

# Directory of Seniors' Organizations in Alberta



A source for information on  
seniors' organizations across Alberta.

**Alberta**

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## **Introduction**

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The *Directory of Seniors' Organizations in Alberta* is one of many initiatives by the provincial government to keep seniors informed of services and programs that contribute to their well-being and independence. The directory is intended to help Albertans locate programs for seniors that promote active living, limit isolation and help seniors contribute to their community.

This edition of the *Directory of Seniors' Organizations in Alberta* is the first to include information on aboriginal friendship centres. Friendship centres are a valuable source of information for aboriginal seniors and we are pleased to include them in this guide.

### **Directory Criteria**

Organizations included in the directory have met certain criteria. The organizations must be not-for-profit and offer at least one on-going service or activity designed for seniors. Only those organizations that submitted a completed questionnaire were considered for inclusion in the directory.

### **Directory Organization**

The directory contains an alphabetical list of select national and provincial organizations as well as a list of local seniors organizations. An index is included at the back of the directory.

### **Keeping Information Current**

The information contained in this document is subject to change. New organizations emerge and others move or disband. Updates will continue to be made to the website version of the directory, at [www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca). To requests additional copies or to offer updates, please contact Alberta Seniors and Community Supports by mail, telephone or fax:

Alberta Seniors and Community Supports  
Seniors Services Division  
Client and Information Services  
Box 3100  
Edmonton, Alberta T5J 4W3

Tel: 1-800 642-3853  
Fax: (780) 422-8762

### **Acknowledgements**

Thank you to all the organizations that took the time to provide their information.

## Introduction

### Categories Used

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Services and activities described in the directory are listed in categories. The following is a list of the categories with examples:

Arts and Crafts .....	Quilting, painting, woodworking, sewing, craft classes
Clinics .....	Flu, blood pressure, cholesterol, hearing, foot care
Clubs .....	Book, writing, photography, travel groups
Fitness .....	Walking, tai chi, swimming
Food .....	Drop-in tea/coffee, food bank, funeral lunches, potluck dinners, cafeteria
Home Care .....	Meals-on-Wheels, handyman, yard maintenance, shopping assistance, visitation
Information Services .....	Internet access, tax preparation, resource library, form preparation
Instruction .....	Computer classes, English as a second language classes, guest speakers
Legal Services .....	Advocacy, Commissioner of Oaths
Music .....	Choir, sing-along, band
Sport/Recreation .....	Shuffleboard, floor curling, pool, carpet bowling, cards, board games, dancing
Support Services .....	Counselling, help for addictions, widow(er)s, peer support, outreach
Transportation .....	Volunteer drivers, handi-van
Other .....	Other services and activities not included in the above categories

To find out more about the exact nature of programs and services offered, please contact the seniors' organization directly.

## National and Provincial Organizations

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### Alberta 55 Plus

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101-525 11 Ave SW  
Calgary AB, T2R 0C9  
Tel: (403) 297-2703  
Fax: (403) 297-6669

Email: [ascra@telus.net](mailto:ascra@telus.net)  
Website: [www3.telus.net/ascra](http://www3.telus.net/ascra)  
Hours: Mon-Fri: 7:30 am-3:30 pm  
Annual Fee: \$15.00 or \$25.00/2 yrs  
Minimum Age: 55

Alberta 55 Plus (formerly the Alberta Senior Citizens Sport and Recreation Association) provides a social atmosphere for older adults to engage in physical and other activities at the level of their choice.

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### Alberta Association on Gerontology

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100A-1509 Centre St S  
Calgary AB, T2G 2E6  
Tel: (403) 303-6082  
Fax: (403) 233-0295

Email:  
[darlene.bourgeois@calgaryhealthregion.ca](mailto:darlene.bourgeois@calgaryhealthregion.ca)  
Website: [www.aagweb.ca](http://www.aagweb.ca)  
Hours: Mon-Fri: 8:00 am-4:00 pm  
Annual Fee: \$15.00/student, \$20.00/senior,  
\$30.00/individ, \$45.00/org

The Alberta Association on Gerontology provides a vehicle for networking among individuals and organizations that have an interest in aging and older persons. Members receive quarterly newsletters and invitations to educational events and networking functions.

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### Alberta Caregivers Association

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14220 109 Ave  
Edmonton AB, T5N 4B3  
Tel: (780) 447-9301  
Fax: (780) 488-3561  
Email: [admin@albertacaregiversassociation.org](mailto:admin@albertacaregiversassociation.org)

Website: [www.albertacaregiversassociation.org](http://www.albertacaregiversassociation.org)  
Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$20/individual

The Alberta Caregivers Association is a non profit society..

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### Alberta Centre for Active Living

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Flr 3-11759 Groat Rd  
Edmonton AB, T5M 3K6  
Tel: (780) 427-6949  
Fax: (780) 455-2092

Email: [active.living@ualberta.ca](mailto:active.living@ualberta.ca)  
Website: [www.centre4activeliving.ca](http://www.centre4activeliving.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm  
Minimum Age: 18

The Alberta Centre for Active Living works with practitioners, organizations and communities to improve health and quality of life through physical activity.

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### Alberta Council on Aging

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210-14964 121A Ave  
Edmonton AB, T5V 1A3  
Tel: (780) 423-7781  
Fax: (780) 425-9246

Email: [acaging@interbaun.com](mailto:acaging@interbaun.com)  
Website: [www.acaging.ca](http://www.acaging.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$15/household, \$50/orgs, \$100/corps

The Alberta Council on Aging is a province-wide organization of groups and individuals interested in issues related to Alberta's aging population. The group publishes the ACA Newsletter and sponsors the Senior Friendly™ project which educates businesses, government and other organizations on meeting the needs of seniors.

## National and Provincial Organizations

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### Alberta Gerontological Nurses Association

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c/o Education Resource Centre  
Centre 15-1509 Centre St S  
Calgary AB, T2G 2E6  
Tel: (403) 303-6082

Email: [darlene.bourgeois@calgaryhealthregion.ca](mailto:darlene.bourgeois@calgaryhealthregion.ca)  
Website: [www.agna.ca](http://www.agna.ca)  
Annual Fee: \$60.00

Alberta Gerontological Nurses' Association fosters the health of older adults through the promotion of standards, learning, networking and research in gerontological nursing.

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### Alberta Retired Teachers' Association

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408-11010 142 St  
Edmonton AB, T5N 2R1  
Tel: (780) 447-9474  
Fax: (780) 447-0613

Email: [altat@telusplanet.net](mailto:altat@telusplanet.net)  
Website: [www.telusplanet.net/public/altat](http://www.telusplanet.net/public/altat)  
Hours: Mon-Thurs: 9:00 am-3:00 pm  
Annual Fee: \$15.00

The Alberta Retired Teachers' Association (ARTA) offers advice and help for all Alberta retired teachers on issues that affect their well-being. Membership includes a newsletter and access to a group benefits plan.

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### Alberta Seniors Citizens Housing Association (ASCHA)

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9711 47 Ave  
Edmonton AB, T6E 5M7  
Tel: (780) 439-6473  
Fax: (780) 433-3717

Email: [ascha@ascha.com](mailto:ascha@ascha.com)  
Website: [www.ascha.com](http://www.ascha.com)  
Hours: Mon-Fri: 8:00 am-4:30 pm

The Alberta Seniors Citizens Housing Association offers an on-line searchable housing registry and general information on the seniors housing industry.

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### Alzheimer Society of Alberta and NWT

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134-1935 32 Ave NE  
Calgary AB, T2E 7B8  
Tel: (403) 250-1303  
Fax: (403) 250-8241

Website: [www.alzheimer.ab.ca](http://www.alzheimer.ab.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm  
Other Office Locations: Calgary, Edmonton,  
Grande Prairie, Medicine Hat, Lethbridge,  
Red Deer

A not-for-profit organization dedicated to alleviating the personal and social consequences of Alzheimer Disease and related disorders. The society runs a number of critical programs for people with the disease, their families and their caregivers including support groups, education and information sessions, as well as linking participants to community resources.

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### Association of Adult Day Support Programs

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209-10010 107A Ave  
Edmonton AB, T5H 4H8  
Tel: (780) 434-4747  
Fax: (780) 433-3758

Email: [admin.asst@aadsp.ca](mailto:admin.asst@aadsp.ca)  
Hours: Mon-Fri: 8:00 am-4:00 pm

The Association of Adult Day Support Programs strives to help seniors remain independent and to provide caregivers opportunities for time with themselves. The Association provides two adult day support programs and one caregiver support program.

## National and Provincial Organizations

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### Canadian Cancer Society Alberta/NWT Division

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200-215 12 Ave SE  
Calgary AB, T2G 1A2  
Tel: 1-800-611-2262  
Fax: (403) 205-3979

Email: [info@cancer.ab.ca](mailto:info@cancer.ab.ca)  
Website: [www.cancer.ca](http://www.cancer.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm

The Canadian Cancer Society Alberta/NWT Division is a national, community based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life for people living with cancer. The society provides support and education, as well as funding for research on all types of cancer.

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### Canadian Diabetes Association - Northern Alberta & NWT

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1010-10117 Jasper Ave  
Edmonton AB, T5J 1W8  
Tel: (780) 423-1232  
Fax: (780) 423-3322  
Toll Free: 1-800-563-0032

Email: [abinfo@diabetes.ca](mailto:abinfo@diabetes.ca)  
Website: [www.diabetes.ca](http://www.diabetes.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm

The Canadian Diabetes Association-Northern Alberta and NWT region provides information, public awareness, support, referrals and education about diabetes.

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### Canadian National Institute for the Blind

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12010 Jasper Ave NW  
Edmonton AB, T5K 0P3  
Tel: (780) 488-4871  
Fax: (780) 482-0017  
TTY Device: (780) 482-2791  
Toll free: 1-866-459-2648

Email: [alberta@cnib.ca](mailto:alberta@cnib.ca)  
Website: [www.cnib.ca](http://www.cnib.ca)  
Hours: Mon-Fri: 8:30 am-4:30 pm  
Other Office Locations: Calgary, Edmonton,  
Grande Prairie, Lethbridge, Medicine Hat,  
Red Deer

The Canadian National Institute for the Blind (CNIB) provides counselling, sight enhancement, orientation and mobility training, financial support for visual aids, public awareness, braille and talking book library. CNIB services are free to anyone experiencing difficulties as a result of vision loss.

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### Deaf and Hard of Hearing Services

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63 Cornell Road NW  
Calgary AB, T2L 0L4  
Tel: (403) 284-6200  
Fax: (403) 282-7006  
TTY Device: (403) 284-6201  
Toll free: 1-877-711-3447

Email: [reception@dhhs.org](mailto:reception@dhhs.org)  
Website: [www.dhhs.org](http://www.dhhs.org)  
Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm  
Annual Fee: \$19.00/senior, \$25.00/adults  
Minimum Age: 18

Deaf and Hard of Hearing Services (DHHS) is committed to providing services designed to overcome communication barriers caused by hearing loss. DHSS provides support, information, and education, as well as sign language interpretation services.

## National and Provincial Organizations

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### Federal Superannuates National Association

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1904 13 Ave N  
Lethbridge AB, T1H 4W9  
Tel: (403) 328-0801

Email: [fsna18@telus.net](mailto:fsna18@telus.net)  
Hours: Tues-Thurs: 10 am-12 pm (Jul-Aug) Mon-Fri: 10 am-12 pm, 1:30-3:30 pm (Sep-May)  
Annual Fee: \$30.00/single, \$40.20/couple

Provides support to federal government, RCMP and Canadian Forces retirees. Offers volunteer tax return preparation.

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### Heads-Up Fraud Prevention Association

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c/o Edmonton Police – Economic Crimes  
9620 103A Ave  
Edmonton AB, T5H 0H7  
Tel: (780) 877-4323  
Fax: (780) 439-5717 or (780) 421-2286

Email: [info@heads-up.ca](mailto:info@heads-up.ca)  
Website: [www.heads-up.ca](http://www.heads-up.ca)

Develops and delivers fraud prevention information to the public in order to increase awareness and decrease victimization in relation to fraud related activities.

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### Osteoporosis Society of Canada

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162-1402 8 Ave NW  
Calgary AB, T2N 1B9  
Tel: (403) 237-7022  
Fax: (403) 220-1727

Email: [osteoaab@telus.net](mailto:osteoaab@telus.net)  
Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)  
Annual Fee: \$20.00, \$38.00/2 yr

The Osteoporosis Society of Canada educates, empowers and supports individuals and communities in the prevention and treatment of osteoporosis.

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### Parkinson's Society of Alberta

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3Y18-Edmonton General  
11111 Jasper Ave  
Edmonton AB, T5K 0L4  
Tel: (780) 482-8993  
Fax: (780) 482-8969  
Toll free: 1-888-873-9801

Email: [info@parkinsonalberta.ca](mailto:info@parkinsonalberta.ca)  
Website: [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca)  
Hours: Mon-Fri: 8:30-4:30 pm  
Annual Fee: \$25 donation  
Other Office Locations: Calgary, Edmonton

The Parkinson's Society of Alberta provides information, education and support for persons with Parkinson's, their families and caregivers, and health professionals. The Society offers monthly newsletters and a speech education program.

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### Victorian Order of Nurses

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100-4936 87 St  
Edmonton AB, T6E 5W3  
Tel: (780) 466-0293  
Fax: (780) 463-5629  
Email: [info@vonedmonton.ab.ca](mailto:info@vonedmonton.ab.ca)

Website: [www.von.ca](http://www.von.ca)  
Hours: Mon-Fri: 8:00 am-4:30 pm  
Other Office Locations: Calgary, Edmonton, Medicine Hat, Grande Prairie

The Victorian Order of Nurses (VON) provide home health care and support services, community support services and health promotion such as flu and wellness clinics.

## Local Seniors Organizations

### Acadia Valley

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#### Acadia Valley Sunset Club

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Main St 1 Ave N  
Acadia Valley AB, T0J 0A0  
Tel: (403) 972-2153

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Fitness, Food, Music, Sports and Recreation,  
Family Gatherings

### Acme

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#### Acme Seniors

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112 Main St  
PO Box 562  
Acme AB, T0M 0A0  
Tel: (403) 546-3094

Hours: Tues, Thurs, Sat: 12:00-4:00 pm, Wed: 1:00-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Food, Sports and Recreation

### Alberta Beach

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#### Alberta Beach and District Senior Citizens Club

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5012 49 Ave  
PO Box 263  
Alberta Beach AB, T0E 0A0  
Tel: (780) 924-3636  
Fax: (780) 924-3594

Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Sports and Recreation, Social  
Events

### Alliance

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#### Alliance Fun For All Social Club

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PO Box 14  
Alliance AB, T0B 0A0  
Tel: (780) 879-2219

Hours: Wed: 1:00-4:00 pm (Oct-May)  
Annual Fee: \$20.00

Arts and Crafts, Clinics, Fitness, Food, Instruction,  
Sports and Recreation

### Amisk

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#### Amisk Senior Society

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Main St  
c/o PO Box 31  
Amisk AB, T0B 0B0  
Tel: (780) 856-2291

Hours: Tues, Thurs: 2:00-5:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Sports and  
Recreation, Transportation



## Local Seniors Organizations

### Andrew

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#### Andrew Rainbow Club

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PO Box 518  
Andrew AB, T0B 0C0  
Tel: (780) 365-2457

Hours: Tues, Thurs: 10:00 am-12:00 pm  
Annual Fee: \$5.00, \$100.00/lifetime  
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Information, Instruction,  
Legal Services, Music, Sports and Recreation, Support,  
Transportation

### Ardrossan

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#### Ardrossan Seniors Club

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21 Queen St  
PO Box 75  
Ardrossan AB, T8E 2A2  
Tel: (780) 922-3134  
Fax: (780) 922-3743  
Email: ardowling@shaw.ca

Annual Fee: \$10.00, free for 80+  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Sports and Recreation

### Ashmont

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#### Ashmont Seniors

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PO Box 256  
Ashmont AB, T0A 0C0

Hours: Tues: 1:00-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Sports and  
Recreation, Social Events

### Athabasca

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#### Athabasca & District Senior Citizens Society

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4810 48 St  
Athabasca AB, T9S 1V8  
Tel: (780) 675-2982 or (780) 675-4734

Hours: Mon-Fri: 9:00 am-4:00 pm, plus evening  
activities  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Instruction, Music, Sports and Recreation,  
Transportation

## Local Seniors Organizations

### Athabasca

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#### Athabasca Native Friendship Centre Society

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4919 53 St  
Athabasca AB, T9S 1L1  
Tel: (780) 675-3086  
Fax: (780) 675-3063  
Email: wolfler@telus.net  
Website: www.albertafriendshipcentres.ca

Hours: Mon-Fri: 9:00 am-5:00 pm  
Annual Fee: \$3.00/single \$10.00/family

Arts and Crafts, Food, Information, Instruction, Legal Services, Support

### Banff

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#### Banff Senior Citizens Society

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107 Bear St  
PO Box 2194  
Banff AB, T1L 1B9  
Tel: (403) 762-4830  
Fax: (403) 762-4830

Hours: Mon-Fri: 2:00-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Fitness, Food, Music, Sports and Recreation

### Barons

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#### Barons Senior Citizens Society

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Main St  
PO Box 238  
Barons AB, T0L 0G0  
Tel: (403) 757-2022  
Fax: (403) 757-3790

Hours: Mon, Wed, Fri: 1:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Instruction, Sports and Recreation, Transportation

### Barrhead

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#### Barrhead & District Senior Citizens Society

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5437 49 St  
PO Box 4457  
Barrhead AB, T7N 1A3  
Tel: (780) 674-5109

Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Music, Sports and Recreation, Facility Rentals

### Bassano

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#### Pioneer Damsitters Drop-In Centre

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317 2 Ave  
PO Box 268  
Bassano AB, T0J 0B0  
Tel: (403) 641-3604

Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation

## Local Seniors Organizations

### Bawlf

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**Bawlf Senior Citizens Society**

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Hanson St  
PO Box 82  
Bawlf AB, T0B 0J0  
Tel: (780) 373-2566

Annual Fee: \$20.00  
Minimum Age: 45

Arts and Crafts, Clubs, Food, Information, Sports and Recreation

### Beaumont

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**St. Vital Seniors Centre**

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5204A 50 Ave  
Beaumont AB, T4X 1E3  
Tel: (780) 929-2725  
Email: rgosselin@shaw.ca

Hours: Mon-Sat: 9:00-11:00 am, Tues: 1:00-3:00 pm,  
Thurs: 7:00-10:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Clubs, Food, Instruction, Sports and Recreation,  
Transportation

### Beaverlodge

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**Beaverlodge Senior Citizens Association**

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301 10 St  
PO Box 924  
Beaverlodge AB, T0H 0C0  
Tel: (403) 354-3000  
Fax: (403) 354-3000

Hours: Mon-Fri: 9:00 am-3:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Food, Music, Sports and Recreation, Transportation

### Beiseker

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**Golden Years Town and Country Club**

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411 5 St  
PO Box 414  
Beiseker AB, T0M 0G0  
Tel: (403) 947-2664  
Email: henwood@telusplanet.net

Hours: Tues, Thurs: 7:00-10:30 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

### Bellevue

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**Bellecrest Senior Citizens**

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2413 213 St  
PO Box 426  
Bellevue AB, T0K 0C0  
Tel: (403) 564-2939

Hours: Tues: 1:30-4:00 pm, every other Wed: 1:00-4:00 pm  
Annual Fee: \$3.00  
Minimum Age: 55

Clinics, Fitness, Food, Information, Sports and Recreation

## Local Seniors Organizations

### Bellis

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#### Bellis Golden Age Society

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Bellis Recreational & Cultural Centre  
PO Box 66  
Bellis AB, T0A 0J0  
Tel: (780) 636-3780

Annual Fee: \$5.00

Food

### Benalto

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#### Benalto Seniors Leisure Club

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4820 50 Ave  
PO Box 85  
Benalto AB, T0M 0H0  
Tel: (403) 746-3436

Minimum Age: 59

Food, Sports and Recreation

### Berwyn

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#### Berwyn Golden Age Club

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PO Box 355  
Berwyn AB, T0H 0E0  
Tel: (780) 338-3750  
Fax: (780) 338-3750

Hours: Mon-Sat: 12:30-5:00 pm

Annual Fee: \$2.00

Minimum Age: 50

Clinics, Food, Information, Music, Sports and  
Recreation, Transportation

### Big Valley

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#### Big Valley Drop-In Centre

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44 Main St  
PO Box 13  
Big Valley AB, T0J 0G0  
Tel: (403) 876-2349  
Fax: (403) 876-2340

Hours: Tues-Fri: 1:00-4:00 pm, Mon: 7:00-10:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Sports and  
Recreation, Transportation

### Black Diamond

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#### Griffith Memorial Centre

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122 Government Rd S  
PO Box 1024  
Black Diamond AB, T0L 0H0  
Tel: (403) 933-4101  
Fax: (403) 933-4101

Annual Fee: \$6.00

Minimum Age: 55

Food, Sports and Recreation

## Local Seniors Organizations

### Bon Accord

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#### Bon Accord Golden Gems Club

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4916 52 St  
PO Box 472  
Bon Accord AB, T0A 0K0  
Tel: (780) 921-3888 or 921-2427

Hours: Tues: 1:00-4:00 pm  
Annual Fee: \$20.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation, Transportation

### Bonnyville

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#### Bonnyville Canadian Native Friendship Centre

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PO Box 5399  
Bonnyville AB, T9N 2G5  
Tel: (780) 826-3374  
Fax: (780) 826-2540  
Email: bcncfed@incentre.net

Hours: Mon-Fri: 8:30 am-4:30 pm, Summer Hours:  
8:00 am-4:00 pm  
Annual Fee: \$1.00

Arts and Crafts, Food, Information

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#### Bonnyville Senior Citizens Drop-In Centre

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4813 47 Ave  
Bonnyville AB, T9N 1M4  
Tel: (780) 826-3619  
Fax: (780) 826-4032

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Music,  
Sports and Recreation

### Botha

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#### Botha Seniors Activities Club

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4914 50 St  
PO Box 201  
Botha AB, T0C 0N0  
Tel: (403) 742-4333

Annual Fee: \$5.00  
Minimum Age: 40

Arts and Crafts, Food, Sports and Recreation

### Bow Island

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#### Golden Age Club

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206 5 Ave E  
PO Box 151  
Bow Island AB, T0K 0G0  
Tel: (403) 545-2992

Hours: Mon-Sat: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Fitness, Food, Sports and Recreation

## Local Seniors Organizations

### Bowden

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#### Bowden Friendship Club

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2133 18 Ave  
PO Box 496  
Bowden AB, T0M 0K0

Hours: Mon, Wed-Fri: 1:00-5:00 pm  
Annual Fee: \$5.00  
Minimum Age: 40

Clinics, Fitness, Food, Music, Sports and Recreation,  
Transportation

### Boyle

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#### Boyle & District Senior Association

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4908 4 St S  
PO Box 219  
Boyle AB, T0A 0M0  
Tel: (780) 689-4093

Hours: Sun-Fri: 1:00-5:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation, Social Events

### Bragg Creek

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#### Bragg Creek Snowbirds Seniors Fellowship

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19 Balsam Ave  
PO Box 135  
Bragg Creek AB, T0K 0K0  
Tel: (403) 949-3313

Hours: Tues: 9:00 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information,  
Instruction, Music, Sports and Recreation, Support,  
Transportation

### Breton

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#### Breton Golden Age Centre

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5020 50 Ave  
PO Box 306  
Breton AB, T0C 0P0  
Tel: (780) 696-3691

Annual Fee: \$6.00  
Minimum Age: 55

Clinics, Fitness, Food, Information, Sports and  
Recreation, Transportation

### Brocket

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#### Crowlodge Elders - Piikanin Nation

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PO Box 70  
Brocket AB, T0K 0H0  
Tel: (403) 965-3940  
Fax: (403) 965-2214

Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Music, Sports  
and Recreation, Support, Transportation

## Local Seniors Organizations

### Brooks

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#### Prairie Pioneers Club

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511 2 St W  
Brooks AB, T1R 0E8  
Tel: (403) 362-4665

Hours: Mon-Fri: 9:30-11:30 am, 1:30-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Music, Sports and Recreation, Social Events

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#### Seniors Outreach Society

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1D-333 2 St W  
PO Box 1177  
Brooks AB, T1R 1G4  
Tel: (403) 362-4131  
Fax: (403) 362-6736  
Email: seniors.outreach@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care,  
Information, Instruction, Transportation, Outings

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### Bruderheim

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#### Bruderheim Senior Citizens Club

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50 Ave & Queen St  
PO Box 344  
Bruderheim AB, T0B 0S0  
Tel: (780) 796-3055

Hours: Mon-Thurs: 9:45 am-12:00 pm, Tues, Thurs:  
6:45-9:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Fitness, Food, Information, Instruction, Music,  
Sports and Recreation, Support

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### Buck Lake

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#### Buck Lake Seniors Citizens Drop-In Centre

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PO Box 112  
Buck Lake AB, T0C 0T0

Annual Fee: \$1.00  
Minimum Age: 55

Clinics, Fitness, Food, Music, Sports and Recreation,  
Social Events

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### Byemoor

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#### Endmoor Drop-In Society

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PO Box 24  
Byemoor AB, T0J 0L0  
Tel: (403) 579-3980

Annual Fee: \$3.00  
Minimum Age: 45

Clinics, Food, Sports and Recreation

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## Local Seniors Organizations

### Calgary

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#### **+55 Connection**

907-6223 31 Ave NW  
Calgary AB, T3B 3X2  
Tel: (403) 288-8302  
Fax: (403) 288-8319

Email: [homemak@shaw.ca](mailto:homemak@shaw.ca)  
Annual Fee: \$20.00  
Minimum Age: 55 (must be single)

Clubs, Fitness, Food, Social Activities

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#### **Banff Trail Community**

2420 22A St NW  
Calgary AB, T2M 3X7  
Tel: (403) 289-4963

Hours: Wed: 1:00-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clubs, Sports and Recreation

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#### **Bow Cliff Seniors**

608 Poplar Rd SW  
Calgary AB, T3C 2Z7  
Tel: (403) 246-0390  
Fax: (403) 240-3197  
Email: [bcs.admin@shaw.ca](mailto:bcs.admin@shaw.ca)  
Website: [www.members.shaw.ca/  
bowcliffseniors](http://www.members.shaw.ca/bowcliffseniors)

Hours: Mon-Fri: 8:30 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

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#### **Bowmont Seniors Assistance Association**

5000 Bowness Rd NW  
Calgary AB, T3B 0B9  
Tel: (403) 286-1811  
Fax: (403) 202-5641  
Email: [bsaa@telus.net](mailto:bsaa@telus.net)  
Website: <http://bowmontseniors.org/>

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm

Home Care, Information, Support

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#### **Bowness Senior Citizens' Club**

6422 35 Ave NW  
Calgary AB, T3B 2S6  
Tel: (403) 286-4488

Hours: Mon-Fri: 9:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Music, Sports and Recreation



## Local Seniors Organizations

### Calgary

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#### Brentwood Community 55+ Group

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5107 33 St NW  
Calgary AB, T2L 1V3  
Tel: (403) 284-3477  
Email: brntwdca@telusplanet.net  
Website: www.brentwoodcommunity.com

Hours: Wed, Thurs: 1:00-4:00 pm  
Annual Fee: \$12.50  
Minimum Age: 55

Sports and Recreation

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#### Calgary Chinese Elderly Citizens Association

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111 Riverfront Ave SW  
Calgary AB, T2P 4Y8  
Tel: (403) 269-6122  
Fax: (403) 269-1951  
Email: cceca@telus.net  
Website: www3.telus.net/cceca

Hours: Mon-Fri: 9:00 am-5:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Clinics, Clubs, Fitness, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation, Interpretation

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#### Calgary Jewish Community Centre

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1607 90 Ave SW  
Calgary AB, T2V 4V7  
Tel: (403) 444-3169  
Fax: (403) 253-7915  
Email: jpulik@cjcc.ca

Hours: Mon-Thurs: 6:00 am-10:00 pm, Fri: 6:00 am-4:00 pm, Sat: 1:00-9:00 pm, Sun: 8:00 am-9:00 pm  
Annual Fee: \$30.00, Centre Membership \$260.00  
Minimum Age: 55

Clubs, Fitness, Food, Home Care, Instruction, Sports and Recreation

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#### Calgary Kotobuki Society

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2236 29 St SW  
Calgary AB, T3E 2K2  
Tel: (403) 242-4143

Hours: Wed: 10:00 am-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 65

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

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#### Calgary Meals on Wheels

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3610 MacLeod Trail SE  
Calgary AB, T2G 2P9  
Tel: (403) 243-2834  
Fax: (403) 243-8438  
Email: info@mealsonwheels.com  
Website: www.mealsonwheels.com

Hours: Mon-Fri: 7:30 am-3:30 pm  
Annual Fee: \$5.00

Home Care

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## Local Seniors Organizations

### Calgary

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#### Calgary Seniors' Resource Society

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1020-1202 Centre St S  
Calgary AB, T2G 5A5  
Tel: (403) 266-6200  
Fax: (403) 269-5183  
Website: [www.calgaryseniors.org](http://www.calgaryseniors.org)

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$5.00/5 yrs

Home Care, Information, Legal Services, Support,  
Transportation

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#### Calgary Vietnamese Canadian Senior Citizens' Association

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126-4909 17 Ave SE  
1840 47 St SE ☒  
Calgary AB, T2B 1L2  
Tel: (403) 272-2788  
Fax: (403) 272-9830

Hours: Mon-Fri: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Clubs, Fitness, Information, Instruction, Music

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#### Club East Africa

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1306-230 5 Ave SE  
Calgary AB, T2G 0E4  
Tel: (403) 265-7860  
Fax: (403) 266-2181

Minimum Age: 60

Clubs, Food, Instruction, Sports and Recreation

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#### Confederation Park Senior Citizen Centre

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2212 13 St NW  
Calgary AB, T2M 4P7  
Tel: (403) 289-4780  
Fax: (403) 289-2028  
Email: [confedparkscentre@shaw.ca](mailto:confedparkscentre@shaw.ca)  
Website: [members.shaw/confedparkscentre](http://members.shaw/confedparkscentre)

Hours: Mon-Fri: 8:30 am-4:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support, Transportation

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#### Crossroads 50+ Club

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1803 14 Ave NE  
PO Box 37027 Mayland Hts NE  
Calgary AB, T2E 8V1  
Tel: (403) 276-1716

Hours: Mon: 6:30-10:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Clubs, Food, Sports and Recreation

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#### Deer Park Seniors

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77 Deerpoint Rd SE  
Calgary AB, T2J 6W5  
Tel: (403) 271-0650  
Fax: (403) 271-0650  
Email: [gkoz@shaw.ca](mailto:gkoz@shaw.ca)

Hours: Every other Wed: 12:00-2:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Instruction, Legal Services, Music, Support,  
Transportation

## Local Seniors Organizations

### Calgary

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#### Family Leisure Centre Senior's Club

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11150 Bonaventure Dr SE  
Calgary AB, T2J 6R9  
Tel: (403) 278-7542  
Fax: (403) 278-7573  
Email: [alvivbrissette@shaw.ca](mailto:alvivbrissette@shaw.ca)

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Fitness, Food, Sports and Recreation

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#### Glenmore Temple Over 60 Club

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921 68 Ave SW  
Calgary AB, T2V 0N7  
Tel: (403) 253-1700  
Fax: (403) 253-8024  
Email: [office@glenmoretemple.com](mailto:office@glenmoretemple.com)  
Website: [www.glenmoretemple.com](http://www.glenmoretemple.com)

Hours: Every other Wed: 11:00 am-2:00 pm (except in Jul-Aug)  
Annual Fee: \$5.00  
Minimum Age: 60

Arts and Crafts, Food, Music, Bake Sales

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#### Good Companions 50 Plus Club

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2609 19 Ave SW  
Calgary AB, T3E 0E9  
Tel: (403) 249-6991  
Fax: (403) 242-3799  
Email: [goodcompanions@shaw.ca](mailto:goodcompanions@shaw.ca)

Hours: Mon-Fri: 9:00 am-4:30 pm  
Annual Fee: \$20.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Sports and Recreation, Transportation

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#### Greater Forest Lawn Senior Citizens' Society

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3425 26 Ave SE  
Calgary AB, T2B 2P2  
Tel: (403) 272-4661  
Email: [gfls.coord@shawcable.com](mailto:gfls.coord@shawcable.com)

Hours: Mon-Thurs: 8:00 am-4:00 pm, Fri: 8:00 am-12:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

## Local Seniors Organizations

### Calgary

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#### Haysboro 50 Plus Club

1204 89 Ave SW  
Calgary AB, T2V 0W4  
Tel: (403) 255-8293

Hours: Wed: 1:00-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Sports and Recreation

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#### Heritage Seniors

703 Heritage Dr SW  
Calgary AB, T2V 2W4  
Tel: (403) 255-6968

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Instruction,  
Music, Sports and Recreation

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#### Hungarian Senior Club

819 13 Ave SW  
43 Slocan Rd SW ☐  
Calgary AB, T2W 0T1  
Tel: (403) 242-8214  
Email: seiberta@telus.net

Hours: Wed: 10:00 am-3:00 pm  
Annual Fee: \$3.00  
Minimum Age: 60

Food, Sports and Recreation

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#### Huntington Pioneers Association

520 78 Ave NW  
Calgary AB, T2K 0S2  
Tel: (403) 275-4294  
Fax: (403) 275-5227  
Email: pioneers50@telus.net

Hours: Tues, Thurs: 10:00 am-4:00 pm  
Annual Fee: \$20.00  
Minimum Age: 50

Arts and Crafts, Food, Instruction, Music, Sports and  
Recreation

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#### Indo-Canada Senior Citizens Society

5247 Coral Shores Dr NE  
Calgary AB, T3J 3K2  
Tel: (403) 280-3245

Hours: Mon-Fri: 1:00-5:00 pm, Sat: 2:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Fitness, Information, Legal Services,  
Support

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#### Inglewood Silver Threads Association

1311 9 Ave SE  
Calgary AB, T2G 0T2  
Tel: (403) 264-1006  
Email: silthreads@canada.com

Hours: Mon-Fri: 9:30 am-2:30 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Home Care,  
Information, Instruction, Music, Sports and Recreation,  
Support, Transportation

## Local Seniors Organizations

### Calgary

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#### Jewish Family Service Calgary

200-4014 Macleod Trail S  
Calgary AB, T2G 2R7  
Tel: (403) 287-3510  
Fax: (403) 287-3735  
Email: albina@jfsc.org  
Website: www.jfsc.org

Hours: Mon-Thurs: 8:30 am-5:00 pm, Fri: 8:30 am-2:00 pm  
Minimum Age: 50

Information, Legal Services, Support, Resettlement, Assist with Immigration

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#### Kerby Centre

1133 7 Ave SW  
Calgary AB, T2P 1B2  
Tel: (403) 705-3230  
Fax: (403) 705-3211  
Email: housing@kerbycentre.com  
Website: www.kerbycentre.com

Hours: Mon-Fri: 8:00 am-4:30 pm  
Annual Fee: \$15.00  
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Museum of Fashion

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#### Le Club de l'Amitié

1719 5 St SW  
Calgary AB, T2S 2A8  
Tel: (403) 244-2200

Annual Fee: \$5.00  
Minimum Age: 54

Sports and Recreation

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#### Live Wires Seniors Club

Box 86 Site 9, RR 5  
Calgary AB, T2P 2G6  
Tel: (403) 936-2748

Hours: Fri: 12:30-6:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Information, Music, Sports and Recreation

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#### Loma North East Seniors

Marlborough Park Community Centre  
6021 Madigan Dr NE  
Calgary AB, T2A 5G9  
Tel: (403) 248-1775  
Fax: (403) 273-9194

Hours: Wed: 1:00-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Instruction

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#### Marlborough 50+ Club

636 Marlborough Way NE  
Calgary AB, T2A 2V9  
Tel: (403) 272-4883

Hours: Thurs: 12:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Instruction, Sports and Recreation

## Local Seniors Organizations

### Calgary

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#### Metis Seniors Association

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Temple Community Centre  
167 Templegreen Rd NE  
Calgary AB, T1Y 6G3  
Tel: (403) 250-5466

Hours: Mon-Fri: 9:00 am-4:00 pm, every other Sat:  
10:00 am-2:00 pm

Arts and Crafts, Food, Information, Instruction, Support

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#### Montgomery Community Association

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5003 16 Ave NW  
Calgary AB, T3B 0N2  
Tel: (403) 247-3116  
Fax: (403) 247-1535  
Website: [www.mcapeople.ca](http://www.mcapeople.ca)

Hours: Mon-Fri: 9:30 am-3:30 pm  
Annual Fee: \$10.00/seniors \$15.00/family

Food, Home Care, Information, Sports and Recreation

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#### Multicultural Seniors Society of Alberta

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202-1803 35 St SE  
Calgary AB, T2B 0W6  
Tel: (403) 273-7970  
Fax: (403) 273-4334

Hours: Mon-Fri: 8:00 am-5:00 pm  
Minimum Age: 55

Fitness, Food, Home Care, Information, Instruction,  
Legal Services, Sports and Recreation, Support,  
Transportation, Translation

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#### Ogden House Senior Citizens' Club

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2102 69 Ave SE  
Calgary AB, T2C 3Y4  
Tel: (403) 279-2003  
Fax: (403) 279-1009  
Email: [ogden-house@shaw.ca](mailto:ogden-house@shaw.ca)  
Website: [www.ogden50plus.org](http://www.ogden50plus.org)

Hours: Mon-Fri: 8:00 am-4:00 pm  
Annual Fee: \$25.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support, Transportation

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#### Open Door Senior Fellowship of Calgary

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1311 4 St SW  
Calgary AB, T2X 0X9  
Tel: (403) 269-7900  
Fax: (403) 269-4916  
Email: [odsf@telus.net](mailto:odsf@telus.net)

Hours: Mon-Fri: 9:00 am-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support, Transportation, Trips  
and Outings

## Local Seniors Organizations

### Calgary

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#### **Parkdale Nifty Fifties Seniors Association**

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3512 5 Ave NW  
Calgary AB, T2N 0V7  
Tel: (403) 283-0620  
Fax: (403) 283-0602

Hours: Mon-Fri: 8:30 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Sports and Recreation, Support, Transportation

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#### **Prince of Peace Community Seniors Club - 55+ Crusaders**

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243209 Garden Rd NE  
Calgary AB, T1X 1E1  
Tel: (403) 285-2288  
Fax: (403) 285-2855  
Email: info@princeofpeace.ca  
Website: www.princeofpeace.ca or  
www.princeofpeacevillage.ca

Food, Instruction, Sports and Recreation, Outings

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#### **Ramsay Welcome Centre**

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1140 8 St SE  
Calgary AB, T2G 2Z7  
Tel: (403) 263-2277

Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

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#### **Renfrew 50+ Club**

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1318 Regal Cres NE  
Calgary AB, T2E 6Y6  
Tel: (403) 276-4747  
Fax: (403) 276-4746  
Email: renfrewfiftyplusclub@hotmail.com

Hours: Mon-Thurs: 8:30 am-3:30 pm, Fri: 8:30 am-1:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Music, Sports and Recreation, Trips and Outings

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#### **Rosedale Seniors**

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Rosedale Community Hall  
901 11 Ave NW  
Calgary AB, T2M 0C2

Minimum Age: 70

Information, Instruction, Music, Sports and Recreation

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#### **Silver Springs 55 Plus Club**

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6440 Silver Ridge Way NW  
Calgary AB, T3B 3X7  
Tel: (403) 288-0598

Hours: Mon-Thurs: 1:30-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Fitness, Food, Sports and Recreation

## Local Seniors Organizations

### Calgary

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**South Calgary Community Association**

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3130 16 St SW  
Calgary AB, T2T 4G7  
Tel: (403) 244-5411  
Fax: (403) 228-3643  
Email: scca@telus.net

Hours: Mon-Fri: 9:00 am-12:00 pm  
Annual Fee: \$10.00/senior \$25.00/family

Sports and Recreation

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**Southwest Seniors**

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Braeside Community Association  
11024 Braeside Dr SW  
Calgary AB, T2V 2J5  
Tel: (403) 258-3329

Hours: Tues: 9:00 am-12:00 pm, Thurs: 9:00 am-3:00 pm  
Annual Fee: \$15.00 + Braeside Membership Fee  
Minimum Age: 55

Home Care, Instruction, Music, Sports and Recreation

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**St. Andrew's Heights Seniors**

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2504 13 Ave NW  
Calgary AB, T2N 1L8  
Tel: (403) 282-5096  
Email: joldale@telusplanet.net

Annual Fee: \$14.00

Food, Sports and Recreation

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**St. Vladimirs Golden Age Club**

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404 Meredith Rd NE  
Calgary AB, T2E 5A6  
Tel: (403) 264-3437

Hours: Tues: 10:00 am-1:30 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Food, Instruction, Music, Sports and Recreation, Transportation

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**The Golden Age Club**

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610 8 Ave SE  
Calgary AB, T2G 0M1  
Tel: (403) 262-6342  
Fax: (403) 262-9395  
Email: dirkb@calcna.ab.ca

Hours: Mon-Fri: 8:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Sports and Recreation, Support

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**Thornview Seniors**

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5600 Centre St N  
Calgary AB, T2K 0T4  
Tel: (403) 274-6840

Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Music, Sports and Recreation



## Local Seniors Organizations

### Calgary

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#### Ukrainian Senior Citizens Club

3316 28 Ave SW  
Calgary AB, T3E 0R8  
Tel: (403) 246-1231  
Fax: (403) 295-9027

Hours: Tues: 9:00 am-2:00 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Food, Instruction, Music, Sports and Recreation,  
Transportation, Trips and Outings

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#### Varsity Cares

c/o 4308 Viscount Dr NW  
Calgary AB, T3A 0Z7  
Tel: (403) 288-9312  
Email: lenrceves@shaw.ca

Annual Fee: \$10.70  
Minimum Age: 55

Clubs, Home Care, Information, Instruction, Support,  
Transportation

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#### Village Square Seniors' Society

2623 56 St NE  
Calgary AB, T2A 2V9

Hours: Mon: 11:30 am-3:00 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Sports and Recreation

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#### West Hillhurst Go-Getters Senior Citizen Association

1940 6 Ave NW  
Calgary AB, T2N 0W3  
Tel: (403) 283-3720  
Fax: (403) 283-3744  
Email: gogetter@telusplanet.net  
Website: www.westhillhurst.com

Hours: Mon-Fri: 8:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support, Transportation

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#### Westside Senior Service Centre

134 Scarboro Ave SW  
Calgary AB, T3C 2H1  
Tel: (403) 244-1100  
Fax: (403) 229-2004  
Email:  
westsideseniors@scarborounited.ab.ca

Hours: Mon-Thurs: 9:00 am-3:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Home Care,  
Information, Music

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#### Wild Rose Seniors

Rosscarrock Community Hall  
4411 10 Ave SW  
Calgary AB, T3C 0L9  
Tel: (403) 249-5615

Hours: Tues: 12:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Food, Sports and Recreation

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## Local Seniors Organizations

### Calgary

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#### Woodcreek Seniors

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75 Woodgrove Cres  
Calgary AB, T2W 3Y9  
Tel: (403) 281-6680  
Email: fogar@telusplanet.net  
Website: www.woodcreek.ca

Hours: Every other Tuesday: 9:30-11:30 am  
Annual Fee: \$10.00

Arts and Crafts, Clubs, Fitness, Food, Instruction,  
Music, Sports and Recreation, Trips and Outings

### Calmar

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#### Calmar & District Senior Citizens Club

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4916 50 Ave  
PO Box 505  
Calmar AB, T0C 0V0  
Tel: (780) 985-3317

Hours: Mon-Sat: 9:00-11:00 am  
Annual Fee: \$2.00  
Minimum Age: 55

Clinics, Fitness, Food, Home Care, Instruction, Music,  
Sports and Recreation, Transportation

### Camrose

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#### Camrose & District Senior Centre

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5415 49 Ave  
Camrose AB, T4V 0N6  
Tel: (780) 672-7022  
Fax: (780) 679-0194

Hours: Mon-Fri: 8:00 am-5:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information,  
Instruction, Legal Services, Music, Sports and  
Recreation, Support, Transportation

### Canmore

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#### Canmore Seniors Association

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600B 9 St  
PO Box 8222  
Canmore AB, T1W 2T9  
Tel: (403) 678-2457  
Fax: (403) 678-2488

Annual Fee: \$20.00  
Minimum Age: 55

Clubs, Fitness, Food, Music, Sports and Recreation

### Carbon

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#### New Horizons

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PO Box 233  
Carbon AB, T0M 0L0  
Tel: (403) 572-3444

Hours: Mon: 10:00-11:00 am, Tues: 1:00-3:30 pm,  
Wed: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 45

Fitness, Food, Home Care, Information, Music, Sports  
and Recreation, Transportation

## Local Seniors Organizations

### Carmangay

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#### Carmangay Seniors Citizens Club

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415 Grand Ave  
PO Box 98  
Carmangay AB, T0L 0N0  
Tel: (403) 643-0002

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Clubs, Fitness, Food, Information, Music,  
Sports and Recreation, Transportation

### Caroline

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#### Caroline & District Senior Citizens Drop In Center

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5111 49 Ave  
PO Box 483  
Caroline AB, T0M 0M0  
Tel: (403) 722-4045

Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Clubs, Food, Information, Instruction, Music,  
Sports and Recreation, Transportation

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#### Caroline Neighbourhood Place

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5003 49 Ave  
PO Box 70  
Caroline AB, T0M 0M0  
Tel: (403) 722-3787  
Fax: (403) 722-4684  
Email: carnp@telus.net

Hours: Tues-Thurs: 10:00 am-4:30 pm

Information

### Carseland

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#### Jet Setters

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PO Box 39  
Carseland AB, T0J 0M0  
Tel: (403) 934-4084

Annual Fee: \$1.00  
Minimum Age: 40

Clinics, Food, Music, Sports and Recreation,  
Transportation

### Carstairs

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#### Carstairs & Community Half Century Association

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1139 Osler St  
PO Box 1043  
Carstairs AB, T0M 0N0  
Tel: (403) 337-2886

Hours: Tues-Sat: 1:30-4:30 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Music, Sports  
and Recreation, Transportation

## Local Seniors Organizations

### Caslan

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#### Buffalo Lake Seniors Centre Society

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PO Box 91  
Caslan AB, T0A 0R0  
Tel: (780) 689-4889  
Fax: (780) 689-4848

Hours: Mon-Thurs: 8:30 am-4:00 pm  
Minimum Age: 60

Clinics, Fitness, Food, Information, Sports and  
Recreation, Support

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#### Caslan Pioneer Club

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PO Box 166  
Caslan AB, T0A 0R0  
Tel: (780) 689-2510

Annual Fee: \$5.00  
Minimum Age: 55

Food, Home Care, Sports and Recreation,  
Transportation

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### Castor

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#### Castor Golden Circle

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5105 51 St  
PO Box 861  
Castor AB, T0C 0X0  
Tel: (403) 882-3608

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Food, Information, Instruction, Sports  
and Recreation

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### Cereal

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#### Cereal Golden Center Group

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213 Main St  
PO Box 187  
Cereal AB, T0J 0N0  
Tel: (403) 326-3868

Annual Fee: \$10.00  
Minimum Age: 55

Food, Home Care, Sports and Recreation, Support,  
Transportation

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### Champion

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#### Champion Pioneer Club

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119 Main St  
PO Box 88  
Champion AB, T0L 0R0  
Tel: (403) 897-3983

Annual Fee: \$25.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Information, Music,  
Sports and Recreation

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### Chauvin

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#### Senior Citizen Drop-In Centre

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PO Box 361  
Chauvin AB, T0B 0V0  
Tel: (780) 858-3752

Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Fitness, Food, Home Care, Music, Sports and  
Recreation, Transportation

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## Local Seniors Organizations

### Cherry Grove

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#### Cherry Grove Seniors

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PO Box 157  
Cherry Grove AB, T0A 0T0  
Tel: (780) 594-3672

Hours: Wed: 1:00-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Fitness, Food, Home Care, Information, Music,  
Sports and Recreation, Social Events

### Chestermere

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#### Chestermere Whitecappers Association

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201 West Chestermere Dr  
Chestermere AB, T1X 1B2  
Tel: (403) 272-7170  
Fax: (403) 272-7178  
Email: [crca@chestermere.com](mailto:crca@chestermere.com)  
Website: [www.chestermere.com/crca/  
default.htm](http://www.chestermere.com/crca/default.htm)

Annual Fee: \$10.00  
Minimum Age: 50

Food, Sports and Recreation, Transportation

### Chipman

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#### Chipman Golden Seniors Club

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4913 50 St  
PO Box 204  
Chipman AB, T0B 0W0  
Tel: (780) 363-3776  
Fax: (780) 363-2472

Hours: Mon-Fri: 9:00-10:30 am  
Annual Fee: \$5.00  
Minimum Age: 45

Arts and Crafts, Clinics, Fitness, Food, Information,  
Sports and Recreation, Transportation

### Clairmont

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#### Clairmont and Area Seniors

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9801 100 Ave  
Clairmont AB, T0H 0W0  
Tel: (780) 567-2121

Hours: Tues, Thurs: 7:00-11:00 pm  
Annual Fee: \$2.00  
Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

### Clandonald

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#### Clandonald Friendship Club

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General Delivery  
Clandonald AB, T0B 0X0  
Tel: (780) 853-2105

Annual Fee: \$3.00  
Minimum Age: 55

Clinics, Clubs, Food, Home Care, Sports and  
Recreation, Transportation

## Local Seniors Organizations

### Claresholm

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#### Claresholm Heritage Seniors Centre

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5009 2 St E  
PO Box 1518  
Claresholm AB, T0L 0T0  
Tel: (403) 625-2877

Hours: Mon-Sat: 9:00 am-11:00 am 1:00 pm-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 45

Arts and Crafts, Clinics, Food, Instruction, Music,  
Sports and Recreation, Social Events

### Clive

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#### Clive Senior Circle

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PO Box 165  
Clive AB, T0C 0Y0  
Tel: (403) 782-2409

Annual Fee: \$5.00  
Minimum Age: 50

Food, Sports and Recreation

### Clyde

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#### Clyde and District Senior Citizens Club

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4714 50 St  
PO Box 68  
Clyde AB, T0G 0P0  
Tel: (780) 348-5348

Annual Fee: \$5.00  
Minimum Age: 50

Food, Sports and Recreation, Social Events

### Coaldale

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#### Coaldale Seniors

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1806 21 Ave  
Coaldale AB, T1M 1E9  
Tel: (403) 345-5227

Hours: Mon: 6:00-10:00 pm, Tues: 12:00-4:00 pm,  
Thurs: 12:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Music, Sports and Recreation

### Coalhurst

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#### Coalhurst 55 Plus Social Society

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5205 6 St  
PO Box 753  
Coalhurst AB, T0L 0V0  
Tel: (403) 381-3736

Hours: Wed: 10:00 am-9:30 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Information, Music,  
Sports and Recreation, Support

## Local Seniors Organizations

### Cochrane

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**Big Hill Senior Citizens Activities Society**

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PO Box 1480  
Cochrane AB, T4C 1B4  
Tel: (403) 932-2006

Annual Fee: \$5.00  
Minimum Age: 65

Transportation

### Cochrane

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**Cochrane 50 & Over Club**

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123 First Ave  
PO Box 296  
Cochrane AB, T4C 1A5  
Tel: (403) 932-6002

Hours: Mon-Fri: 10:00 am-12:00 pm, 2:00-4:00 pm,  
(Jul-Aug: Tues, Thurs: 2:00-4:00 pm)  
Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Fitness, Food, Home Care, Sports and  
Recreation

### Cold Lake

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**Cold Lake Kinosoo Seniors**

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301 10 St  
Cold Lake AB, T9M 1A5  
Tel: (780) 639-3624

Annual Fee: \$5.00  
Minimum Age: 55

Food, Sports and Recreation, Social Events

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**Cold Lake Native Friendship Centre**

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5015 55 St  
PO Box 1978  
Cold Lake AB, T9N 1P4  
Tel: (780) 594-7526  
Fax: (780) 594-1599  
Email: ColdL1@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$1.00

Food, Information, Legal Services, Support,  
Transportation

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**Grand Centre Pensioners & Senior Citizens Club**

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PO Box 483  
Cold Lake AB, T9M 1P0  
Tel: (780) 594-4121

Hours: Tues: 2:00-3:00 pm, Thurs: 2:00-4:00 pm  
Annual Fee: \$5.00, free for 80+  
Minimum Age: 55

Fitness, Sports and Recreation

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**Riverhurst Seniors Guild**

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PO Box 8363  
Cold Lake AB, T9M 1N2  
Tel: (780) 639-2162

Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clubs, Food, Home Care, Information,  
Music, Sports and Recreation, Transportation

## Local Seniors Organizations

### Coleman

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#### Coleman Seniors Drop-In Centre Association

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18 Ave

PO Box 175

Coleman AB, T0K 0M0

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Transportation

### Coronation

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#### Coronation Golden Age Club

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5001 Royal St

PO Box 1072

Coronation AB, T0C 1C0

Tel: (403) 578-3765

Fax: (403) 578-3785

Hours: Mon-Sat: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 40

Arts and Crafts, Clinics, Clubs, Food, Instruction,  
Sports and Recreation

### Cremona

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#### Cremona Gold & Silver Society

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Main St

PO Box 312

Cremona AB, T0M 0R0

Tel: (403) 337-2371

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Fitness, Food, Sports and Recreation, Travel  
Coordination

### Crossfield

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#### Crossfield Golden Key Club

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1016 Chisholm Ave

PO Box 722

Crossfield AB, T0M 0S0

Tel: (403) 946-5152

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Food, Instruction,  
Music, Sports and Recreation, Transportation

### Czar

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#### The Hitching Post Seniors Society of Czar

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4907 50 Ave

PO Box 112

Czar AB, T0B 0Z0

Tel: (780) 857-3801

Hours: Mon-Fri: 1:30-5:00 pm

Annual Fee: \$12.00

Minimum Age: 50

Clinics, Food, Information, Sports and Recreation



## Local Seniors Organizations

### Darwell

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#### Interlake Golden Age Club

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PO Box 15  
Darwell AB, T0E 0L0  
Tel: (780) 892-2254

Hours: Tues: 1:00-5:30 pm, Fri: 8:00-11:00 pm  
Annual Fee: \$12.00  
Minimum Age: 60

Arts and Crafts, Clinics, Food, Music, Sports and  
Recreation, Social Events

### Daysland

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#### Sunbeam Drop-In Center

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PO Box 525  
Daysland AB, T0B 1A0  
Tel: (780) 374-3514

Hours: Mon-Sat: 9:30 am-12:00 pm, 1:00-5:00 pm  
Annual Fee: \$10.00

Arts and Crafts, Clinics, Food, Home Care, Sports and  
Recreation

### DeBolt

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#### DeBolt Pioneer Centre

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PO Box 503  
DeBolt AB, T0H 1B0  
Tel: (780) 957-2148

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation

### Delburne

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#### Delburne & District Drop In Association

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Main St  
PO Box 404  
Delburne AB, T0M 0V0  
Tel: (403) 749-2035

Hours: Mon: 1:30-4:00 pm, Tues: 7:00-9:30 pm, every  
other Fri: 12:30-4:30 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Food, Music, Sports and Recreation

### Delia

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#### Delia Senior Citizens Organization

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6 Main St  
PO Box 151  
Delia AB, T0J 0W0  
Tel: (403) 364-3964  
Email: onielsen@telusplanet.net

Hours: Tues, Thurs: 9:00 am-12:00 pm, Fri: 1:00-  
4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation

## Local Seniors Organizations

### Devon

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#### Devon Pioneer 73 Club

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29 St Lawrence Ave  
Devon AB, T9G 1L4  
Tel: (780) 987-3583

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation

### Dewberry

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#### Dewberry Senior Citizens

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Lot 9 & 10 Centre St  
PO Box 72  
Dewberry AB, T0B 1G0  
Tel: (780) 847-3868

Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Fitness, Food, Instruction, Music, Sports and Recreation

### Didsbury

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#### 5-O Club of Didsbury

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2500 15 Ave  
PO Box 1228  
Didsbury AB, T0M 0W0  
Tel: (403) 335-3138

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Music, Sports and Recreation

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#### Didsbury & District Seniors Support Services

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2009 20 Ave  
PO Box 704  
Didsbury AB, T0M 0W0  
Tel: (403) 335-4391

Hours: Mon-Fri: 9:00 am-12:00 pm

Arts and Crafts, Clubs, Fitness, Food, Music, Transportation

### Dixonville

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#### Golden Age Inn Club

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PO Box 133  
Dixonville AB, T0H 1E0  
Tel: (780) 971-3965  
Fax: (780) 971-2171

Annual Fee: \$1.00  
Minimum Age: 60

Arts and Crafts, Clinics, Food, Sports and Recreation

### Donalda

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#### Donalda Coulee Friendship Club

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Main St  
PO Box 163  
Donalda AB, T0B 1H0  
Tel: (403) 883-2229

Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

## Local Seniors Organizations

### Donnelly

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#### Club Des Pioneers

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PO Box 2

Donnelly AB, T0H 1G0

Tel: (780) 925-3884

Fax: (780) 925-3884

Annual Fee: \$10.00

Minimum Age: 45

Clinics, Food, Sports and Recreation

### Drayton Valley

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#### Senior Citizens' Club of Drayton Valley

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5138 52 Ave

PO Box 7121

Drayton Valley AB, T7A 1S4

Tel: (780) 542-4737

Fax: (780) 621-0406

Hours: Mon-Fri: 8:00-11:00 am

Annual Fee: \$12.50

Minimum Age: 55

Food, Sports and Recreation

### Drumheller

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#### Pioneer Trail Society

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160 3 Ave NW

PO Box 1857

Drumheller AB, T0J 0Y0

Tel: (780) 823-6565

Hours: Mon-Sat: 9:00 am-4:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Fitness, Food, Music, Sports and Recreation

### Eaglesham

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#### Senior Social Centre Club

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PO Box 238

Eaglesham AB, T0H 1H0

Tel: (780) 359-3800

Hours: Daily 8:00 am-8:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Food, Music, Sports and Recreation

### Eckville

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#### Eckville and District Friendship Club

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5011 54 Ave

PO Box 177

Eckville AB, T0M 0X0

Tel: (403) 746-2156 or (403) 746-2922

Hours: Tues-Thurs: 9:00 am-3:00 pm

Annual Fee: \$5.00

Minimum Age: 60

Food, Sports and Recreation

## Local Seniors Organizations

### Edberg

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#### Edberg and District Seniors Society

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PO Box 146  
Edberg AB, T0B 1J0  
Tel: (780) 855-2310

Annual Fee: \$5.00

Minimum Age: 40

Clinics, Food, Music, Sports and Recreation

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### Edmonton

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#### Abbottsfeld Senior Drop In Centre

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270-3210 118 Ave NW  
Edmonton AB, T5W 4W3

Minimum Age: 55

Food, Sports and Recreation

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#### Alberta Native Friendship Centre

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10336 121 St  
Edmonton AB, T5N 1K8  
Tel: (780) 423-3138  
Fax: (780) 425-6277

Hours: Mon-Fri: 1:30-4:30 pm

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Sports and  
Recreation, Support, Transportation

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#### Assist Community Service Centre

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9653 105A Ave  
Edmonton AB, T5H 0M3  
Tel: (780) 429-3111  
Fax: (780) 424-7837  
Email: [info@assistcsc.org](mailto:info@assistcsc.org)  
Website: <http://assistcsc.org/>

Hours: Mon-Fri: 9:00 am-5:00 pm, Sat: 9:30 am-  
12:30 pm

Annual Fee: \$10.00/person, \$15.00/family, \$100.00/life

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Sports and  
Recreation, Support, Transportation

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#### Association for Residence Maintenance for Seniors (ARMS)

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5R-10-11111 Jasper Ave  
Edmonton AB, T5K 0L4  
Tel: (780) 482-8992  
Fax: (780) 482-8991  
Website: <http://ecn.ab.ca/arms/>

Hours: Mon-Thurs: 8:00 am-4:30 pm, Fri: 8:00 am-  
2:00 pm

Home Care, Support

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#### Calder Seniors Drop-In Society

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12963 120 St  
Edmonton AB, T5E 5N8  
Tel: (780) 451-1925  
Fax: (780) 452-7537  
Email: [caldersn@telus.net](mailto:caldersn@telus.net)  
Website: [www.calderseniors.org](http://www.calderseniors.org)

Hours: Mon-Fri: 8:00 am-4:30 pm

Annual Fee: \$15.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care,  
Information, Instruction, Legal Services, Music, Sports  
and Recreation, Support

## Local Seniors Organizations

### Edmonton

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#### Canadian Native Friendship Centre - Golden Elders Council

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11205 101 St NW  
Edmonton AB, T5G 2A4  
Tel: (780) 479-1999  
Fax: (780) 479-0043  
Email: basilq@shawbiz.ca

Hours: Tues: 10:00 am-1:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts

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#### Central Lions Seniors Association

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11113 113 St  
Edmonton AB, T5G 2V1  
Tel: (780) 496-7366  
Fax: (780) 496-6976

Hours: Mon-Fri: 8:00 am-5:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Music, Sports and Recreation

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#### East Edmonton Senior Citizens Group

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Beacon Heights Community League  
12029 54 St  
Edmonton AB, T5W 1A7  
Tel: (780) 479-2690

Hours: Mon: 1:00-3:30 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Food, Sports and Recreation

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#### Edmonton Immigrant Services Association

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201-10720 113 St  
Edmonton AB, T5H 3H8  
Tel: (780) 474-8445  
Fax: (780) 477-0883  
Email: eisa@compusmart.ab.ca

Instruction

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#### Edmonton Meals on Wheels

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11111 103 Ave  
Edmonton AB, T5K 2P1  
Tel: (780) 429-2020  
Fax: (780) 424-5561  
Email:

liz.tondu@mealsonwheelsedmonton.org  
Website: www.mealsonwheelsedmonton.org

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Food, Home Care, Volunteer Opportunities

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#### Elderly Adult Resource Service/Catholic Social Services

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8212 118 Ave  
Edmonton AB, T5B 0S3  
Tel: (780) 471-1122  
Fax: (780) 479-2579  
Website: www.catholicsocialservices.ab.ca

Support

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## Local Seniors Organizations

### Edmonton

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#### Golden Elders Council

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101-10345 123 St  
Edmonton AB, T5N 1N5  
Tel: (780) 451-4919

Annual Fee: \$5.00

Arts and Crafts

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#### Golden Horizon Seniors Society

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10014 109 St  
Edmonton AB, T5J 1M4  
Tel: (780) 420-6768  
Fax: (780) 436-6109  
Email: tvasquez@telusplanet.net

Hours: Mon-Fri: 10:00 am-12:00 pm, 2:00-4:00 pm,  
Sat: 10:00 am-5:00 pm  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music  
Support, Transportation

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#### Heritage Seniors Stop In Centre

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316 Saddleback Rd NW  
Blue Quill Shopping Centre  
Edmonton AB, T6J 4R7  
Tel: (780) 437-8759

Hours: Mon-Sat: 9:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Instruction, Music, Sports and Recreation,  
Volunteer Activities

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#### Ital-Canadian Seniors Association

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9111 110 Ave NW  
Edmonton AB, T5H 4J9  
Tel: (780) 424-1255  
Fax: (780) 424-1039

Hours: Mon-Fri: 11:00 am-10:00 pm, Sat-Sun:  
11:00 am-5:00 pm  
Annual Fee: \$10.00

Food, Information, Sports and Recreation

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#### Jewish Drop-In Centre

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10052 117 St  
PO Box 74061  
Edmonton AB, T5K 2S7  
Tel: (780) 488-4241  
Fax: (780) 488-6591

Hours: Mon: 9:00 am-1:00 pm, Tues, Thurs: 9:00 am-  
3:30 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clubs, Fitness, Food, Instruction,  
Music, Sports and Recreation, Support, Transportation

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#### La Fédération des Aînes Franco-Albertains

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108B-8627 Marie Anee Gaboury St  
Edmonton AB, T6C 3N1  
Tel: (780) 465-8965  
Fax: (780) 468-6535  
Email: bureau@fafalta.ca  
Website: www.fafalta.ca

Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clubs, Fitness, Information,  
Instruction, Music, Sports and Recreation, Support

## Local Seniors Organizations

### Edmonton

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#### Luther Place Seniors

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Hosanna Lutheran Church  
9009 163 St  
Edmonton AB, T5R 2N8  
Tel: (780) 484-3932  
Fax: (780) 484-9323

Hours: Every 3rd Wed: 4:00-9:00 pm  
Annual Fee: \$3.00  
Minimum Age: 55

Food, Instruction, Sports and Recreation

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#### Millwoods Cultural Society of Retired and Semi-Retired

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1560 48 St  
Edmonton AB, T6L 6H9  
Tel: (780) 461-3112  
Fax: (780) 461-3112

Annual Fee: \$10.00, \$100.00/life  
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Information, Instruction,  
Legal Services, Sports and Recreation, Support

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#### Native Seniors Centre

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Cottage E-10107 134 Ave  
Edmonton AB, T5E 1J2  
Tel: (780) 476-6595  
Fax: (780) 475-7957  
Email: nsctr@telus.com  
Website: nativeseniorscentre.ca

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$5.00, \$3.00 for 55+

Arts and Crafts, Clinics, Food, Information, Sports and  
Recreation, Support, Transportation

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#### Northgate Centre

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2018-9499 137 Ave  
Edmonton AB, T5E 5R8  
Tel: (780) 473-2096  
Fax: (780) 478-6716

Hours: Mon-Fri: 9:00 am-4:00 pm, Sat: 9:30 am-  
4:00 pm  
Minimum Age: 55

Food, Sports and Recreation

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#### Northgate Senior Citizens Association

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7524 139 Ave NW  
Edmonton AB, T5C 3H7  
Tel: (780) 496-7355  
Fax: (780) 496-4707

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$25.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Music, Sports  
and Recreation, Support

## Local Seniors Organizations

### Edmonton

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#### Operation Friendship

9526 106 Ave  
Edmonton AB, T5H 0N2  
Tel: (780) 429-2626  
Fax: (780) 429-2629  
Email: opfriend@oanet.com  
Website: www.operationfriendship.ca

Hours: Mon-Fri: 8:00 am-8:00 pm, Sat-Sun: 10:30 am-6:30 pm  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care, Information, Legal Services, Music, Sports and Recreation, Support, Transportation, Housing

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#### Senior Citizens Opportunity Neighbourhood Association

10440 84 Ave  
Edmonton AB, T6E 2H2  
Tel: (780) 433-5377  
Fax: (780) 433-5377  
Email: scona84@shaw.ca

Hours: Mon-Fri: 9:00 am-4:30 pm  
Annual Fee: \$5.00  
Minimum Age: 65

Arts and Crafts, Clinics, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation, Emergency Volunteer Service

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#### Shangri-La Seniors Club

Leefield Community Centre  
7910 36 Ave NW  
Edmonton AB, T6K 1H7  
Tel: (780) 461-0425

Sports and Recreation

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#### Seniors Association of Greater Edmonton (SAGE)

100 102A Ave  
15 Sir Winston Churchill Sq NW   
Edmonton AB, T5J 2E5  
Tel: (780) 423-5510  
Fax: (780) 426-5175  
Email: info@MySage.ca  
Website: www.MySage.ca

Hours: Mon-Fri: 8:30 am-4:15 pm  
Annual Fee: \$15.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Housing

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#### Society of Seniors Caring About Seniors

106-7814 83 St  
Edmonton AB, T6C 2Y8  
Tel: (780) 465-0311  
Fax: (780) 461-7809  
Email: sscas@telus.net

Hours: Mon-Fri: 10:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 65

Home Care, Transportation



## Local Seniors Organizations

### Edmonton

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#### South East Edmonton Seniors Association

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9350 82 St  
Edmonton AB, T6C 2X8  
Tel: (780) 468-1985  
Fax: (780) 440-6272  
Email: seesa@shaw.ca

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$25.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Instruction, Music, Sports and Recreation, Support

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#### South-West Seniors Outreach Society

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10832 62 Ave  
Edmonton AB, T6H 1N1  
Tel: (780) 435-9515  
Fax: (780) 435-9515

Hours: Tues-Thurs 9:00 am-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clubs, Fitness, Food, Instruction, Music, Sports and  
Recreation, Support

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#### Strathcona Place Senior Centre

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10831 University Ave  
Edmonton AB, T6E 4R1  
Tel: (780) 433-5807  
Fax: (780) 433-5282  
Email: info@seniorcentre.org  
Website: www.seniorcentre.org

Hours: Mon-Fri: 9:00 am-4:00 pm  
Annual Fee: \$20.00

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Music, Sports  
and Recreation, Support, Transportation

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#### Towne Centre Seniors Drop In

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Millwoods Towne Centre  
308-2331 66 St NW  
Edmonton AB, T6K 4B5  
Tel: (780) 461-5230

Hours: Mon-Sat: 9:00 am-3:30 pm

Fitness, Food, Information, Music, Sports and  
Recreation

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#### (West) Edmonton Seniors Centre

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3Y-11111 Jasper Ave  
Edmonton AB, T5K 0L4  
Tel: (780) 482-8625  
Fax: (780) 482-8916  
Email: wess1@telusplanet.net  
Website: www3.telus.net/westsen

Hours: Mon-Fri: 9:00 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 45

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support

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#### West Jasper/Sherwood Seniors Citizen Club

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9406 152 St  
Edmonton AB, T5R 1N2  
Tel: (780) 483-1209  
Fax: (780) 484-7738

Minimum Age: 55

Sports and Recreation, Trips and Outings

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## Local Seniors Organizations

### Edmonton

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#### Westend Seniors Activity Centre

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9629 176 St  
Edmonton AB, T5T 6B3  
Tel: (780) 483-1209  
Fax: (780) 484-7738  
Email: weseniors@interbaun.com  
Website:  
www.westendseniorsactivitycentre.com

Hours: Mon, Thurs, Fri: 9:00 am-4:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

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#### Westmount Seniors Drop In Centre

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432-111 Ave & Groat Rd  
Edmonton AB, T5M 3L7  
Tel: (780) 944-1544

Hours: Mon-Fri: 10:00 am-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Food, Sports and Recreation

### Edson

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#### Edson and District Oldtimers Recreation Centre Society

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4836 7 Ave  
Edson AB, T7E 1K8  
Tel: (780) 723-5777  
Fax: (780) 723-5726

Hours: Mon-Fri: 10:00 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Instruction, Music, Sports and Recreation, Support, Hall Rental, Trips and Outings

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#### Edson Friendship Centre

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13-5023 3 Ave  
Edson AB, T7E 1X7  
Tel: (780) 723-5494  
Fax: (780) 723-4359  
Email: efc@telus.net

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$3.00

Arts and Crafts, Food, Information, Support, Social Events

### Elk Point

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#### Elk Point Pioneer Circle Seniors

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PO Box 488  
Elk Point AB, T0A 1A0  
Tel: (780) 724-3605  
Fax: (780) 724-4430

Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation

## Local Seniors Organizations

### Elnora

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#### Elnora & District Pioneer Club

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433 3 Ave  
c/o RR 1  
Elnora AB, T0M 0Y0  
Tel: (403) 773-2270  
Fax: (403) 773-2270  
Email: elwest@telus.net

Annual Fee: \$10.00

Arts and Crafts, Food, Instruction, Music, Sports and Recreation, Transportation

### Empress

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#### Empress Friendship Centre

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Centre St  
Empress AB, T0J 1E0  
Tel: (403) 565-2355

Annual Fee: \$10.00

Minimum Age: 50

Clinics, Clubs, Food, Music, Sports and Recreation

### Enchant

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#### Enchant and District Senior Citizens

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PO Box 1850  
Enchant AB, T0K 0V0  
Tel: (403) 739-3951

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation, Support, Transportation

### Enilda

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#### Sucker Creek Elders Society

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PO Box 65  
Enilda AB, T0G 0W0  
Tel: (780) 523-4426  
Fax: (780) 523-3111

Minimum Age: 65

Clinics, Food, Home Care, Information, Transportation

### Entwistle

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#### Entwistle Jubilee Senior Citizens Society

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PO Box 471  
Entwistle AB, T0E 0T0  
Tel: (780) 727-4229  
Email: egordo@telusplanet.net

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

## Local Seniors Organizations

### Evansburg

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**Evansburg Senior Citizens' Society**

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PO Box 481  
Evansburg AB, T0E 0T0  
Tel: (780) 727-3665

Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Fitness, Food, Sports and Recreation

### Fairview

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**Fairview Golden Age Society**

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10307 110 St  
PO Box 219  
Fairview AB, T0H 1L0  
Tel: (780) 835-4195  
Fax: (780) 835-4195

Hours: Mon-Fri: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Information, Instruction,  
Music, Sports and Recreation

### Falher

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**Club Alouette Seniors Center**

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PO Box 205  
Falher AB, T0H 1M0  
Tel: (780) 837-2684 or (780) 925-2228  
Fax: (780) 837-3125

Annual Fee: \$15.00  
Minimum Age: 45

Clinics, Food, Sports and Recreation, Hall Rental

### Fawcett

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**Fawcett Senior Citizens Club**

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PO Box 24  
Fawcett AB, T0G 0Y0  
Tel: (780) 681-3741

Annual Fee: \$5.00  
Minimum Age: 55

Food, Sports and Recreation

### Ferintosh

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**Little Beaver "Hi-U" Senior Centre**

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Corner of Glenmuir Ave & McGill St  
PO Box 103  
Ferintosh AB, T0B 1M0  
Tel: (780) 877-3998

Hours: Mon-Sat: 8:30 am-5:00 pm  
Annual Fee: \$5.00  
Minimum Age: 35

Clinics, Food, Sports and Recreation

### Flatbush

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**Flatbush Silver Threads**

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PO Box 117  
Flatbush AB, T0G 0Z0  
Tel: (780) 681-3931  
Fax: (780) 681-3782

Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation

## Local Seniors Organizations

### Foremost

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#### Foremost Senior Citizens Society

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103 1 Ave E  
PO Box 397  
Foremost AB, T0K 0X0  
Tel: (403) 867-3969

Annual Fee: \$10.00  
Minimum Age: 55

Fitness, Food, Instruction, Sports and Recreation,  
Transportation

### Forestburg

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#### Forestburg Golden Age Club

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PO Box 550  
Forestburg AB, T0B 1N0  
Tel: (780) 582-3941

Hours: Mon-Sat: 10:00 am-12:00 pm, 1:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 70

Food, Sports and Recreation

### Fort Assiniboine

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#### Fort Assiniboine Friendship Club

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PO Box 247  
Fort Assiniboine AB, T0G 1A0  
Tel: (780) 584-3923

Hours: Mon-Fri: 11:00 am-5:00 pm (Jul-Aug)  
Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Clubs, Fitness, Food, Music, Trips and Outings

### Fort Chipewyan

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#### Delta Sunrise Seniors Society

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PO Box 120  
Fort Chipewyan AB, T0P 1B0  
Tel: (780) 697-3627  
Fax: (780) 697-3881

Hours: Mon-Fri: 8:30 am-4:30 pm  
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Sports and Recreation, Support,  
Transportation

### Fort MacLeod

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#### Senior Citizens Welcome Mat

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PO Box 181  
Fort MacLeod AB, T0L 0Z0  
Tel: (403) 553-3585

Hours: Mon-Sat: 9:30-11:30 am, 1:30-4:30 pm  
Annual Fee: \$20.00  
Minimum Age: 45

Clinics, Food, Music, Sports and Recreation,  
Transportation

## Local Seniors Organizations

### Fort McMurray

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#### Fort McMurray Golden Years Society

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10111 Main St  
Fort McMurray AB, T9H 2G6  
Tel: (780) 743-4088  
Fax: (780) 743-5063  
Email: gys.1976@shawbiz.ca  
Website: gys.tamarisk.ab.ca

Hours: Mon-Fri: 9:00 am-4:30 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information,  
Instruction, Sports and Recreation, Transportation

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#### Nistawoyou Association Friendship Centre

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8310 Manning Ave  
Fort McMurray AB, T9H 1W1  
Tel: (780) 743-8555  
Fax: (780) 791-4041  
Email: nafc@shawcable.com  
Website:  
www.albertafriendshipcentres.ca/fortmc

Hours: Mon-Fri: 8:30-11:45 am, 1:00-4:30 pm  
Annual Fee: \$10.00/family, \$5.00/single, \$0/senior,  
\$20.00/corp

Arts and Crafts, Information, Instruction, Music, Sports  
and Recreation

### Fort Saskatchewan

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#### Pioneer House Club 50

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10102 100 Ave  
Fort Saskatchewan AB, T8L 1Y6  
Tel: (780) 998-0595

Hours: Mon-Fri: 9:00 am-3:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Music, Sports and Recreation

### Galahad

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#### Galahad Senior Citizens Friendship Club

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Sir Galahad St  
General Delivery  
Galahad AB, T0B 1R0  
Tel: (780) 879-2183

Hours: Thurs, Sat: 1:00-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation

### Gibbons

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#### Gibbons Seniors Twilight Club

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4539 49 St  
PO Box 918  
Gibbons AB, T0A 1N0  
Tel: (780) 923-2030  
Fax: (780) 923-2050

Hours: Mon-Fri: 8:30 am-12:00 pm, Mon-Thurs: 7:00-  
10:00 pm  
Annual Fee: \$2.00  
Minimum Age: 50

Clinics, Food, Home Care, Sports and Recreation,  
Transportation

## Local Seniors Organizations

### Gleichen

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#### G & C Jubilee Club

129 7 Ave E  
PO Box 302  
Gleichen AB, T0J 1N0  
Tel: (403) 734-3038

Hours: Mon, Thurs: 2:00-5:00 pm, Fri: 4:30-9:00 pm  
Annual Fee: \$20.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation

### Grande Cache

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#### Big Horn Golden Age Club

PO Box 1709  
Grande Cache AB, T0E 0Y0  
Tel: (780) 827-5691  
Fax: (780) 827-5354  
Email: malo@telusplanet.net

Annual Fee: \$20.00  
Minimum Age: 50

Arts and Crafts, Fitness, Food, Information, Music,  
Sports and Recreation, Transportation

### Grande Prairie

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#### Grande Prairie & District Golden Age Centre

10222 101 Ave  
Grande Prairie AB, T8V 0Y5  
Tel: (780) 532-5818  
Fax: (780) 532-5970  
Email: gpgac@telus.net

Hours: Mon-Fri: 8:00 am-4:00 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Legal Services, Music, Sports and  
Recreation

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#### Grande Prairie and Area Council on Aging - Meals on Wheels

102-9905 101 Ave  
Grande Prairie AB, T8V 0X7  
Tel: (780) 539-3901  
Fax: (780) 538-1115  
Email: meals-gp@telus.net

Annual Fee: \$5.00

Home Care

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#### Grande Prairie Friendship Centre

10105 97 Ave  
Grande Prairie AB, T8V 0N5  
Tel: (780) 539-7514  
Fax: (780) 532-8261  
Email: drpngfc@telus.net  
Website: www.anafc.ca

Hours: Mon-Fri: 8:30 am-8:00 pm, Sat: 1:00-8:00 pm  
Annual Fee: \$1.00/senior, children, \$2.00/adult,  
\$5.00/family

Arts and Crafts, Clinics, Food, Information, Instruction,  
Sports and Recreation, Support

## Local Seniors Organizations

### Grande Prairie

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#### Seniors Outreach - Grande Prairie & Area Council on Aging

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102-9905 101 Ave  
Grande Prairie AB, T8V 0X7  
Tel: (780) 539-6255  
Fax: (780) 538-1115  
Email: seniors-outreach@telus.net

Hours: Mon-Fri: 9:00 am-12:00 pm, 1:00-4:30 pm  
Minimum Age: 60

Home Care, Information, Legal Services, Support

### Granum

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#### Granum Drop-In Center

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306 Railway Ave  
PO Box 8  
Granum AB, T0L 1A0  
Tel: (403) 687-2168

Hours: Mon-Sat: 9:00 am-12:00 pm, 2:00-5:00 pm  
Annual Fee: \$10.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support

### Gwynne

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#### Crooked Lake Seniors

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General Delivery  
Gwynne AB, T0C 1L0  
Tel: (780) 352-3587

Annual Fee: \$5.00  
Minimum Age: 55

Food, Information, Sports and Recreation

### Halkirk

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#### Halkirk Senior Centre

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General Delivery  
Halkirk AB, T0C 1M0  
Tel: (403) 884-2437  
Fax: (403) 884-2113  
Annual Fee: \$5.00

Minimum Age: 40

Clinics, Food, Sports and Recreation

### Hanna

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#### Alberta Pioneer Association of Hanna

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519 3 Ave W  
PO Box 327  
Hanna AB, T0J 1P0  
Tel: (780) 854-4051

Hours: Mon-Fri: 1:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation



## Local Seniors Organizations

### Hardisty

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#### Hardisty Social Club

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5003 50 St  
PO Box 523  
Hardisty AB, T0B 1V0  
Tel: (780) 888-2222

Annual Fee: \$5.00

Minimum Age: 50

Clinics, Sports and Recreation

### Hay Lakes

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#### Hay Lakes Senior Citizens Club

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Recreation Centre  
PO Box 185  
Hay Lakes AB, T0B 1W0  
Tel: (780) 878-3597

Annual Fee: \$2.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

### Heinsburg

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#### Heinsburg Riverview Seniors

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PO Box 62  
Heinsburg AB, T0A 1X0  
Tel: (780) 943-2160

Annual Fee: \$2.00

Minimum Age: 50

Food, Sports and Recreation, Facility Rentals

### Heisler

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#### Heisler Senior Citizens Friendship Club

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123 Main St  
PO Box 179  
Heisler AB, T0B 2A0  
Tel: (780) 889-3912  
Fax: (780) 889-2280

Annual Fee: \$5.00

Minimum Age: 55

Clinics, Clubs, Food, Instruction, Legal Services,  
Music, Sports and Recreation, Transportation

### High Level

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#### High Level Native Friendship Centre Society

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10801 96 St  
PO Box 1416  
High Level AB, T0H 1Z0  
Tel: (780) 926-3355  
Fax: (780) 926-2038  
Email: cheryl.duncan@hlnfcs.net

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm

Annual Fee: \$10.00/family, \$5.00/individual

Arts and Crafts, Clubs, Food

## Local Seniors Organizations

### High Prairie

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#### High Prairie Golden Age Club

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PO Box 435  
High Prairie AB, T0G 1E0  
Tel: (780) 523-3142

Hours: Tues-Fri: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation, Transportation

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#### High Prairie Native Friendship Centre

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4919 51 Ave  
PO Box 1448  
High Prairie AB, T0G 1E0  
Tel: (780) 523-4511  
Fax: (780) 523-3055

Hours: Mon-Fri: 9:00 am-5:00 pm  
Annual Fee: \$2.00/single, \$5.00/family

Food, Sports and Recreation

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#### Peavine Metis Settlement Seniors

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PO Box 238  
High Prairie AB, T0G 1E0  
Tel: (780) 523-2557  
Fax: (780) 523-5616

Hours: Mon-Fri: 8:00 am-4:30 pm  
Minimum Age: 65

Arts and Crafts, Clinics, Clubs, Food, Home Care, Information, Instruction, Legal Services, Sports and Recreation, Transportation

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### High River

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#### High River Seniors Friendship Centre

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504 7 St SW  
High River AB, T1V 1B7  
Tel: (780) 652-4149  
Email: senior@telus.net

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Music, Sports and Recreation

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### Hill Spring

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#### Hill Spring Cultural Society

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PO Box 27  
Hill Spring AB, T0K 1E0  
Tel: (780) 626-3347

Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Music, Sports and Recreation

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## Local Seniors Organizations

### Hinton

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#### Hinton Friendship Centre Society

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965 Switzer Dr  
PO Box 6270  
Hinton AB, T7V 1X6  
Tel: (780) 865-5189  
Fax: (780) 865-1756  
Email: hintonfc@telusplanet.net

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm  
Annual Fee: \$3.00

Arts and Crafts, Clinics, Food, Home Care,  
Information, Instruction, Sports and Recreation,  
Support, Transportation

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#### Hinton Good Companions

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250 Hardisty Ave  
Hinton AB, T7V 1B9  
Tel: (780) 865-3700  
Fax: (780) 865-3513  
Email: cirus@telusplanet.net

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information,  
Instruction, Music, Sports and Recreation, Support,  
Transportation, Social Events

### Hobbema

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#### Kisipatnank Services

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PO Box 130  
Hobbema AB, T0C 1N0  
Tel: (780) 585-3978 or 1-888-281-7907  
Fax: (780) 585-3799

Hours: Mon-Fri: 8:00 am-4:00 pm  
Minimum Age: 60

Clinics, Home Care, Information, Transportation

### Holden

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#### Holden Senior Club

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4914 50 St  
PO Box 432  
Holden AB, T0B 2C0  
Tel: (780) 688-2203

Minimum Age: 55

Clinics, Food, Sports and Recreation, Facility Rental

### Hughenden

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#### Golden Circle

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PO Box 145  
Hughenden AB, T0B 2E0  
Tel: (780) 856-3765

Hours: Tues, Thurs, Fri: 2:00-4:00 pm, Mon-Sat: 9:00-10:00 am  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Fitness, Food, Sports and Recreation

## Local Seniors Organizations

### Hussar

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**Hussar Sundowners**

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Centre St & 2nd Ave  
PO Box 113  
Hussar AB, T0J 1S0  
Tel: (780)787-2429

Hours: Mon: 2:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food

### Hythe

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**Hythe Golden Age Centre**

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PO Box 431  
Hythe AB, T0H 2C0  
Tel: (780) 356-2654  
Fax: (780) 356-2533

Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation, Transportation

### Innisfree

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**Innisfree Senior Citizen's Association**

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PO Box 73  
Innisfree AB, T0B 2G0  
Tel: (780) 592-2242

Annual Fee: \$10.00  
Minimum Age: 60

Clinics, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Transportation

### Irricana

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**KIK Senior Citizens Club**

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519 2 Ave  
PO Box 454  
Irricana AB, T0M 1B0  
Tel: (403) 935-0060

Annual Fee: \$25.00  
Minimum Age: 65

Arts and Crafts, Clinics, Food, Sports and Recreation

### Irvine

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**Irvine & District New Horizon's Seniors Club**

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PO Box 267  
Irvine AB, T0J 1V0  
Tel: (403) 937-2123  
Fax: (403) 937-2123

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Sports and Recreation

## Local Seniors Organizations

### Islay

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**Islay 50 - 100 Club**

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5007 49 St  
PO Box 8  
Islay AB, T0B 2J0  
Tel: (780) 744-3970

Annual Fee: \$10.00

Arts and Crafts, Clinics, Food, Instruction, Music,  
Sports and Recreation

### Jarvie

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**Jarvie Drop-In Centre**

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General Delivery  
Jarvie AB, T0G 1H0  
Tel: (780) 954-3760

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Food, Music, Sports and Recreation,  
Support

### Jasper

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**Jasper Seniors Society**

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303 Pyramid Lake Rd  
PO Box 94  
Jasper AB, T0E 1E0  
Tel: (780) 852-3347

Annual Fee: \$3.00

Minimum Age: 55

Fitness, Food, Home Care, Sports and Recreation,  
Transportation

### Kehewin

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**Kehewin Senior Service Providers**

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PO Box 89  
Kehewin AB, T0A 1C0  
Tel: (780) 826-2826  
Fax: (780) 826-2882

Hours: Mon-Fri: 8:30 am-4:30 pm

Minimum Age: 60

Home Care, Information, Legal Services, Support,  
Transportation, Trips and Outings

### Kinuso

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**Kinuso Senior Citizens**

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215 2 St  
PO Box 117  
Kinuso AB, T0G 1K0  
Tel: (780) 775-3621

Annual Fee: \$2.00

Minimum Age: 55

Food, Information, Music, Sports and Recreation

## Local Seniors Organizations

### Kitscoty

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#### Kitscoty & District Community Centre

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4921 50 Ave  
PO Box 496  
Kitscoty AB, T0B 2P0  
Tel: (780) 846-2629  
Fax: (780) 846-2629

Hours: Mon-Fri: 9:00 am-6:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Food, Information, Sports and Recreation

### La Corey

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#### Willow Prairie Senior Citizens Club

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PO Box 78  
La Corey AB, T0A 2E0  
Tel: (780) 826-3193

Hours: Wed: 1:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Sports and Recreation

### La Glace

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#### La Glace Twilight Club

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9936 97 St  
PO Box 159  
La Glace AB, T0H 2J0  
Tel: (780) 568-4250  
Fax: (780) 568-2414

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Food, Sports and Recreation, Transportation

### Lac La Biche

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#### Lac La Biche Canadian Native Friendship Centre

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10105 Churchill Dr  
PO Box 2338  
Lac La Biche AB, T0A 2C0  
Tel: (780) 623-3249  
Fax: (780) 623-1846  
Email: ed@nativefriendship.ca

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$5.00

Clubs, Food, Instruction, Music, Sports and Recreation, Support

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#### Seniors Heritage Society

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10112 102 Ave  
PO Box 237  
Lac La Biche AB, T0A 2C0  
Tel: (780) 623-8350

Annual Fee: \$10.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Music, Sports and Recreation, Transportation

## Local Seniors Organizations

### Lacombe

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#### Lacombe Kozy Korner Community Centre

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5024 53 St  
Lacombe AB, T4L 1J6  
Tel: (403) 782-6216

Hours: Mon-Fri: 9:00 am-4:00 pm  
Annual Fee: \$10.00

Clinics, Fitness, Food, Information, Music, Sports and Recreation

### Lamont

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#### Lamont New Horizons Seniors Drop In Centre

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5203 52 St  
PO Box 1046  
Lamont AB, T0B 2R0  
Tel: (780) 895-2766

Hours: Mon-Sat: 9:00 am-5:00 pm  
Annual Fee: \$5.00  
Minimum Age: 45

Clinics, Fitness, Food, Home Care, Information, Sports and Recreation, Transportation

### Lavoy

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#### Senior Citizen Golden Centre of Lavoy

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PO Box 3  
Lavoy AB, T0B 2S0  
Tel: (780) 658-2695  
Email: wlebrun@telus.net

Hours: Tues-Thurs: 2:00-5:00 pm  
Annual Fee: \$10.00

Clinics, Food, Instruction, Music, Sports and Recreation

### Leduc

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#### Leduc-District Senior Citizens Club

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4907 46 St  
Leduc AB, T9E 6K3  
Tel: (780) 986-4392

Hours: Mon: 12:30-4:00 pm, Tues, Wed: 9:30 am-4:00 pm, Thurs: 1:00-4:00 pm, 7:00-10:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Music, Sports and Recreation, Support

### Legal

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#### Club 60 Roses

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5305 46 St  
PO Box 332  
Legal AB, T0G 1L0  
Tel: (780) 961-2383  
Email: mj@syz.com

Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation, Facility Rentals

## Local Seniors Organizations

### Leslieville

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#### Leslieville Leisure Club

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PO Box 184  
Leslieville AB, T0M 1H0  
Tel: (403) 729-3895

Hours: (Oct-Apr) Tues: 1:00-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Instruction, Sports and Recreation

### Lethbridge

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#### Lethbridge Senior Citizens Organization

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500 11 St S  
Lethbridge AB, T1J 4G7  
Tel: (403) 320-2222  
Fax: (403) 320-2762  
Email: clys@lethseniors.com  
Website: www.lethseniors.com

Hours: Mon-Fri: 8:00 am-4:30 pm  
Annual Fee: \$18.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

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#### Nord Bridge Senior Citizens Association

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1904 13 Ave N  
Lethbridge AB, T1H 4W9  
Tel: (403) 329-3222  
Fax: (403) 329-8824  
Email: friendly@nordbridgeseniors.com

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

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#### Readymade 50 Plus Club

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PO Box 761  
Lethbridge AB, T1J 3Z6  
Tel: (403) 345-3823

Annual Fee: \$10.00  
Minimum Age: 70

Clubs, Food, Information, Sports and Recreation

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#### Sik-Ooh-Kotoki Friendship Society

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1707 2 Ave S  
Lethbridge AB, T1J 0E8  
Tel: (403) 328-2414  
Fax: (403) 327-0087

Hours: Mon-Fri: 9:00 am-9:00 pm  
Annual Fee: \$2.00/individual, \$5.00/family

Arts and Crafts, Food, Information, Instruction, Sports and Recreation, Transportation, Elders Meetings

### Linden

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#### Linden Care & Share Society

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106 1 St SE  
PO Box 184  
Linden AB, T0M 1J0  
Tel: (403) 546-3090

Hours: Tues: 9:00 am-12:00 pm, Thurs: 2:00-5:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Clinics, Fitness, Sports and Recreation, Transportation



## Local Seniors Organizations

### Lloydminster

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#### Lloydminster Native Friendship Centre

4602 49 Ave  
PO Box 1364  
Lloydminster AB, S9V 1K4  
Tel: (306) 825-6558  
Fax: (306) 825-6565  
Email: info@lnfc.org  
Website: www.lnfc.org

Hours: Mon-Thurs: 9:00 am-5:00 pm, Fri: 9:00 am-4:30 pm  
Annual Fee: \$2.00

Arts and Crafts, Clinics, Food, Information, Instruction, Legal Services, Sports and Recreation, Support, Transportation

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#### Lloydminster Senior Citizens Society

5101 46 St  
PO Box 1545  
Lloydminster AB, T9V 3B8  
Tel: (780) 875-4584  
Fax: (780) 875-4582

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Information, Music, Sports and Recreation

### Lomond

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#### Lomond Sunshine Drop In Centre

PO Box 53  
Lomond AB, T0L 1G0  
Tel: (403) 792-3748

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Instruction, Sports and Recreation

### Lougheed

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#### Lougheed Senior Citizens Welcome Club

PO Box 306  
Lougheed AB, T0B 2V0  
Tel: (780) 385-2276

Hours: Mon, Wed: 2:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Sports and Recreation

### Mallaig

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#### Mallaig & District Senior Citizen Club

PO Box 136  
Mallaig AB, T0A 2K0  
Tel: (780) 635-3757

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Clubs, Food, Music, Sports and Recreation

## Local Seniors Organizations

### Manning

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#### Star Centre Seniors

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PO Box 577  
Manning AB, T0H 2M0  
Tel: (780) 836-2385

Hours: Tues: 1:30-3:30 pm, Thurs: 1:30-4:00 pm  
Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Fitness, Food, Music, Sports and Recreation

### Mannville

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#### Mannville Senior Citizens Golden Age Society

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PO Box 532  
Mannville AB, T0B 2W0  
Tel: (780) 763-3545

Hours: Mon-Thurs: 9:00 am-4:00 pm, Fri: 9:00 am-3:30 pm  
Annual Fee: \$5.00 or \$25.00/lifetime  
Minimum Age: 55

Clinics, Home Care, Instruction, Music, Sports and Recreation, Transportation

### Marwayne

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#### Marwayne Senior Citizens Society

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PO Box 506  
Marwayne AB, T0B 2X0  
Tel: (780) 847-3042  
Fax: (780) 847-3878

Hours: Wed: 1:00-6:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Sports and Recreation

### Mayerthorpe

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#### Mayerthorpe Friendship Club

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4909 52 St  
PO Box 1432  
Mayerthorpe AB, T0E 1N0  
Tel: (780) 786-4153

Hours: Mon-Fri: 9:00 am-12:00 pm  
Annual Fee: \$2.00  
Minimum Age: 55

Clubs, Food, Support, Transportation

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#### Mayerthorpe Seniors Friendship Club

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PO Box 1432  
Mayerthorpe AB, T0E 1N0  
Tel: (780) 786-4185

Hours: Mon-Fri: 9:00 am-12:00 pm, Thurs: 7:00-10:00 pm  
Annual Fee: \$2.00  
Minimum Age: 55

Food, Information, Sports and Recreation, Transportation

## Local Seniors Organizations

### McLennan

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#### McLennan Golden Age Club

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10 3 Ave NE  
PO Box 38  
McLennan AB, T0H 2L0  
Tel: (780) 324-2282

Annual Fee: \$24.00 or \$45.00 including pool playing  
Minimum Age: 55

Clinics, Food, Sports and Recreation

### Medicine Hat

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#### City of Medicine Hat Senior Services

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225 Woodman Ave SE  
Medicine Hat AB, T1A 3H2  
Tel: (403) 529-8383  
Fax: (403) 529-8382  
Email: tamher@medicinehat.ca

Hours: Mon-Fri: 8:00 am-10:00 pm, Sat-Sun:  
11:30 am-3:30 pm  
Annual Fee: \$40.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home  
Care, Information, Instruction, Legal Services, Music,  
Sports and Recreation, Support

### Milk River

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#### Milk River and District Seniors Society

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213 Main St  
PO Box 505  
Milk River AB, T0K 1M0  
Tel: (403) 647-2411

Annual Fee: \$5.00  
Minimum Age: 60

Arts and Crafts, Clinics, Clubs, Food, Information,  
Sports and Recreation

### Mirror

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#### Mirror Jolly Seniors Society

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PO Box 41  
Mirror AB, T0B 3C0  
Tel: (403) 788-2149

Hours: Mon-Fri: 9:00 am-12:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Food, Sports and Recreation

### Morinville

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#### Morinville Seniors Rendez-Vous Centre

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9913 104 St  
PO Box 3117  
Morinville AB, T8R 1R9  
Tel: (780) 939-2727  
Fax: (780) 939-7796

Hours: Mon-Fri: 1:00-5:00 pm, Wed-Thurs: 8:00 am-  
12:00 pm  
Annual Fee: \$20.00  
Minimum Age: 50

Clinics, Food, Instruction, Music, Sports and  
Recreation

## Local Seniors Organizations

### Mulhurst

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#### Mulhurst Seniors Society

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PO Box 92  
Mulhurst AB, T0C 2C0  
Tel: (780) 389-2451

Annual Fee: \$3.00

Minimum Age: 55

Clinics, Food, Music, Sports and Recreation

### Mundare

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#### Mundare Senior Citizens Club

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5224 50 St  
PO Box 279  
Mundare AB, T0B 3H0  
Tel: (780) 764-2466 or (780) 764-2480

Hours: Mon-Sat: 1:00-4:00 pm

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Transportation

### Myrnam

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#### Myrnam Senior Citizens

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5006 49 St  
PO Box 246  
Myrnam AB, T0B 3K0  
Tel: (403) 366-3302

Annual Fee: \$10.00

Minimum Age: 55

Clinics, Food, Sports and Recreation

### Nampa

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#### Nampa Golden Pioneers

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10203 100 Ave  
PO Box 447  
Nampa AB, T0H 2R0  
Tel: (780) 322-2373  
Email: szpunjk@telus.net

Hours: Tues: 10:00 am-4:30 pm, Fri: 7:00-11:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Music, Sports and Recreation

### Nanton

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#### Town and Country Kosy Korner Association

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2211 20 St  
PO Box 805  
Nanton AB, T0L 1R0  
Tel: (403) 646-5629  
Fax: (403) 646-2653

Hours: Mon-Fri: 9:00 am-5:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Food, Sports and Recreation

## Local Seniors Organizations

### Okotoks

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#### Okotoks and District Seniors Club

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204 Community Way  
PO Box 1262  
Okotoks AB, T1S 1B3  
Tel: (403) 995-4107

Annual Fee: \$10.00

Minimum Age: 55

Clubs, Food, Sports and Recreation

### Onoway

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#### Onoway Golden Age Club

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5123 49 Ave  
PO Box 1162  
Onoway AB, T0E 1V0  
Tel: (780) 967-4434

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Instruction, Music, Sports and Recreation

### Oyen

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#### Oyen & District Senior Citizens Association

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PO Box 242  
Oyen AB, T0J 2J0  
Tel: (403) 664-3686

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Instruction, Sports and Recreation, Transportation

### Paradise Valley

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#### Paradise Valley and District Senior Citizens Association

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111 Main St  
Paradise Valley AB, T0B 3R0  
Tel: (780) 745-2260

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Food, Instruction, Sports and  
Recreation

### Peace River

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#### Peace River Senior Citizens Club

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10301 101 St  
PO Box 5173  
Peace River AB, T8S 1R8  
Tel: (780) 624-2700  
Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Instruction,  
Music, Sports and Recreation

## Local Seniors Organizations

### Peace River

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#### Sagitawa Friendship Society

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10108 100 Ave  
PO Box 5083  
Peace River AB, T8S 1R7  
Tel: (780) 624-2443  
Fax: (780) 624-2728  
Email: dixie-sagitawa@telus.net

Hours: Mon-Fri: 8:30 am-5:00 pm  
Annual Fee: \$2.00/single \$5.00/family

Arts and Crafts, Food, Information, Instruction, Sports and Recreation, Transportation

### Pincher Creek

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#### Fred Huddlestun Senior Citizens Centre

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867 Main St  
PO Box 2481  
Pincher Creek AB, T0K 1W0  
Tel: (403) 627-4519

Annual Fee: \$10.00  
Minimum Age: 55

Fitness, Food, Instruction, Sports and Recreation

### Plamondon

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#### Plamondon Pioneer Club

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PO Box 560  
Plamondon AB, T0A 2T0  
Tel: (780) 798-3239  
Email: menarddr@telus.net

Annual Fee: \$5.00  
Minimum Age: 40

Arts and Crafts, Clinics, Fitness, Food, Home Care, Instruction, Music, Sports and Recreation, Support, Transportation

### Ponoka

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#### Ponoka Seniors Drop-In Centre

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5015 46 Ave  
Ponoka AB, T4J 1J5  
Tel: (403) 783-3027  
Fax: (403) 783-7494  
Email: mhuff@rttinc.com

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Sports and Recreation

### Provost

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#### Provost Senior Citizen Society

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5137 48 St  
PO Box 431  
Provost AB, T0B 3S0  
Tel: (780) 753-2625

Hours: Mon-Fri: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 60

Food, Sports and Recreation

## Local Seniors Organizations

### Raymond

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#### Raymond and District Seniors

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PO Box 134  
Raymond AB, T0K 2S0  
Tel: (403) 752-3090  
Email: circle9@telus.net

Annual Fee: \$15.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

### Red Deer

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#### Golden Circle Senior Resource Centre

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4620 47 Ave  
Red Deer AB, T4N 6C3  
Tel: (403) 343-6074  
Fax: (403) 343-7977  
Email: info@goldencircle.ca  
Website: www.goldencircle.ca

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$15.00

Arts and Crafts, Clinics, Clubs, Fitness, Food, Home Care, Information, Instruction, Legal Services, Music, Sports and Recreation, Support, Transportation

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#### Red Deer Senior Citizens Downtown House

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5414 43 St  
Red Deer AB, T4C 1C9  
Tel: (403) 346-4043  
Fax: (403) 346-4043

Hours: Mon-Fri: 9:00 am-4:00 pm  
Minimum Age: 50

Clinics, Food, Music, Sports and Recreation, Transportation

### Redcliff

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#### Redcliff Senior Citizens Society

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PO Box 1198  
Redcliff AB, T0J 2P0  
Tel: (403) 548-9252

Annual Fee: \$5.00  
Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Sports and Recreation

### Redwater

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#### Redwater & District Pioneer Club

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4916 50 St  
PO Box 932  
Redwater AB, T0A 2W0  
Tel: (780) 942-3575

Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Food, Instruction, Sports and Recreation, Transportation

## Local Seniors Organizations

### Rimbey

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**Rimbey & District Drop In Centre**

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4906 50 St  
PO Box 1352  
Rimbey AB, T0C 2J0  
Tel: (403) 843-2012

Annual Fee: \$10.00

Minimum Age: 55

Music, Sports and Recreation

### Rochester

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**Rochester Golden Age Club**

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PO Box 183  
Rochester AB, T0G 1Z0  
Tel: (780)698-2630

Annual Fee: \$5.00

Minimum Age: 55

Arts and Crafts, Clinics, Food, Sports and Recreation

### Rockyford

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**Rockyford Friendship Club**

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PO Box 216  
Rockyford AB, T0J 2R0  
Tel: (403) 533-2155

Arts and Crafts, Clinics, Fitness, Food, Music

### Rolling Hills

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**Rolling Hills Seniors Citizens Club**

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PO Box 57  
Rolling Hills AB, T0J 2S0  
Tel: (403) 564-3645

Annual Fee: \$10.00/yr

Minimum Age: 50

### Rosalind

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**Rosalind Seniors Society**

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PO Box 62  
Rosalind AB, T0B 3Y0  
Tel: (780) 375-3781 or (780) 375-2346

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Food, Sports and Recreation

### Rosemary

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**Rosemary & District New Horizons**

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Ag Complex Centre St  
PO Box 192  
Rosemary AB, T0J 2W0  
Tel: (403) 378-4266  
Fax: (403) 378-3160

Hours: Tues: 9:00 am-12:00 pm, 7:00-9:00 pm

Annual Fee: \$15.00

Minimum Age: 55

Clinics, Food, Sports and Recreation



## Local Seniors Organizations

### Ryley

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#### Ryley Sunshine Club

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5124 50 St  
PO Box 127  
Ryley AB, T0B 4A0  
Tel: (780) 663-2191

Hours: Mon, Wed: 1:00-5:00 pm, Thurs: 7:00-10:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Instruction, Sports and Recreation,  
Transportation

### Saddle Lake

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#### Saddle Lake Home Care

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PO Box 189  
Saddle Lake AB, T0A 3T0  
Tel: (780) 726-2774, 1-888-600-6867  
Fax: (780) 726-2776

Hours: Mon-Fri: 8:00 am-4:30 pm

Home Care, Information, Transportation

### Sangudo

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#### Sangudo Golden Club

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50 Ave  
PO Box 73  
Sangudo AB, T0E 2A0  
Tel: (780) 785-3373

Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Food, Sports and Recreation

### Seba Beach

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#### Seba Beach Senior's Golden Age Club

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109 1 St S  
PO Box 293  
Seba Beach AB, T0E 2B0  
Tel: (780) 797-3773

Hours: Wed, Sat: 11:00 am-3:00 pm, Thurs: 2:00-4:00 pm  
Annual Fee: \$12.00  
Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information,  
Sports and Recreation, Transportation

### Sedgewick

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#### Sedgewick Seniors Club

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PO Box 205  
Sedgewick AB, T0B 4C0  
Tel: (780) 384-3605

Hours: Mon-Fri: 1:00-5:00 pm (Oct-Apr), Wed-Fri:  
1:00-5:00 pm (Apr-Sep)  
Annual Fee: \$10.00

Food, Sports and Recreation

## Local Seniors Organizations

### Sherwood Park

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#### Information and Volunteer Centre for Strathcona County

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100 Ordze Ave  
Sherwood Park AB, T8B 1M6  
Tel: (780) 464-4242  
Fax: (780) 449-1354  
Email: [ivc@shaw.ca](mailto:ivc@shaw.ca)  
Website: [www.ivcstrathcona.org](http://www.ivcstrathcona.org)

Hours: Mon-Fri: 8:30 am-4:30 pm

Information

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#### Sherwood Park 55 Plus Club

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50A Spruce Ave  
PO Box 79065  
Sherwood Park AB, T8A 2G1  
Tel: (780) 467-8389

Hours: Mon-Thurs: 10:00 am-12:00 pm, 1:00-3:30 pm,  
Sat: 6:30-10:00 pm  
Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Food, Instruction, Sports and  
Recreation

### Siksika

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#### Siksika Elders Club

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PO Box 1100  
Siksika AB, T0J 3W0  
Tel: (403) 734-5176  
Fax: (403) 734-5456  
Email: [lwchief@telus.com](mailto:lwchief@telus.com)

Hours: Mon-Fri: 8:00 am-4:30 pm  
Annual Fee: \$5.00  
Minimum Age: 65

Arts and Crafts, Home Care, Information, Sports and  
Recreation, Transportation, Trips and Outings

### Slave Lake

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#### Slave Lake Native Friendship Centre Society

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416 6 Ave NE  
Slave Lake AB, T0G 2A0  
Tel: (780) 849-3039  
Fax: (780) 849-2402  
Email: [slnfc1@telus.net](mailto:slnfc1@telus.net)

Hours: Mon-Fri: 8:30 am-4:30 pm

Food, Information, Legal Services, Support

### Slave Lake

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#### Slave Lake Pioneers

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PO Box 947  
Slave Lake AB, T0G 2A0  
Tel: (780) 849-3747

Annual Fee: \$5.00  
Minimum Age: 55

Arts and Crafts, Clubs, Food, Information, Music,  
Sports and Recreation

## Local Seniors Organizations

### Smith

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#### Smith Half Century Plus Association

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PO Box 5  
Smith AB, T0G 2B0  
Tel: (780) 829-2226

Hours: Every other Tues: 10:00 am-4:00 pm  
Annual Fee: New: \$10.00, Renewals: \$5.00  
Minimum Age: 50

Arts and Crafts, Food, Music, Sports and Recreation,  
Transportation

### Smoky Lake

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#### Smoky Lake Seniors Drop In Centre Club

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PO Box 754  
Smoky Lake AB, T0A 3C0  
Tel: (780) 656-3552

Hours: Mon-Fri: 9:00 am-5:00 pm  
Annual Fee: \$10.00

Clinics, Clubs, Food, Music, Sports and Recreation,  
Support, Transportation, Social Evenings

### Spirit River

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#### Happy Hour Club

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5015 47 Ave  
PO Box 813  
Spirit River AB, T0H 3G0  
Tel: (780) 864-4391

Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care,  
Instruction, Music, Sports and Recreation, Support,  
Transportation

### Spruce Grove

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#### Spruce Grove Golden Age Club

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301 Jespersen Ave  
PO Box 3084  
Spruce Grove AB, T7X 3A4  
Tel: (780) 962-5020

Annual Fee: \$20.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Food, Instruction,  
Music, Sports and Recreation, Transportation

### Spruce View

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#### Golden West Drop In Centre

---

PO Box 128  
Spruce View AB, T0M 1V0  
Tel: (403) 728-3564

Annual Fee: \$2.50  
Minimum Age: 55

Clinics, Clubs, Food, Music, Sports and Recreation

## Local Seniors Organizations

### St. Albert

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#### St. Albert Senior Citizens Club

---

7 Tache St  
St. Albert AB, T8N 2S3  
Tel: (780) 459-0433  
Fax: (780) 459-9588  
Email: seniorcc@telus.net  
Website: www.stalbertseniorsclub.org

Hours: Mon-Fri: 8:30 am-4:30 pm  
Annual Fee: \$40.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food,  
Information, Instruction, Legal Services, Music, Sports  
and Recreation, Transportation

### St. Isidore

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#### Club du Bon Temps

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General Delivery  
St. Isidore AB, T0H 3B0  
Tel: (780) 624-8370

Hours: Wed: 7:30-11:00 am, Sat: 7:30 am-12:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Instruction, Sports and Recreation, Transportation

### St. Michael

---

#### St. Michael Golden Age Club

---

PO Box 75  
St. Michael AB, T0B 4B0  
Tel: (780) 896-2401

Annual Fee: \$5.00  
Minimum Age: 45

Clinics, Fitness, Food, Sports and Recreation, Support,  
Transportation

### St. Paul

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#### Centennial Senior Citizens Club

---

5114 49 St  
St. Paul AB, T0A 3A2  
Tel: (780) 645-2929

Annual Fee: \$5.00  
Minimum Age: 55

Food, Sports and Recreation

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#### Mannawanis Native Friendship Centre

---

4901 50 St  
PO Box 1358  
St. Paul AB, T0A 3A0  
Tel: (780) 645-4630  
Fax: (780) 645-1980  
Email: mannatfc@mcsnet.ca

Hours: Mon-Fri: 9:00 am-5:00 pm  
Annual Fee: \$5.00

Arts and Crafts, Food, Home Care, Information, Music,  
Sports and Recreation, Support

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#### St. Paul Senior Citizen's Club

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4809 47 St  
St. Paul AB, T0A 3A3  
Tel: (780) 645-5566

Hours: Mon-Sun: 8:00 am-4:00 pm  
Annual Fee: \$6.00  
Minimum Age: 55

Food, Home Care, Music, Sports and Recreation

## Local Seniors Organizations

### Standard

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#### Standard Seniors Young At Heart Club

---

817 The Broadway  
PO Box 327  
Standard AB, T0J 3G0  
Tel: (403) 644-2147  
Fax: (403) 644-2147  
Email: mpjellis@telusplanet.net

Hours: Mon-Sat: 9:00 am-12:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Food, Home Care, Legal Services, Music, Sports and Recreation, Support, Transportation

### Standoff

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#### Blood Tribe Social Development Seniors Program

---

PO Box 529  
Standoff AB, T0L 1Y0  
Tel: (403) 737-3940  
Fax: (403) 737-2469

Hours: Mon-Fri: 8:30 am-12:00 pm, 1:00-4:30 pm  
Minimum Age: 65

Information, Instruction, Support

### Stavelly

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#### Stavelly Golden Age Center

---

5026 50 Ave  
PO Box 146  
Stavelly AB, T0L 1Z0  
Tel: (403) 549-3933

Hours: Mon-Fri: 1:00-5:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation

### Stettler

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#### Erskine and District Seniors

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PO Box 871  
Stettler AB, T0C 2L0  
Tel: (403) 742-4744

Annual Fee: \$5.00

Arts and Crafts, Clubs, Food, Sports and Recreation

### Stirling

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#### Stirling Seniors

---

PO Box 23  
Stirling AB, T0K 2E0  
Tel: (403) 756-3824

Hours: Thurs: 6:00-9:30 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Arts and Crafts, Clinics, Clubs, Food, Music, Sports and Recreation

## Local Seniors Organizations

### Stony Plain

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#### Senior Citizens Society of Stony Plain

---

5018 51 Ave  
Stony Plain AB, T7Z 1C2  
Tel: (780) 963-4707

Hours: Mon-Sat: 8:30-11:00 am, 12:30-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Fitness, Sports and Recreation

### Strathmore

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#### The Happy Gang Society of Strathmore

---

85 Lakeside Blvd  
PO Box 2054  
Strathmore AB, T1P 1K1  
Tel: (403) 901-2377  
Email: vnoy@shaw.ca

Hours: Mon-Fri: 1:00-5:00 pm, Mon, Wed, Fri:  
10:00 am-12:00 pm, Mon: 7:00-10:00 pm  
Annual Fee: \$15.00  
Minimum Age: 50

Food, Sports and Recreation, Trips and Outings

### Strome

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#### Strome Seniors Centre

---

PO Box 185  
Strome AB, T0B 4H0  
Tel: (780) 376-3571

Hours: Mon-Fri: 9:00-11:00 am, 2:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Information, Legal Services, Music,  
Sports and Recreation, Transportation

### Sundre

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#### Sundre West Country Centre

---

4-101 2 Ave NW  
PO Box 1896  
Sundre AB, T0M 1X0  
Tel: (403) 638-3298  
Email: insomm@telusplanet.net

Hours: Mon, Wed-Fri: 1:00-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Food, Home Care, Sports and  
Recreation

### Swan Hills

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#### 50+ Graying and Staying

---

1 Derrick Cres  
PO Box 149  
Swan Hills AB, T0G 2C0  
Tel: (780) 333-4119  
Fax: (780) 333-4547

Minimum Age: 50

Arts and Crafts, Clinics, Food, Support, Trips and  
Outings, Social Events

## Local Seniors Organizations

### Sylvan Lake

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#### Sylvan Lake Seniors Association

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4908 50 Ave

Sylvan Lake AB, T4S 1C9

Tel: (403) 887-5428

Recreation, Transportation

### Taber

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#### Parkside Manor Seniors

---

4830 50 St

Taber AB, T1G 1H7

Tel: (403) 223-4247

Hours: Mon-Fri: 9:00 am-5:00 pm

Annual Fee: \$10.00

Minimum Age: 55

Clubs, Fitness, Food, Music, Sports and Recreation

### Thorhild

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#### Thorhild Golden Age Drop In Center

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702 2 St

PO Box 6

Thorhild AB, T0A 3J0

Tel: (780) 398-3564

Hours: Mon-Fri: 1:00-3:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Sports and Recreation

### Thorsby

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#### Thorsby Senior Citizens Club

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4812 51 St

PO Box 145

Thorsby AB, T0C 2P0

Tel: (780) 789-3883

Annual Fee: \$4.00

Minimum Age: 55

Clinics, Food, Home Care, Music, Sports and Recreation

### Three Hills

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#### Seniors Outreach Program in Three Hills and District

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160 3 Ave S

PO Box 1465

Three Hills AB, T0M 2A0

Tel: (403) 443-2555

Fax: (403) 443-7755

Hours: Mon-Fri: 9:00 am-5:00 pm

Clinics, Fitness, Home Care, Information, Instruction, Legal Services, Support, Transportation

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#### Three Hills Pioneer Society

---

499 3 Ave SE

PO Box 72

Three Hills AB, T0M 2A0

Tel: (403) 443-5814

Fax: (403) 443-5814

Annual Fee: \$20.00

Minimum Age: 50

Information, Music, Sports and Recreation

## Local Seniors Organizations

### Tilley

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**Tilley Friendship Society**

---

237 Centre St  
PO Box 25  
Tilley AB, T0J 3K0  
Tel: (403) 377-2520

Annual Fee: \$5.00  
Minimum Age: 60

Clinics, Food

### Tofield

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**Tofield Golden Club**

---

5004 54 Ave  
PO Box 357  
Tofield AB, T0B 4J0  
Tel: (780) 662-3785

Hours: Mon-Sat: 7:30-11:00 am  
Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Food, Instruction, Legal Services, Music,  
Sports and Recreation

### Trochu

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**Trochu Seniors Drop-In Centre**

---

PO Box 6  
Trochu AB, T0M 2C0

Annual Fee: \$10.00  
Minimum Age: 50

Food, Sports and Recreation

### Turner Valley

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**Valley Neighbours Club**

---

133 Sunset Blvd  
PO Box 1024  
Turner Valley AB, T0L 2A0  
Tel: (403) 933-3799

Annual Fee: \$10.00

Arts and Crafts, Fitness, Food, Instruction, Sports and  
Recreation, Trips and Outings

### Two Hills

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**Two Hills Senior Citizens Centre**

---

4903 47 Ave  
PO Box 147  
Two Hills AB, T0B 4K0  
Tel: (780) 657-2071

Hours: Tues, Thurs: 10:00 am-12:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Sports and Recreation, Social Events

### Valleyview

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**Valleyview and District Sun Valley Pioneers**

---

PO Box 1381  
Valleyview AB, T0H 3N0  
Tel: (780) 524-2506

Annual Fee: \$10.00  
Minimum Age: 50

Clinics, Food, Instruction, Music, Sports and  
Recreation



## Local Seniors Organizations

### Vauxhall

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**Vauxhall & District Senior Citizens Club**

---

PO Box 751  
Vauxhall AB, T0K 2K0  
Tel: (403) 654-2763

Annual Fee: \$5.00  
Minimum Age: 55

Clinics, Fitness, Food, Sports and Recreation

### Vegreville

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**Vegreville Senior Citizens Sunshine Club**

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4630 49 St  
Vegreville AB, T9C 1C2  
Tel: (780) 632-2624

Hours: Mon-Sat: 10:00 am-4:00 pm  
Annual Fee: \$10.00  
Minimum Age: 55

Clinics, Food, Instruction, Music, Sports and Recreation

### Vermilion

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**Vermilion Senior Citizens' Centre**

---

5324 50 Ave  
Vermilion AB, T9X 1V2  
Tel: (780) 853-4292  
Fax: (780) 853-4292

Hours: Mon-Fri: 9:30-11:30 am  
Annual Fee: \$15.00  
Minimum Age: 50

Clinics, Food, Home Care, Music, Sports and Recreation

### Viking

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**Viking Senior's Club**

---

5024 53 Ave  
PO Box 825  
Viking AB, T0B 4N0  
Tel: (780) 336-2115  
Fax: (780) 336-2115

Minimum Age: 50

Clinics, Fitness, Food, Sports and Recreation,  
Transportation

### Vilna

---

**Vilna Senior Citizens' Recreation Society**

---

5123 50 St  
PO Box 149  
Vilna AB, T0A 3L0  
Tel: (780) 636-2350

Annual Fee: \$5.00  
Minimum Age: 50

Clubs, Food, Sports and Recreation, Transportation

## Local Seniors Organizations

### Vulcan

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#### Vulcan Senior Citizens

---

303 Centre St  
PO Box 53  
Vulcan AB, T0L 2B0  
Tel: (403) 485-2723

Hours: Mon-Sat: 10:00 am-12:00 pm, 1:00-4:00 pm  
Annual Fee: \$25.00  
Minimum Age: 50

Arts and Crafts, Fitness, Food, Sports and Recreation

### Wabamun

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#### Wabamun and District Seniors Association

---

5117 51 Ave  
PO Box 85  
Wabamun AB, T0E 2K0  
Tel: (780) 892-3454

Annual Fee: \$10.00  
Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Sports and Recreation, Transportation

### Wainwright

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#### Wainwright Prairie Rose Seniors Association

---

731 2 Ave  
Wainwright AB, T9W 1C4  
Tel: (780) 842-2632

Annual Fee: \$15.00  
Minimum Age: 50

Sports and Recreation, Hall Rentals

### Warburg

---

#### Warburg Senior's Centre

---

PO Box 425  
Warburg AB, T0C 2T0  
Tel: (780) 848-2377

Hours: Tues-Sun: 9:00 am-3:00 pm  
Annual Fee: \$15.00/men, \$5.00/women  
Minimum Age: 55

Arts and Crafts, Clinics, Fitness, Food, Home Care, Sports and Recreation, Support, Transportation

### Waskatenau

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#### Waskatenau Senior Citizen's Association

---

5156 50 St  
PO Box 128  
Waskatenau AB, T0A 3P0  
Tel: (780) 358-2244

Hours: Mon-Sat: 1:00-6:00 pm  
Annual Fee: \$5.00  
Minimum Age: 50

Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

## Local Seniors Organizations

### Westlock

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#### Linaria Senior Citizens Association

---

RR 1

Westlock AB, T7P 2N9

Tel: (780) 349-2536

Annual Fee: \$1.00

Minimum Age: 50

Arts and Crafts, Clubs, Food, Sports and Recreation

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#### Westlock Golden Age Club

---

10248 105 St

Westlock AB, T7P 1V8

Tel: (780) 349-4100

Hours: Mon-Fri: 1:00-4:30 pm

Annual Fee: \$10.00

Minimum Age: 55

Food, Sports and Recreation, Social Events

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### Wetaskiwin

---

#### Wetaskiwin Senior Citizen's Society

---

5216 54 St

Wetaskiwin AB, T9A 2X1

Tel: (780) 352-4646

Fax: (780) 352-8225

Email: wscs@incentre.net

Hours: Mon-Fri: 9:00 am-12:00 pm, 1:00-4:00 pm

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Clubs, Fitness, Food, Information, Instruction, Legal Services, Music, Sports and Recreation, Transportation

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### Whitecourt

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#### Whitecourt Seniors Circle

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5212 50 St

PO Box 1863

Whitecourt AB, T7S 1P2

Tel: (780) 778-4950

Annual Fee: \$10.00

Minimum Age: 55

Arts and Crafts, Fitness, Food

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### Whitelaw

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#### New Horizons Crafts' N Games Whitelaw Drop In Center

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PO Box 114

Whitelaw AB, T0H 3T0

Tel: (780) 596-2112

Fax: (780) 596-2255 (notify first)

Annual Fee: \$5.00

Minimum Age: 55

Food, Sports and Recreation

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### Wildwood

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#### Wildwood Senior Citizen's Club

---

4912 51 Ave E

PO Box 464

Wildwood AB, T0E 2M0

Tel: (780) 325-2699

Annual Fee: \$10.00

Minimum Age: 50

Arts and Crafts, Clinics, Fitness, Food, Information, Instruction, Sports and Recreation

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## Local Seniors Organizations

### Youngstown

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#### Youngstown 50 Plus

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PO Box 191  
Youngstown AB, T0J 3P0  
Tel: (403) 779-3915

Hours: Tues: 2:00-5:00 pm

Annual Fee: \$5.00

Minimum Age: 50

Sports and Recreation

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