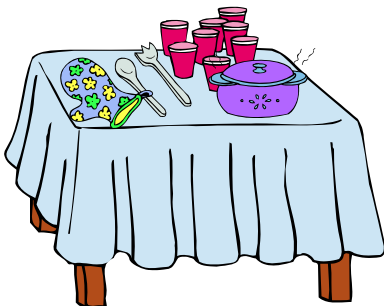
Location: 100-445 Stafford Street

Phone number: 284-3762

Description: Lunch: Monday to Friday between 11:30am to 1:00pm. Supper: Tuesdays & Thursdays at 5:00 pm.

Cost: Lunch: \$7 for non-residents
(\$6 for residents)

Dinner: \$9.50 for non-residents
(\$8.50 for residents)



Fort Garry/Fort Rouge

Fred Tipping Place

Location: 601 Osborne Street

Phone: 474-0642

Description: Noon meals Monday to Friday at 11:30am.

Cost: \$4.00 per meal

The Delmar Meal Program

Location: 100/101 Adamar Rd.

Phone number: 269-6322

Description: Noon meals Mondays, Wednesdays, and Fridays.

Cost: \$6 per meal to eat in or \$6.50 to take-out.

The Wellington

Location: 3161 Grant Avenue

Phone: 831-0788

Description: Lunch and supper are available to residents 7 days a week.

Cost: Lunch: included in rent for residents, \$8.00 for non-residents; Supper: included in the rent for residents, \$15.00 for non-residents

Villa Nova

Location: 1035 Wilkes Avenue

Phone number: 489-8648

Description: Supper available Mondays, Wednesdays and Fridays at 5:00pm.

Cost: \$6.00 per meal

Villa Cabrini

Location: 433 River Avenue

Phone number: 284-2880

Description: Supper Monday to Thursday & Lunch on Fridays.

Note: closed holidays and the first Friday of the month.

Cost: \$6.75 per meal.

Manitoba Housing Authority

Manitoba Housing Authority buildings provide meals for tenants. One fresh, hot meal is served daily, including a beverage and dessert, for \$4. Meal menus are posted every month and you are asked to make a reservation at least 3 hours in advance before serving time. Depending on the kitchen, business hours vary and serving times are either at lunch or supper. Please call the building phone number provided for more information.

<ul style="list-style-type: none"> • 22 Strauss Dr. ○ 945-7459 or 831-1305 	<ul style="list-style-type: none"> • 444 Kennedy St. ○ 945-8496 or 942-6748
<ul style="list-style-type: none"> • 125 Carriage Rd. ○ 945-7459 or 831-7963 	<ul style="list-style-type: none"> • 555 Ellice Ave. ○ 945-1029
<ul style="list-style-type: none"> • 529 Country Club Blvd. ○ 945-7459 or 832-1065 	<ul style="list-style-type: none"> • 340 Princess Ave. ○ 945-1029
<ul style="list-style-type: none"> • 170 Hendon Ave. ○ 831-0122 	<ul style="list-style-type: none"> • 385 Carlton Ave. ○ 945-1029
<ul style="list-style-type: none"> • 101 Marion St. ○ 945-4925 or 233-8560 	<ul style="list-style-type: none"> • 601 Osborne St. ○ 945-1029
<ul style="list-style-type: none"> • 875 Elizabeth Rd. ○ 231-3942 or 946-5042 	<ul style="list-style-type: none"> • 60 Chesterfield Ave. ○ 256-4669 or 945-5042
<ul style="list-style-type: none"> • 515 Elgin Ave. ○ 945-2187 or 775-5456 	<ul style="list-style-type: none"> • 185 Smith St. ○ 945-0172 or 956-4451

