

## Chapter Contents

- Home Services
- Food Services
- Outreach
- Donating Your Household Items
- Historical Items

## HOME SERVICES

Home support and maintenance services are offered for older adults to enable them to remain safely in their homes for as long as possible.

See also HEALTH & WELLBEING – Home Health Care Agencies

### Better Business Bureau

Phone: 780.482.2341

See SENIORS' INFORMATION SERVICES – Consumer Resources for complete listing.

### Care at Home by Exquisicare

Serving all of Edmonton and surrounding communities.

Phone: 780.707.6509

[www.CareAtHomebyExquisicare.com](http://www.CareAtHomebyExquisicare.com)

See HEALTH & WELLBEING – Home Health Care Agencies for complete listing

## Harmony Caregiving

9856 89 Ave NW T6E 2S4

Phone: 587.400.1905

Email: [caring@HarmonyCaregiving.com](mailto:caring@HarmonyCaregiving.com)

[www.HarmonyCaregiving.com](http://www.HarmonyCaregiving.com)

Hours of Operation: 24/7/365 Availability

Certified Health Care Aides &

Companions Provide Assistance in Your Home

Our Aides & Cleaners are Bonded, Insured, Licensed & Fully Screened

- Our Aides are trained in Dementia/ Memory Care, & help with services such as; bathing, grooming, dressing, medications, hospital & medical appointment accompaniment
- "Home Suite Home" clean-team, helps with deep cleaning, light cleaning, organizing, decluttering, packing, coordination, donations etc.



## YOU DESERVE THE VERY BEST IN LIFE

Our Caregivers Take Care of What's Important to You

- ♥ Home Care Services ♥ In-Facility Companionship
- ♥ Assistance with Personal Care ♥ Memory Care
- ♥ Medication Management ♥ Healthy Meal Preparation
- ♥ Hospital & Medical Appointment Accompaniment
- ♥ Mobile Foot Care ♥ Grocery Shopping & Errand Running

**Our Care Team is Screened, Certified, Licensed & Bonded to Ensure Your Safety**

**587-400-1905**

[www.HarmonyCaregiving.com](http://www.HarmonyCaregiving.com)

9856 89 Ave NW Edmonton AB T6E 2S4

**Book Your Free No Obligation In-Home Consultation Today!**

## Home Service & Community Connections

### c/o SEESA

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: [anna@seesa.ca](mailto:anna@seesa.ca)

[www.seesa.ca](http://www.seesa.ca)

Hours of Operation: Mon–Fri

- Home Services can help you find pre-screened service providers to assist you with many indoor and outdoor tasks, including housekeeping and snow removal
- We have information on hiring contractors – the do's and don'ts
- We can also help you connect to resources in your community!

## Libertad-Ltd

Serving Sherwood Park, Alberta and Surrounding Areas

Phone: Contact Serena at 780.965.6710.

Certified in Health and Safety.

Email: [serena.statler@libertad-ltd.com](mailto:serena.statler@libertad-ltd.com)

- As Professionals in Health & Safety, our focus is to create & maintain a safe environment for you to age in place.
- We assess the risks of your current living space & common daily practices.
- Our comprehensive auditing system concentrates on areas of risk to seniors & includes a thorough inspection of the exterior & interior of your home & yard. Findings considered at risk will be reviewed, along with advised solutions, with you.

See HOUSING – Home Relocation and Moving Resources for additional information

## Molly Maid

Phone: 780.452.5730

Email: [barry.hudson@mollymaid.ca](mailto:barry.hudson@mollymaid.ca)

Hours of Operation: Mon-Fri

- Serving all of Edmonton and surrounding area.
- Molly Maid provides thorough, consistent and reliable house cleaning customized to meet your individual needs. Staff are trained, bonded and insured.
- We provide all equipment and supplies.
- Helping seniors maintain an independent lifestyle since 1979.



# Relax, leave the cleaning to us!



Contact us today for a free in-home estimate:

# 780.452.5730

[barry-hudson@mollymaid.ca](mailto:barry-hudson@mollymaid.ca)

## Residential Access Modification Program (RAMP)

Community and Social Services

Phone: 780.427.5760

Toll Free: 1.877.427.5760

Email: [hs.ramp@gov.ab.ca](mailto:hs.ramp@gov.ab.ca)

- RAMP provides a grant of up to \$7,500 annually, to a maximum of \$15,000 within a 10-year benefit period, for eligible clients using a wheelchair on an ongoing basis, and those aged 65+ using a wheelchair or a 4-wheel walker on an ongoing basis, to modify a primary personal residence.

See HOUSING – Housing Resources & Helplines for complete listing

## Seniors Caring About Seniors

100-6770 129 Ave T5C 1V7

Phone: 780.465.0311

Email: [info@sscas.com](mailto:info@sscas.com)

[www.sscas.com](http://www.sscas.com)

- Pre-screened service providers will assist low-income seniors living on the south-side with personal tasks and household maintenance. Membership fees apply

See TRANSPORTATION-Transportation Options For People Not Driving

### Tips for Hiring a Contractor

1. Get Everything in Writing
2. Check out Credentials
3. Get Three Quotes

## Seniors Home Supports Program Referral Service

Phone: 211

[www.seniorshomesupports.com](http://www.seniorshomesupports.com)

Referrals provided to seniors living in Edmonton to vetted service providers that offer snow removal, yard help, housekeeping, and minor home repairs.

### Seniors Organizations Participating in the Program:

#### West:

##### Westend Seniors Activity Centre

Phone: 780.483.1209 Email:

[seniorsservices@westendseniors.com](mailto:seniorsservices@westendseniors.com)

#### North West:

##### North West Edmonton Seniors Society

Phone: 780.482.1958

Email: [homesupports@telus.net](mailto:homesupports@telus.net)

#### North East:

##### North Edmonton Seniors Association

Phone: 780.944.7470

Email: [info@nesa1.ca](mailto:info@nesa1.ca)

#### South East:

##### South East Edmonton Seniors Association

Phone: 780.468.1985 ext. 260

Email: [home.support@mwsac.ca](mailto:home.support@mwsac.ca)

#### Mill Woods:

##### Mill Woods Seniors Association

Phone: 780.496.2997

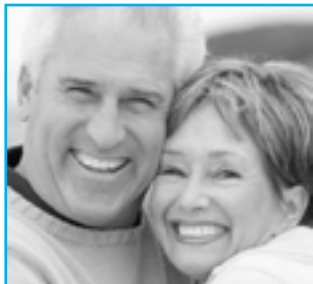
Email: [home.support@mwsac.ca](mailto:home.support@mwsac.ca)

#### South West:

##### SouthWest Edmonton Seniors Association (SWESA)

Phone: 780.860.2931

Email: [hs@swedmontonsenior.ca](mailto:hs@swedmontonsenior.ca)



ComForCare  
HOME CARE

## ComForCare is a premier provider of private duty home care services. Our services include:

- ♥ Personal Care and Hygiene
- ♥ Medication Reminders
- ♥ Meal Preparation
- ♥ Companionship
- ♥ Appointment Escorts
- ♥ 24/7 Care
- ♥ Transportation
- ♥ Light Housekeeping
- ♥ Safety Supervision
- ♥ Respite Care
- ♥ Alzheimer's and Dementia Care

Call today for your free in home assesment

North: 780.244.3201 South 780.705.8860

[www.ComForCare.com](http://www.ComForCare.com)

## Stony Plain Family & Community Support Services & Volunteer Centre

Forest Green Plaza, 107-4613 52 Ave

Phone: 780.963.8583

Email: [pfcss@stonyplain.com](mailto:pfcss@stonyplain.com)

[www.stonyplain.com/fcss](http://www.stonyplain.com/fcss)

- The mandate of FCSS is to provide locally-driven, preventative, social initiatives to enhance the wellbeing of individuals, families and the community.
- Home Support Program is a subsidized (income based) light housekeeping service for adults in need of support
- Adopt-A-Driveway is a snow removal program for eligible (income based) residents of the Town of Stony Plain

## Strathcona County Family and Community Services

Phone: 780.464.4044

Email:

[familyandcommunity@strathcona.ca](mailto:familyandcommunity@strathcona.ca)

[www.strathcona.ca/seniors](http://www.strathcona.ca/seniors)

- Home support services: Assistance with personal care, treatments and medication in a lodge setting. Light housekeeping in the community.
- Volunteer Supports: Friendly Visitor Program; Tax Clinics; Snow Busters and Lawn Busters volunteers help clear snow/mow lawns and Smalls Jobs Big Hearts.

See also [HELP AT HOME – Outreach](#)

## St. Michael's Mobile X-Ray

Phone: 780.472.4504

- Brings x-ray services directly to patients.
- Improves patient care and quality of life in long-term care by allowing patients to remain in the comfort of their own homes yet still receive the diagnostic services they need.
- Images are read within hours.

## Sunshine Junk Removal Ltd.

Phone: 780.977.9678

Email: [skyler@sunshinejunkremoval.com](mailto:skyler@sunshinejunkremoval.com)

[www.sunshinejunkremoval.com](http://www.sunshinejunkremoval.com)

Hours of Operation: 7am-10pm

Sunshine Junk Removal - Providing JUNK REMOVAL AND MOVING SERVICES within Edmonton and the immediate surrounding areas. From one item to truck loads, we will remove all and move all. Specializing in servicing: seniors, property management companies, charities (Bissell, YMCA, AHS, E4C, WEAC, Hope Mission) and the general public. Give us a call at 780.977.9678

## Westend Seniors Activity Centre

Phone: 780.483.1209

- Home support referral program for: Yard cleaning, snow shovelling, house-cleaning, minor home repair

See [SENIOR CENTRES, CLUBS & GROUPS – West and HELP AT HOME – Outreach](#)



# FROZEN MENU

The below menu is a sampling of available meals. View our full menu online at [mealsonwheelsdumonton.org](http://mealsonwheelsdumonton.org)

To order: call 780-429-2020,  
visit [mealsonwheelsdumonton.org](http://mealsonwheelsdumonton.org) or  
email us at [emow@mealsonwheelsdumonton.org](mailto:emow@mealsonwheelsdumonton.org)

*\*Vegetarian, Vegan, Halal, gluten free, and diabetic friendly meals are available*

## beef

- \_\_\_ **Classic Meatloaf** with mushroom gravy, mashed sweet potatoes and peas \$4.50
- \_\_\_ **Roast Beef** with gravy, garlic mashed potatoes and carrot-turnip \$6.00
- \_\_\_ **Salisbury Steak** with gravy, sauteed onions, roasted potatoes and cauliflower \$4.50

## pork

- \_\_\_ **Roasted Pork** with gravy, apple stuffing, roasted sweet potatoes and broccoli \$5.00
- \_\_\_ **BBQ Riblets** with potato wedges and green beans \$5.00

## veggie

- \_\_\_ **Mac 'n' Cheese Bowl** with broccoli \$5.00
- \_\_\_ **Chana Masala** curried chickpeas in tomato Indian sauce with yellow rice and broccoli **VEGAN** \$5.00

## breakfast

- \_\_\_ **Pancakes** with sausages and hash browns \$4.50
- \_\_\_ **Bacon, Egg & Cheese** on an English muffin \$3.00

## sweets

- \_\_\_ **Banana Muffin** \$0.95
- \_\_\_ **Nanaimo Bar** \$0.95
- \_\_\_ **Chocolate Chip Cookie** **DIABETIC** \$5.00/dozen

## poultry

- \_\_\_ **Mushroom Chicken** with mashed potatoes and sunrise vegetables \$4.50
- \_\_\_ **Roasted Turkey** with gravy, stuffing, mashed potatoes, peas and pearl onions \$6.00
- \_\_\_ **Chicken Cordon Bleu** with garlic mashed potatoes and PEI mix vegetables \$6.00

## seafood

- \_\_\_ **Pesto Salmon** with rice and broccoli \$5.00
- \_\_\_ **Cod with Dill Sauce** with rice pilaf, and peas and carrots \$4.50

## soup

- \_\_\_ **Beef and Barley** \$2.00
- \_\_\_ **Borscht** **VEGAN** \$2.00
- \_\_\_ **Chicken Noodle** \$2.00

## extras +

- \_\_\_ **Beef or Turkey Gravy** \$1.00
- \_\_\_ **Meal Replacement Drink** (flavours vary) \$1.50

## samplers

- \_\_\_ **5-Meal Sampler Pack** \$20.00
- \_\_\_ **3-Meal Sampler Pack** \$14.00
- \_\_\_ **Soup Sampler Pack** \$9.00



## FOOD SERVICES

### FREE HOT MEALS

See **CRISIS - GENERAL ASSISTANCE** for locations and meal times.

### Edmonton's Food Bank (Edmonton Gleaners Association)

Warehouse: 11508 120 St. NW

Client Assistance Line: 780.425.4190

Email: [info@edmontonsfoodbank.com](mailto:info@edmontonsfoodbank.com)

[www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

- If you require food assistance, please call to speak with a referral worker who will discuss your situation and find the best available options to help you.
- The Client Assistance Line is open Monday to Friday between 8:30 am & 4 pm.
- Clients will be directed to one of our 40 depots geographically located in Edmonton for their hamper pick-up.

See **HELP AT HOME – Donating Your Household Items** for additional information.

### Edmonton Meals on Wheels

11111 103 Ave. NW T5K 2P1

Phone: 780.429.2020

Email:

[emow@mealsonwheeledmonton.org](mailto:emow@mealsonwheeledmonton.org)

[www.mealsonwheeledmonton.org](http://www.mealsonwheeledmonton.org)

- **Hot Meals:** Hot, healthy meals delivered to your door. No added salt. Special diets & texture modifications available. Made by Red Seal Chefs in our own commercial kitchen.
- **Chef's Choice Frozen Meals:** Your choice of 30+ frozen entrees ranging from classics like Shepherd's Pie & Meatloaf, to South Asian and gluten free. Soups and sweets also available. Made by Red Seal Chefs in our own commercial kitchen.

## Grocery Shopping and Delivery Services

### Edmonton Meals on Wheels

11111 103 Ave. NW T5K 2P1

Phone: 780.429.2020

Email:

[emow@mealsonwheeledmonton.org](mailto:emow@mealsonwheeledmonton.org)

[www.mealsonwheeledmonton.org](http://www.mealsonwheeledmonton.org)

- **Store to Door®** is a personal shopping, delivery & shelving program for low income, homebound & disabled Edmontonians who are unable to shop themselves. Contact us for details
- **The Grocery Bag®** helps get basic grocery items to people who have trouble shopping. Clients choose from a list of staples including milk, eggs, produce, meats & canned items. Orders can be delivered 1x/wk, during the day & select evenings.

## CONNECTING EDMONTON SENIORS

### Am I at risk of social isolation?

- I am content with my friendships and relationships
- I have enough people I feel comfortable asking for help at any time
- I am as socially and physically active as I want to be
- I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:  
[www.connectingedmontonseniors.ca](http://www.connectingedmontonseniors.ca)

## Heart To Home Meals

2841 16A Ave NW T6T 0T7

Toll Free: 1.800.704.4779

Phone: 780.666.2336

Email: edmonton@hearttohomemeals.ca

www.hearttohomemeals.ca

Hours of Operation: Mon-Fri 8:30am-5pm

- Heart To Home Meals delivers delicious and nutritious frozen meals, soups and desserts straight at your door steps.
- Over 200 menu items to choose from; breakfast, lunch, dinner to special diets meals, there is something for every senior to enjoy! Many menu items are low in fat, low in sodium, high in fibre and diabetic friendly.
- 3 different sizes (Mini, Standard and Hearty) of meal to suit your appetite
- Approved provider of Access to Nutrition Program through Veteran Affairs of Canada.



**Cooking for one is a lot of work.**  
Now I can easily order balanced meals with **free delivery!**

**Get delicious, frozen meals, soups and desserts delivered directly to your home**

- Choose from more than 200 home-style dishes
- Simply store in your freezer and heat when you're ready
- Delivery is free with no contracts or ordering commitments\*

**No Contracts. No Obligation. Delicious Choices**  
\*with restrictions

**Request your FREE Menu Catalogue Today!**  
780-666-2336 | 1-800-704-4779  
HeartToHomeMeals.ca

**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

- There is no minimum order, **FREE DELIVERY** and no contracts.
- Pay by **CASH, CHEQUE** or **CREDIT CARD** on delivery

## Leduc & District Food Bank

4810 49 Ave **Leduc** AB T9E 6L5

Phone: 780.986.5333

Email: leducfb@shaw.ca

www.leducfoodbank.ca

Hours of Operation: Mon, Wed, Fri 9am-4pm

- We offer short term emergency food services and offer clients information on other helping agencies.
- We book appointments for the same day service.
- LDFB is here to work alongside other helping agencies and to help fill the gap in a short-term need.

## Wecan Food Basket Society of Alberta

Phone: 780.413.4525

Email: info@wecanfood.com

www.wecanfood.com

Hours of Operation: Main office

Tues–Thurs 9am–2pm, Fri 9am–12pm

- A not-for-profit organization that believes every individual has a right to quality, fresh & nutritious food.
- Our food baskets offer 3 cuts of freshly frozen meat, 3 types of vegetables & 3 kinds of seasonal fruit, along with recipes and a newsletter
- Participants buy a \$5 yearly membership in order to buy fresh food through the society. Members prepay for their food baskets by the first Friday of the month, then return on the 3rd Thursday or Friday to pick up their food.

## OUTREACH

Outreach workers can provide information about services, help fill out forms, and support seniors in getting connected to community resources. This service can be in seniors centres or in the senior's home.

### Edmonton Seniors Centre

3Y-11111 Jasper Ave. NW T5K 0L4  
Phone: 780.342.8124

- Our Outreach Program offers support, information and referrals for vulnerable or isolated seniors in the community.

See SENIOR CENTRES, CLUBS & GROUPS – Central for complete listing

### Fort Saskatchewan Seniors Outreach

10005 102 St. Fort Saskatchewan AB T8L 2C5  
Contact: Seniors Coordinator  
Phone: 780.992.6623  
www.fortsask.ca

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

The outreach program supports seniors and their families by:

- Helping them find solutions to their concerns
- Offering advocacy support
- Providing information and supportive referrals to community resources
- Ensuring the program is accessible by meeting with seniors in their home.

### Mill Woods Seniors Association

210-2610 Hewes Way  
Phone: 780.508.9253 (office)  
Contact: Outreach Worker  
Outreach:

- Information & Referrals (i.e. housing, transportation, social services)

- Translation Services: Hindi, Gujarati, Urdu, Punjabi
- One-on-One Help: completion of forms & referrals
- Home & Hospital Visits: visits by staff or volunteers
- Nutrition Program: Cafeteria
- Support Groups: Friendship Group for Immigrants

See SENIOR CENTRES, CLUBS & GROUPS – South East for complete listing

### Multicultural Seniors Outreach Program

Contact: Yvonne Chiu  
Phone: 780.423.1973

See 'Multicultural Health Brokers Co-op' in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies for complete listing

### Multicultural Women and Senior Services Association (MWSSA)

Phone: 780.465.2992

- 1 on 1 support
- outreach
- visit at home or hospital

See SENIORS' INFO SERVICES – Seniors' Services Organizations

### North Edmonton Seniors Association (NESA)

Phone: 780.496.6969  
Email: info@nesa1.ca

See SENIOR CENTRES, CLUBS & GROUPS – North East for complete listing, plus home services contact in HELP AT HOME – Home Services.



## North West Edmonton Seniors Society

Phone: 780.451.1925

Email: outcald@telus.net

- Information and referrals to community resources, client needs assessment and advocacy
- Assistance with completing forms and applications
- Focusing on isolated seniors and seniors supports

See SENIOR CENTRES, CLUBS & GROUPS – North West for complete listing.

## Operation Friendship Seniors Society

Phone: 780.429.2626

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics, and transportation.

See SENIOR CENTRES, CLUBS & GROUPS – Central, HELP AT HOME – Donating Your Household Items, and TRANSPORTATION – Transportation Options for People Not Driving for complete listings.

## Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5  
Northwest corner of 100 St. and 102A Ave.

Phone: 780.423.5510.

Email: info@MySage.ca

www.MySage.ca

Hours: Monday-Friday 8:30am-4pm

### Sage Information and Support

Social Workers help older adults and their family members to connect with resources and supports. Sage staff offer assistance or resource information with many issues, including:

- health
- grief

- finances
- housing
- relationships
- mental health
- housing
- elder abuse
- decision making options
- legal matters
- mobility
- safety
- social/recreational options

Home and community visits are also provided. In addition, assistance is provided for seniors filling out the following forms: Canada Pension Plan (CPP); Old Age Security; Guaranteed Income Supplement (GIS); Alberta Seniors Benefit; Special Needs Assistance; and Housing Applications.

### This Full House Hoarding Program

Phone: 587.773.1764

Information and support for individuals 55+ who are experiencing difficulties related to having too many things in their home. If too much stuff is interfering with living the life you want, and your acquiring and saving has become too overwhelming, you may be experiencing the effects of hoarding. You need to know you are not alone and there are people who understand what is happening for you.

This Full House program takes referrals from:

- Self, Family, Community Referrals

What you can expect:

- In-home visits
- Partner with you to develop an action plan based on your individual needs and goals
- Identify and assist you in connecting to resources in the community
- Harm-Reduction Approach
- Monthly Lunch Group where you can meet others with the same experiences as you
- Follow-up Support

## **S.C.O.N.A. (Senior Citizens Opportunity Neighborhood Association)**

Phone: 780.433.5377

- Seniors Outreach Services includes: Housing support, help with government forms, support navigating Municipal, Provincial and Federal services, exploring nutritional and financial security, emotional support, connection to peer support, information and referral to appropriate community resources, advocacy, connecting senior to safe affordable transportation.

See SENIOR CENTRES, CLUBS & GROUPS – South-West for complete listing.

## **South East Edmonton Seniors Association (SEESA)**

Phone 780.468.1985

Email: outreach@seesa.ca

- Assistance with completing forms
- Client advocacy
- Information/Counselling, Referrals
- Home visits
- Social Circle, Bereavement Care Circle

See SENIOR CENTRES, CLUBS & GROUPS – South-East, and HELP AT HOME – Home Services for additional listings.

## **Strathcona County Family and Community Services**

Phone: 780.464.4044

- Seniors Outreach Program: provides on-going emotional support information, advocacy and referrals. Outreach Worker visits with seniors in their home.
- Counselling services for individuals, families and/or couples.

See HELP AT HOME – Home Services and HEALTH & WELLBEING – Counselling for additional listings.

## **Strathcona Place 55+ Services & Outreach**

Phone: 780.433.5807

- Outreach in 10 languages

See complete listing in SENIOR CENTRES, CLUBS & GROUPS – South West

## **Westend Seniors Activity Centre**

Phone: 780.483.1209

- Comprehensive outreach program directed to isolated seniors and seniors needing support, referral, information and form filling assistance.
- Home support referral program for: Yard cleaning, snow shovelling, house-cleaning, minor home repair

See SENIOR CENTRES, CLUBS & GROUPS – West for complete listing.

## **DONATING YOUR HOUSEHOLD ITEMS**

Many of the following organizations provide help to seniors and others as needed. Donating household items can be a great help.

### **Bissell Centre**

#### **Bissell Thrift Shoppe**

8818 118 Ave. NW T5B 0T4

Phone: 780.471.6644

www.bissellcentre.org

- Donated goods are sold at very low prices or given to our Community Closet and handed out to clients of Bissell Centre & 22 other city agencies. Any profit generated helps fund the programs at Bissell Centre that are offered to disadvantaged individuals & families in Edmonton and surrounding communities.
- Accepts: new and gently used clothing, small furniture, housewares, antiques, & books. No pick-ups.

## Edmonton Emergency Relief Services Society

Phone 780.428.4422

See [CRISIS-General Assistance](#) for complete listing.

## Edmonton's Food Bank (Edmonton Gleaners Association)

Mailing Address: PO Box 62061,  
Edmonton AB T5M 4B5

Administration Line: 780.425.2133

Email: [info@edmontonsfoodbank.com](mailto:info@edmontonsfoodbank.com)

[www.edmontonsfoodbank.com](http://www.edmontonsfoodbank.com)

Donations Gratefully Accepted:

- Non-perishable food donations may be left at any City of Edmonton Fire Hall or major grocery store;
- Our warehouse is located at 11508 120 St. and is open Monday to Saturday between 8:30 am & 4:30 pm to accept food or monetary donations. Secure on-line donations can also be made on our website;
- The Food Bank does not receive government funding and monetary donations are essential to cover operating costs and food purchases.

See [HELP AT HOME – Food Services](#) for additional information.

## Find Furniture

5120 122 St.

Phone: 780.988.1717

Email: [find@homewardtrust.ca](mailto:find@homewardtrust.ca)

[www.findedmonton.com](http://www.findedmonton.com)

Hours of Operation:

Store Hours:

Tues–Thurs 10am–5pm

Fri 10am–7pm, Sat 10am–5pm

In-Store Donation Hours:

Mon–Thurs 9am–4:30pm,

Fri 9am–7pm, Sat 9am–4:30pm

- Find sells gently used furniture to the

public, and provides free furnishings for people transitioning out of homelessness through Housing First Programs.

- Furniture donations accepted.
- We can pick up your donated items, and offer landfill services for material we are unable to use.

## Goodwill Industries of Alberta

8761 51 Ave. NW T6E 5H1

Phone: 780.944.1414

Email: [marketing@goodwill.ab.ca](mailto:marketing@goodwill.ab.ca)

[www.goodwill.ab.ca](http://www.goodwill.ab.ca)

Hours of Operation: Please visit our website for location hours

- Goodwill accepts donations of new and gently used clothing and household goods at 13 donation locations in Edmonton and area.
- Donations are sold through Goodwill retail stores to fund employment programs for Albertans with disabilities.

## Inclusion Alberta

Phone: 780.452.2121

Email: [donations@inclusionalberta.org](mailto:donations@inclusionalberta.org)

[www.inclusionalberta.org](http://www.inclusionalberta.org)

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

- Accepts donations of used clothing, bedding, and small household items; will pick up.

## Marian Centre

10528 98 St. NW T5H 2N4

Phone: 780.424.3544

Email: [mceedmonton@shaw.ca](mailto:mceedmonton@shaw.ca)

[www.mariancentreedmonton.ca](http://www.mariancentreedmonton.ca)

- Accepts: men's clothing and household items such as dishes, kitchen utensils, lamps and linen. No furniture.
- Accepts deliveries, no pick-up.

## Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: info@ofss.org

www.ofss.org

- Works with seniors in the inner city. Goods are given away to seniors and anything left over is passed on to other agencies.
- Accepts: clothing for adults (especially winter clothes), toiletries, incontinence supplies, small household items (e.g. blankets, flatware, etc.)
- Accepts deliveries

See SENIOR CENTRES, CLUBS & GROUPS – Central, HELP AT HOME – Outreach, and TRANSPORTATION – Transportation Options for People Not Driving for additional listings.

## The Salvation Army Thrift Store

12928 50 St. or 14530 111 Ave.

Pick up service in Edmonton: 780.437.6870

Email: donate@tstores.ca

- Donations accepted: clothing and textiles, furniture and household items. (Unable to accept mattresses or large household appliances).

## Society of St. Vincent de Paul

Service facility/clothing depot

10804 109 St.

Phone: 780.471.5577

To ask for help, Email:

ssvpedmonton@gmail.com

To donate, Email: ssvpdonations@gmail.com

Hours of Operation: Mon-Fri 10am-12pm (closed holidays)

- Accepts: food, quality linens, bedding, kitchen goods, beds and furniture, but no large appliances.
- Call to request a pick up.

## Wings of Providence

P.O. Box 32141 T6K 4C2

Phone: 780.426.4985

Email: wings@wingsofprovidence.ca

www.wingsofprovidence.ca

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

- Accepts donations of food, clothes and household items for residents.

## Women's Emergency Accommodation Centre

9611 101A Ave. NW T5H 0C8

Phone: 780.423.5302

- Accepts: food, sleep wear, underclothing, towels, socks, slippers and personal hygiene products.
- Accepts deliveries; does not pick up. See EMERGENCY – Shelters for Abused Persons for more information

## HISTORICAL ITEMS

### Provincial Archives of Alberta

8555 Roper Rd. NW T6E 5W1

Corner of 86 St. and 51 Ave.

Phone: 780.427.1750

Email: paa@gov.ab.ca

www.provincialarchives.alberta.ca

Hours of Operation:

Tues-Sat 9am-4:30pm, Wed 9am-9pm

(no retrievals after 3:30pm).

Sun & Mon closed.

- Provides information for researchers including genealogical information and historical documents and photographs.
- Accepts: archival records including photographs, documents, moving images and sound recordings.
- Call before delivery.

See also LEISURE & RECREATION – Recreation Resources

# MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

First Language:  English  French  Other:

\_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone # \_\_\_\_\_

I consent to receiving email from Sage

I would like to receive my SageLink  
newsletter by:  post  email  do not send

### Payment:

Cheque Cash VISA Mastercard

Card # \_\_\_\_\_

Expiry Date: \_\_\_\_\_

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- A reduction in select course fees.
- Free use of our public access computers
- Participation in Sage clubs and groups



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**Member Signature**

**Inspiring and supporting seniors to be the best they can be.**