


N.B. Prescription Drug & Seniors' Health Benefit Programs,
 (Medavie Blue Cross)1-800-332-3692
 Nursing Homes: for information on respite care and nursing homes call
 Social Development N.B.*1-866-441-4340
 Parkinson Society
 Saint John Chapter635-1530 / 1-800-663-2468
 St. Stephen Support Group466-5444
 Private Duty Nurses Registry647-5375
 Public Health, N.B.
 Grand Manan662-7024
 Saint John658-2454
 St. Stephen466-7504
 Sussex432-2003
 Quality Respiratory Care Inc638-8401
 Red Cross Senior's Rehabilitative Equipment Program674-6132
 Riley Home Health Services672-1943
 Saint John Deaf and Hard of Hearing
 Services633-0599 / TTY 634-8037
 Senior Watch Inc. / CARE-ED Learning .634-8906 / 1-800-561-2463
 Seniors Medical Alert1-888-468-5311
 Shoppers Drug Mart (Crown Street)636-9610
 Social Development N.B.*1-866-441-4340
 St. Joseph's Community Health Centre632-5537
 Tele-Care - non-urgent health problems1-800-244-8353
 Total Ability Occupational Therapy for Everyone847-0428
 Vial for Life
 Grand Bay-Westfield / Hampton / Sussex757-1020
 Quispamsis / Rothesay847-6300
 Saint John648-3333
 Vitalaire634-8962
 We Care Home Health Services657-2273

Housing

Carleton Kirk Complex Inc.635-8621
 Charlotte Court466-1759
 Chateau de Champlain633-1195
 Community Mental Health Association 633-1705
 Hillcrest Village635-0995
 Gateway to Hope Transition House672-5177 / 672-4878
 Housing Alternatives632-9393
 Kings Valley Manor847-5343
 Loch Lomond Villa High Rise643-7100
 Nursing Homes – contact Social Development N.B.* .1-866-441-4340
 Rentalsman and Consumer Affairs658-2512
 Saint John Non Profit Housing658-1925
 Salvation Army Booth Centre (Men's Shelter)634-7021
 Social Development N.B.*1-866-441-4340
 Special Care Home Assoc. Inc., Region 2738-8514

Seely Lodge Inc.738-8514
 St. Croix Retirement Community466-4176
 Trinity Bicentennial Apartments763-3183

Recreation / Leisure / Learning

Boys & Girls Club Saint John - Volunteer Grandparent Program 634-2011
 Canada Games Aquatic Centre658-4715
 Computer Access Centres -
 call Community INFO-line633-4636 / 1-877-322-4636
 Hampton Seniors Resource Centre832-7871
 Libraries, Fundy Region
 Saint John643-7220
 St Stephen466-7529
 Sussex432-4585
 New Brunswick Community College
 Saint John658-6600
 St. Andrews529-5000
 New Brunswick Senior Citizens Federation1-800-453-4333
 Bay of Fundy Zone755-2324
 Dairy Zone833-4709
 Loyalist Zone672-2818
 Recreation / Leisure, Municipal Departments
 Grand Bay-Westfield, Town of738-6423
 Hampton, Town of832-6102
 Quispamsis, Town of849-5778
 Rothesay, Town of848-6606
 Saint John, City of658-2908
 St. Stephen, Town of466-7707
 Sussex, Town of432-4573
 Royal Canadian Legion, NB Command634-8850
 Saint John Arts Centre633-4870
 Saint John Learning Exchange648-0202
 Saint John Volunteer Centre658-1555
 Salvation Army Drop-in634-7563
 Seniors' Clubs - call Senior's Resource Centre633-8781
 Senior Citizens Services Centre (City Market)693-8587
 Senior's Resource Centre633-8781 / 633-8787
 Sport & Recreation Database (online)www.sportsrecreationnb.ca
 Sunbury Shores Arts & Nature Centre, St. Andrews529-3386
 Senior Watch Inc / CARE-ED Learning. .634-8906 / 1 800-561-2463
 University of New Brunswick Saint John648-5500
 Walks n' Talks672-8601
 YMCA634-7720

Transportation

Canadian Red Cross Seniors Volunteer Drive .674-6132/ 1-800-588-4881
 Dial-A-Ride Charlotte County466-4444
 Handi-Bus648-0609
 Rothesay Driving Service for Seniors648-9159
 Saint John Transit658-4700

The Human Development Council and its funders assume no responsibility to any person or persons for the information contained in this publication, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

Seniors Directory

2009

Programs and Services in Charlotte,
 Kings and St. John Counties



Sponsored By



RHA B. Saint John Zone
 Extra-Mural Program

Published By:



3rd Floor City Market
 For More Information on Services,
 Contact:
 The Community Information Centre
 INFO-LINE - 506-633-4636
 1-877-322-4636

www.saintjohninfo.ca or
 www.nbinfo.ca



The Kiwanis Club Lancaster meets
 6:30 every Monday at the
 Daybreak Activity Centre



Daybreak Senior Activity Center is the Newest Senior Facility in Saint John
 providing meaningful activities for seniors in a supervised setting.

THIS COUPON IS GOOD FOR A COMPLEMENTARY HALF DAY.

Counselling & Support

| | |
|--|---------------------------------|
| Canadian Mental Health Association | |
| Saint John | 633-1705 |
| Sussex | 432-2101 |
| St. Stephen | 466-5679 |
| Canadian Red Cross, Friendly Visiting & Telephone | |
| Reassurance Programs | 674-6132 / 1-800-588-4881 |
| CHIMO Suicide Crisis Line Inc. | 1-800-667-5005 |
| Community Information Centre – information on support groups, and other community services | 633-INFO(4636) / 1-877-322-4636 |
| Community Mental Health Services | |
| Saint John | 658-3737 |
| St. Stephen | 466-7380 |
| Sussex | 432-2090 |
| Family Plus / Life Solutions | 634-8295 |
| Gentle Path Counselling | 652-7284 |
| Hospice | |
| Charlotte County | 465-0800 |
| Saint John | 632-5593 |
| Sussex | 432-5001 |
| Loch Lomond Villa, Senior's Outreach Centre | 643-7140 |
| Mobile Mental Health Crisis Line | 1-888-811-3664 |
| Ridgewood Addiction Services | |
| Saint John | 674-4300 |
| St. Stephen | 465-4444 |
| Sussex | 432-3141 |
| St. Joseph's Community Health Centre | 632-5537 |
| Victorian Order of Nurses | 635-1530 |

Elder Abuse / Legal / Safety

| | |
|---|---------------------|
| AMBULANCE / EMERGENCIES | 911 |
| ABCs of Fraud, Saint John Volunteer Centre | 658-1555 |
| Domestic Violence Action Group | 632-5616 |
| Fraud – call your local police service | |
| Fundy Region Transition House (for abused women) | 466-4485 |
| Hestia House (for abused women) | 634-7570 |
| Landlord and Tenant Information - Rentalsman and Consumer Affairs.. | 658-2512 |
| Lawyer Referral Service | 658-2542 |
| Legal Aid New Brunswick | 693-1995 / 633-6030 |
| N.B. Securities Commission | 1-866-933-2222 |
| RCMP | 1-800-665-6663 |
| Rothsay Regional Police Force (Non Emergency) | 847-6300 |
| Saint John Police Force (Non Emergency) | 648-3333 |
| Social Development N.B.* | 1-866-441-4340 |
| Sussex Vale Transition House (for abused women) | 432-6999 |

This Coupon is Good for One Half Day Trial at the DayBreak Senior Activity Centre.

VALID UNTIL JUNE 1ST, 2009 

CALL 214-3800 FOR MORE DETAILS

DayBreak is located at 661 Dever Road on the West Side.

www.daybreaksenioractivitycentres.com

** Some Conditions Apply*

| | |
|--|----------|
| Meals on Wheels | |
| Canadian Red Cross Meals on Wheels (Sussex) | 433-5886 |
| Community Meals on Wheels Saint John Inc. | 658-1888 |
| Home Support Services Inc. (St. Stephen) | 466-1759 |
| Kings Valley Wesleyan Meals on Wheels | 847-5343 |
| St. Mark's Meals on Wheels | 849-5111 |
| Romero House | 642-7447 |
| Salvation Army, Friendship Room | 634-1633 |
| Senior Citizens' Services Centre (City Market) | 693-8587 |

Government Services

Government of Canada

| | |
|--|---------------------------|
| Canada Revenue Agency | |
| GST/HST | 1-800-959-1953 |
| Income Tax Enquiries | 1-800-959-8281 |
| Canada Pension Plan / Old Age Security | |
| English | 1-800-277-9914 |
| French | 1-800-277-9915 |
| TTY (Text Telephone for the Deaf) | 1-800-255-4786 |
| Service Canada - information on federal programs | 1-800-622-6232 |
| TTY (Text Telephone for the Deaf) | 1-800-926-9105 |
| Veterans' Affairs | |
| English | 1-866-522-2122 |
| French | 1-866-522-2022 |
| Last Post Fund | 658-9707 / 1-800-561-0505 |
| Community Volunteer Income Tax Program | 1-800-959-8281 |

Government of New Brunswick

| | |
|--|----------------|
| Low-income Seniors Benefit | 1-800-669-7070 |
| N.B. Prescription Drug & Seniors' Health Benefit Programs - | |
| Medavie Blue Cross | 1-800-332-3692 |
| Service New Brunswick - information on provincial government programs and services (e.g. property tax, motor vehicles; disabled parking permits, birth / death certificates) | 1 888-762-8600 |
| Social Development N.B.* (Affordable Housing, Social Assistance, Long-term Care, Adult Protection) | 1-866-441-4340 |

Health / In-Home Care (including Equipment & Relief Care)

| | |
|---|----------------|
| ABC Surgical Supplies | 634-8622 |
| Alzheimer Society | |
| Saint John Branch | 634-8722 |
| St. Andrews Branch | 529-5245 |
| Sussex Alzheimer Support Group | 433-1909 |
| Arthritis Society, Saint John Branch | 652-9626 |
| Arthritis Support Group | 672-8921 |
| Assessments Plus | 657-7587 |
| Bayshore Home Health | 633-9588 |
| Bellwether Healthcare Solutions Inc. | 1-866-788-8500 |
| Breast Screening | |
| Saint John area (St. Joseph's Hospital) | 632-5566 |
| St. Stephen (Charlotte Co. Hosp.) | 465-4450 |
| Sussex Health Centre | 432-3431 |
| Canadian Cancer Society, Southern District Office | 634-6277 |
| Canadian Diabetes Association | 1-800-884-4232 |

| | |
|--|---------------------------|
| Canadian Red Cross | 674-6200 / 1 800-588-4881 |
| Centenary Queen Sq. Care Centre, Adult Outreach Centre. | 693-8080 |
| CNIB | 634-7277 |
| Comcare Health Services. | 634-1505 |
| Daybreak Seniors Activity Centre | 214-3800 |
| Extra Mural Program | |
| Eastern Charlotte | 755-4660 |
| Kennebecasis Valley | 848-4600 |
| Saint John | 649-2626 |
| Sussex | 432-3280 |
| St. Stephen | 465-4520 |
| Foot Care | |
| Comcare Health Services | 634-1505 |
| Footech | 657-0800 |
| Integrity Home Health Services | 657-1273 |
| Jackie's Foot Care | 696-7672 |
| Orthopedics Plus | 633-1312 |
| Senior Watch Inc | 634-8906 |
| Ther-a-ped | 632-9397 |
| VON | 635-1530 |
| Go-Ahead Seniors Healthy Active Living Program for the 50 Plus | |
| Saint John | 633-8412 |
| Charlotte County | 529-4347 |
| Happy Hearts Cardiac Rehab Support Group | 849-4912 |
| Harding Medical | 633-5097 |
| Heart & Stroke Foundation | 634-1620 |
| Heart Surgery Support Group | 648-7782 |
| Home Hair Care, Gena's Mobile | 672-3333 |
| Home Support Services Inc. (Charlotte Co) | 466-1759 |
| Hospitals - including clinics and health centres | |
| Campobello Health Centre | 752-4100 |
| Charlotte County Hospital | 465-4444 |
| Deer Island Health Centre | 747-4150 |
| Fundy Health Centre | 456-4200 |
| Grand Manan Hospital | 662-4060 |
| Ridgewood Veteran's Wing | 635-2420 |
| Saint John Regional Hospital | 648-6000 |
| St. Joseph's Hospital | 632-5555 |
| Sussex Health Centre | 432-3100 |
| Medical Clinics | |
| Campbell Drive Medical Clinic | 847-5988 |
| Crown Street Medical Clinic | 635-2273 |
| KV Medical Clinic | 849-2273 |
| St. Joseph's Community Health Centre | 632-5537 |
| St. Joseph's Hospital Walk-In/Urgent Care Centre | 632-5511 |
| West Side Medical Clinic | 693-2273 |
| Integrity Home Health Services | 657-1273 |
| King's County Home Care Services Ltd. | 847-5295 |
| Lifeline | |
| Charlotte County Lifeline | 466-1881 |
| Saint John Regional Hosp. Auxiliary, Lifeline Program | 648-6692 |
| Loch Lomond Villa, Seniors Outreach Program | 643-7140 |
| Medichair | 693-3330 |
| Meditrust Pharmacy | 674-4444 |
| Metro Health Services Inc. | 648-6150 |