



# SENIORS GUIDE





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A photograph of a woman with blonde hair, seen from the back, looking out over a field of red poppies. The image serves as a background for the contents page.

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# MAYOR'S MESSAGE

The City of Cold Lake is proud to support the seniors in our community. Seniors in our area represent a generation of knowledge, tenacity, and steadfastness, as proven time and time again over the years. We are thankful for their ingenuity, leadership, and wisdom that comes with the experiences life has given.

Over the years, the City of Cold Lake has strived to highlight the talented seniors in the Lakeland, including senior-centred events through Cold Lake and District

FCSS, and previously hosting the 55 plus Alberta Winter Games in 2019.

Moving forward, it is the hope of myself and the rest of council to continue watching our seniors thrive, and hope that this guide will offer some information on the facilities, services, and supports available in our community.

Thank you to all the seniors who have helped shape our city into what it is today.

*Craig Copeland,  
Mayor, City of Cold Lake*

# WHAT TO DO WHEN YOU TURN 65

## **Six to 10 months before**

- Apply for Canada Pension Plan (CPP)
- Apply for Old Age Security (OAS)
- Apply for Guaranteed Income Supplement
- Call: 1-800-277-9914 for application status

French: 1-800-277-9915

Teletype: 1-800-255-4786

## **Three months before**

- Apply for Alberta Seniors Financial Assistance Program
- Automatically registers you in the following programs if you are eligible:

### **Alberta Seniors Benefits**

Financial assistance for low-income seniors

**Dental and Optical Assistance Special Needs Assistance (SNA)**  
Call 1-877-644-9992 for application status

**Alberta Health and Wellness for Basic Blue Cross Premium coverage**

Send “Proof of Age Declaration Form” Call 1-403-234-9666

## **Forms Support for Federal Forms/Benefits**

*Every Thursday at  
Alberta Supports  
10:00 am - 12:00 pm  
1:00 pm - 3:30 pm*

*This is a first come, first serve process, with no guarantee that you will be assisted the day you go.*



## Prescription drugs and health-related coverage through Alberta Blue Cross Coverage

To be eligible for Coverage for Seniors, you need to have active AHCIP (Alberta Health Care Insurance Plan) coverage and have had your age validated.

When AHCIP records indicate an Albertan will be turning 65, a package is mailed to the address on their AHCIP file that includes information about programs and services for seniors.

- If your age has not been validated, this package will be mailed up to six months prior to your 65<sup>th</sup> birthday and include a letter asking you to submit a proof-of-age document.
- If your age has been validated, the package is mailed up to three months before your 65<sup>th</sup> birthday and Coverage for

Seniors is automatically added to your AHCIP account on the first of the month following your 65<sup>th</sup> birthday, or on the first if your birthday is on the first.

- If you did not receive the package, AHCIP may not have your current address on file. You can download a Proof-of-Age Declaration form or contact the AHCIP office.

Acceptable proof-of-age documents include:

- Alberta driver's licence
- Alberta identification (ID) card
- Birth certificate
- Old-age pension entitlement form
- Passport or immigration record
- Canadian citizenship certificate



Your proof-of-age document and declaration can be submitted by one of the following:

- Online at [www.seniors.alberta.ca/submit-documents](http://www.seniors.alberta.ca/submit-documents)
- Take your proof-of-age document and declaration to a participating registry for processing.
- Mail the completed form and a clear, legible photocopy (both sides) of the proof-of-age document to the AHCIp office.

## DID YOU KNOW?

*Proof of Age Declaration forms are included in the Seniors Financial Assistance application package.*

### **Alberta Supports**

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention.

All Alberta Support Centre services are available online and by phone.

For in-person services, call or visit your local Alberta Supports Office.

#### **Cold Lake Alberta Supports**

780-594-1984

Monday to Friday

8:15 am - 4:30 pm

(closed 12:00 - 1:00 pm)

#### **Alberta Supports Contact Centre**

Edmonton: 780-644-9992

Toll-free: 1-877-644-9992

TTY: 1-800-855-0511

Monday to Friday

7:30 am - 8:00 pm

# HOUSING

*We are here to help!  
If you have any questions  
about housing, contact us  
at Cold Lake and District  
FCSS 780-594-4495.*

## **Lakeland Lodge and Housing**

Cold Lake Business Centre  
Suite 122, 4910 50 Avenue  
In-person appointments on  
Wednesdays, 12:00 pm – 2:00 pm  
Ph: 780-826-6202

## **Cold Lake Seniors' Lodge**

120 16 Street  
Ph: 780-639-3495

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

- 61 communal living units for seniors
- Couples rooms
- Monthly rent includes meals, housekeeping, laundry and other amenities including recreation
- Social programming
- 24/7 hour staff

## **Senior Self-Contained Program at Hillside Manor and Pioneer Village**

Ph: 780-826-6202

- 32 self-contained units
- Applicants are prioritized on the basis of need, as determined by income, assets, and current housing conditions
- To receive an application for Hillside Manor or Pioneer Village, contact 780-826-6202
- Apply through Lakeland Lodge and Housing



## Community Housing

- Rental housing units
- This is not seniors-specific, but is available in Cold Lake, Bonnyville, and Ardmore
- Apply through Lakeland Lodge and Housing

## Points West Living

512 25 Street  
Ph: 780-639-1260

- 52 Designated Supportive Living Suites (with Alberta Health Services)
- 12 suites offering memory care
- Many amenities including spa, exercise room, hair salon and recreation activities
- Call for current rental rates

“

*To care for those who once cared  
for us is one of the highest honours...*

*- Tia Walker*

# HOME SUPPORT

## Age Friendly Cold Lake

Ph: 780-594-5666

See services on Page 20.

## Cold Lake & District FCSS

5220 54 Street

Ph: 780-594-4495

## Information and Referral

### Services

- Provides information on local agencies and services

## Meals on Wheels

- A full course hot meal for a reasonable cost delivered to you by volunteers
- Meals on Wheels does not operate on statutory holidays
- Call for more information

## Snow Angels

- Volunteer snow removal program through the help of community volunteers

## Alberta Health Services – Homecare

4720 55 Street

Ph: 780-594-4404 or

Toll-free 1-855-371-4122

- Monday to Friday  
8:30 am – 6:00 pm
- Home care helps people who live at home and need support such as care after surgery, long-term care, palliative care, respite services
- Most services are covered but there may be charges for services not covered by Alberta Health Care Insurance

## Apidae Compassionate Care

Ph: 780-573-6304

- Assistance with personal care
- Light housekeeping and meal prep
- Mobility support
- Medication reminder
- Transportation
- Respite care

## Client Care Inc. – “A Private Homecare Company”

Ph: 780-639-3420

- Non-diabetic and diabetic foot care
- Bathing assistance
- Preparation for bedtime
- Personal lifts
- Toileting
- Personal care

# FOOD

## Cold Lake Food Bank

5216 55A Street

Ph: 780-201-6589

[info@coldlakefoodbank.ca](mailto:info@coldlakefoodbank.ca)

- Mondays 6:00 pm – 8:00 pm
- Wednesdays 10:00 am – 2:30 pm
- Fridays 6:00 pm – 8:00 pm

## Meals on Wheels

5220 54 Street

Ph: 780-594-4495

- A volunteer-delivered hot meal per weekday for a reasonable cost, excluding weekends and statutory holidays

## Meals to Go Frozen Meal Program

5-5510 56 Street

Ph: 780-594-5666

- Locally prepared, frozen meals
- Delivery available or purchase at Age Friendly Cold Lake

## Grocery Stores

### Walmart

4702 43 Avenue, Ph: 780-840-2340

Monday to Sunday 8:00 am – 10:00 pm

Online ordering and pick-up available

### Rob and Kathy's No Frills

5355 55 Street, Ph: 866-987-6453

Monday to Sunday 8:00 am – 9:00 pm

Online ordering and pick-up available

### Sobeys

6403 51 Street, Ph: 780-594-3335

Monday to Sunday 8:00 am – 9:00 pm



# TRANSPORTATION

## Cold Lake Transit

Ph: 780-639-4455

[www.coldlake.com/transit](http://www.coldlake.com/transit)

Cold Lake Transit is a full-service, accessible transit system provided free of charge by the City of Cold Lake.

- Monday to Friday:  
7:10 am - 9:00 pm  
Saturday: 9:00 am - 9:00 pm
- No service on Sundays or stat holidays (except Canada Day and Remembrance Day)
- Though the busses are fully accessible to transport passengers with mobility challenges, passengers are expected to maneuver any devices or equipment without assistance.
- A transit app is available including a bus tracking feature

## Taxi Services

### A Taxicab Company

Ph: 780-826-8455

### Continental Cabs

Ph: 780-594-0037

### Kelly's Cab

Ph: 780-815-3963

### Lightning Cabs

Ph: 780-207-2227

### Northern Lights Taxi

Ph: 780-594-6083

## Cold Lake Adaptive Transit Service

5220 54th Street

To book a ride: Ph: 780-207-2568

[www.coldlake.com/CLATS](http://www.coldlake.com/CLATS)

- A shared-ride bus service for transportation within Cold Lake for people with disabilities that limit their ability to operate a motor vehicle.
- Application forms and bus passes are available at Cold Lake and District FCSS, as well as City Hall. Passes must be pre-purchased.

## Hours of Operation

### Operating Hours:

Monday to Sunday:

8:30 am - 4:30 pm

Friday evening: 4:30 pm - 9:30 pm

Holidays: Closed

Ph: 780-207-2568 (to book)

### Administration Hours for Inquiries:

Monday to Friday:

8:30 am - 4:30 pm

Saturday and Sunday: Closed

Holidays: Closed

Ph: 780-594-4495





# SAFETY AND SECURITY

## Medical Alerts

### Lifeline

Ph: 1-866-929-9506  
[www.lifeline.ca](http://www.lifeline.ca)

### Life Assure

Ph: 1-855-841-3111  
[www.info.lifeassure.com](http://www.info.lifeassure.com)

### TELUS Health

Ph: 1-833-901-3246  
[www.telus.com/en/social-impact/  
connecting-canada/connecting-for-good-  
programs](http://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs)

### Various iPhone/Android Apps

Apple App Store  
Google Play

## Home Security

**TELUS SmartHome Security**  
Ph: 1-855-255-8828  
[www.telus.com](http://www.telus.com)

### Liberty Smart Security

Ph: 1-866-926-7233  
[www.libertysecurity.ca](http://www.libertysecurity.ca)

## Tub Security

**Imperial Bathrooms**  
Ph: 1-855-707-9777  
[www.imperialbath.net](http://www.imperialbath.net)

### Shower Safe

Ph: 1-888-283-2028  
[www.showersafecanada.com](http://www.showersafecanada.com)



# WHAT IS ELDER ABUSE?

Each year, thousands of older persons are abused, neglected and exploited. Abusers of older adults are both men and women and typically someone in the family or a person whom the senior trusts.

The World Health Organization defines elder abuse as, "Single or repeated acts, or lack of appropriate action, occurring within a relationship where there is an expectation of trust, which causes harm or distress to an older person.

In general, elder abuse refers to any knowing, intentional, or negligent act of violence, mistreatment or neglect of older adults at the hands of any individuals in situations of power or trust, including: spouses, children, other family members, friends, caregivers, and service providers. It can occur in either private residences or care facilities.



**JUNE 15**



**WORLD ELDER ABUSE  
AWARENESS DAY**

Building Strong Support for Elders

**Elder Abuse can take many forms:**

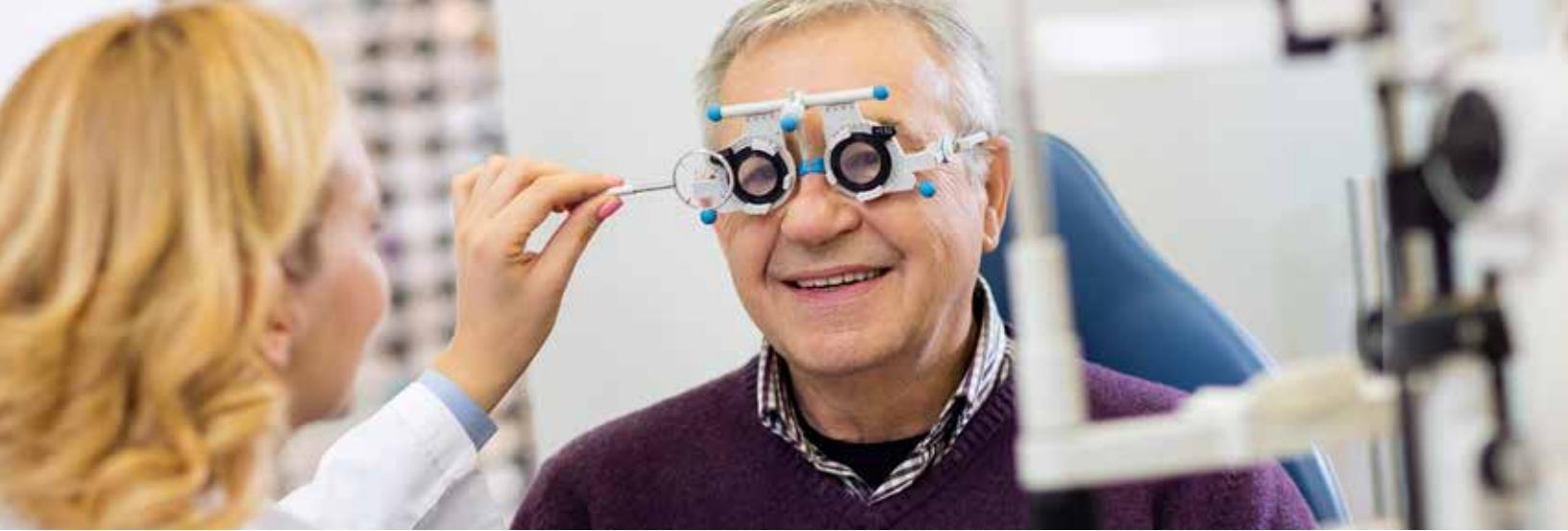
- Neglect (by others or self)
- Physical Abuse
- Sexual Abuse and Sexual Exploitation
- Psychological and Emotional Abuse
- Financial Abuse
- Institutional Abuse
- Violations of Rights (restricting liberty and privacy)
- Spiritual Abuse (restricted or denied religious and spiritual practices)
- Abandonment

**NEED  
HELP?**

In case of emergency  
**911**

Stepping Stones  
Crisis Society  
**Ph: 780-594-3353**

**Non-Emergency**  
Cold Lake and District FCSS  
**Ph: 780-594-4495**



# HEALTH & WELLNESS

## Ageless Living/Medical Clinic

#1036, 5014 50 Avenue

Ph: 780-594-0025

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

- Open Monday to Thursday  
9:00 am - 4:30 pm,  
Friday 9:00 am - 3:00 pm
- Advanced skin assessments and  
skin condition treatments
- Medical applications for Botox
- Varicose vein treatments
- Mole and skin tag removal
- Registered Dietician
- Vitamin D Drip

## Brain Injury Survivor Group

5220 54 Street (FCSS Building)

Ph: 780-645-3441 ext. 232

- Brings people together
- Share experiences, information  
and advice
- Gain knowledge
- Meet new people

## CL Medical Clinic

100-2504 Glacier Gate

Ph: 780-594-8130

- Open Monday to Friday  
9:00 am - 5:00 pm
- Family-run clinic with physicians
- Work with those who have health  
concerns that need attention  
beyond that of a walk-in-clinic  
including chronic or long term  
illnesses

## Cold Lake Dental Centre

5101 46 Avenue

Ph: 780-594-5959

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

- Open Monday to Wednesday  
7:30 am - 6:00 pm
- Thursday to Friday  
7:30 am to 4:00 pm
- Provides full dental and denture  
services



## **Cold Lake Primary Care Network/Medical Clinic**

#202 314 25 Street, Ph: 780-639-0011

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

- Walk in Monday to Thursday 9:00 am – 3:30 pm
- Nurse Practitioner walk in on Friday 9:00 am – 12:00 pm
- 13 family physicians, 2 nurse practitioners, registered nurses, licensed practical nurses, mental health therapist and a social worker on staff

## **Cold Lake Community Health Centre**

4720 55 Street, Ph: 780-594-4404

- Palliative and end of life care
- Homecare
- Alberta aids to daily living

## **DID YOU KNOW?**

*Cold Lake and District FCSS Counselling Program offers free access to short-term, high-calibre counselling, for residents without access to a benefit plan or EAP.*

## **Community Health Centre**

4720 55 Street, Ph: 780-594-4404

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

- Open Monday – Friday 8:30 am – 4:30 pm
- Homecare Services, excluding home making services
- Immunizations
- Short-term loans of medical equipment for people who are recovering from surgery or need palliative care so they can live in their own homes.

## **Forbes IDA Pharmacy**

101-5016 50 Avenue

Ph: 780-594-3579

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

- Open Monday to Saturday 9:00 am – 6:00 pm
- Seniors (60+) save 20% every Wednesday
- Pharmacists can give flu/shingles shots, review your prescriptions, blood pressure, blood sugar, blood work results and give new medical device training

# HEALTH & WELLNESS

## HEALTH-Link Alberta

Toll-free: 811

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

- 24-hour nurses provide telephone advice and health information offered in more than 240 languages

## FYidoctors

5102 55 Avenue, Ph: 780-594-5755

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

- Open Monday to Saturday
- Advanced diagnostic procedures/exam technology
- Treatment of ocular disease
- Refractive surgery co-management
- Eye glasses, contact lenses and sunglasses
- Emergency eye care

## Lake Centre Dental Group

5213 51 Avenue

Ph: 780-594-5150

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

- Open Monday to Thursday  
7:00 am - 5:00 pm
- Friday 7:00 am - 4:30 pm

## Medley Dental Clinic

1 Medley Road

Ph: 780-594-3473

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

- Open Monday to Saturday
- Examination, diagnosis and dental cleaning
- Fillings, root canals and tooth extractions
- Dentures and dental implants
- Direct bills to most Insurance companies
- Emergency care

## Norton Denture Care Centre

5112 54 Street

Ph: 780-594-3636

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

- Open Monday to Thursday  
8:30 am - 4:30 pm
- Examinations, relines & repairs
- Support patients who have dentures and implants
- Anti-snoring mouthpieces
- Bruxism and sport mouth guards

## Tri Town Dental Centre

5225 55 Street, Ph: 780-594-5056

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

- Open Monday to Thursday  
8:00 am - 5:00 pm
- Friday 8:00 am - 3:00 pm
- Preventive dentistry, periodontal therapy restorative dentistry, dental implants and cosmetic dentistry
- Direct bills to Alberta Dental Services Inc.

## **Cold Lake Apple Drugs**

#2 1020 8 Ave  
Ph: 780-639-9100

## **Cold Lake Value Drug Mart**

5116 50 Ave  
Ph: 780-800-0704

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

- Open Monday to Saturday

## **Glacier Gate Pharmacy**

101-2504 Glacier Gate

Ph: 780-594-8129

- Open Monday to Friday  
9:00 am - 7:00 pm
- Pharmacists can give flu/  
shingles shots, review your  
prescriptions, take blood  
pressure, review blood work  
results, and give new medical  
device training

## **Rx Drug Mart, North and South**

901 10 Street (Marina Mall)

Ph: 780-639-3393

Tri-City Mall

Ph: 780-594-5444

- Both locations open seven days  
a week

Both locations offer:

- Every Tuesday, seniors 55+  
receive  
20% off
- Bubble packs to assist seniors  
with  
multiple daily medications
- Pharmacists can give flu/  
shingles  
shots, review your prescriptions,  
blood pressure, blood sugar,  
blood work results and give new  
medical device training

## **Shoppers Drug Mart**

6203A 51 Street, Ph: 780-594-7262

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

- Open Sunday to Saturday  
8:00 am - 10:00 pm
- Seniors (65+) save 20% on  
Seniors Day every Thursday
- Bubble packs to assist seniors  
with multiple daily medications
- Pharmacists can give flu/  
shingles shots, review your  
prescriptions, blood pressure,  
blood sugar, blood work results  
and give new medical device  
training
- Two certified diabetic educators  
and one asthma educator

## **Walmart Pharmacy**

4702 43 Avenue

Ph: 780-840-2343

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

- Open Monday to Thursday  
9:00 am - 7:00 pm
- Friday and Saturday  
9:00 am - 6:00 pm
- Bubble packs to assist seniors with  
multiple daily medications
- Pharmacists can give flu/shingles  
shots, review your prescriptions,  
blood pressure, blood sugar,  
blood work results and give new  
medical device training

## **Lakeshore Optometry**

805 Lakeshore Drive

Ph: 780-545-1199

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

- Open Monday to Wednesday  
8:00 am - 5:00 pm
- Thursday 1:00 pm - 7:30 pm
- Friday 8:00 am - 4:00 pm



# COMMUNITY SUPPORT & SERVICES

## Addiction Helpline

Call 1-866-332-2322  
(Toll-free within Alberta)  
for addiction support.

## Age Friendly

Bay 5, 5510 56 St., Ph: 780-594-5666  
[www.agefriendlycoldlake.ca](http://www.agefriendlycoldlake.ca)

- Phone for hours of operation
- A non-for-profit agency that works one-on-one with seniors and supports them with lifestyle needs such as food, healthcare, loneliness, grief, income, and isolation needs
- Services include outreach, Nav-Care, Cold Lake Men's Shed, Friendly Visiting, frozen meal programs, Cycling Without Age, and Feast to Friendship

## Cold Lake and District Family and Community Support Services (FCSS)

5220 54 Street, Ph: 780-594-4495

- Information and resources for individuals, families and community
- Supported referrals and systems navigation
- Income tax preparation for those within Revenue Canada's income threshold
- Cold Lake Adaptive Transit Applications
- Meals on Wheels
- Volunteer opportunities

## Cold Lake Native Friendship Centre

5015 55 Street, Ph: 780-594-7526

- Activities and supports; soup and bannock on Thursdays

## Haying in the 30s

Mallaig, Alberta  
[www.hayinginthe30s.com](http://www.hayinginthe30s.com)

- Non-profit foundation for financial aid to patients undergoing cancer treatments with costs such as transportation, fuel, lodging, and other important needs

## **Cold Lake Seniors Society**

1301 8 Street, Ph: 780-639-0065

- Recreational, social, educational and health-related programs for seniors from the Cold Lake and surrounding area
- Seniors' Drop-in Centre provides a meeting place and forum to discuss issues affecting seniors, and advocate for better programs and services for individuals and groups

## **Community Response Team for Elder Abuse (CREAT)**

Call 911 in an emergency

- Stepping Stones Crisis Society: Ph: 780-594-3353
- Non-crisis Ph: 780-594-4495 (FCSS)
- The community support team consists of: RCMP, Victim Services, Dragonfly Sexual Abuse Centre, Seniors Advocate, Cold Lake and District FCSS, and Stepping Stones Crisis Society
- When CREAT receives a call, members of the response team will meet with you if it is a non-emergency situation to gather information on the nature and frequency of abuse. This meeting can be either be in person or via phone
- With your permission the team will come together to review the information gathered to assist you to maximize your safety and explore personal options

## **Funeral Chapels**

### **Memento**

5106 55 Street, Ph: 780-639-3113

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

- 24 hour service
- Order momentums and flowers
- Funeral pre-arrangements
- Other locations in Bonnyville and St. Paul

### **Northern Lights**

5101 46 Ave, Ph: 780-594-6083

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

- Cremation and burial
- Monuments
- Funeral pre-arrangements
- Funeral services

## **Recovery Alberta Cold Lake Addictions Services**

5013 51 Street, Ph: 780-594-7556

- Open Tuesdays 1:00 - 3:00 pm
- Brief screening for addiction and mental health issues and referral to most appropriate services and supports
- Walk-ins accepted and by appointment

## **Recovery Alberta Mental Health Clinic Cold Lake**

Cold Lake Healthcare Centre

Suite 208, 314 25 Street, Cold Lake

Ph: 780-639-4922

- Screening and referral
- Assessment
- Treatment/outpatient services (including individual, family and/ or group counselling.)
- Walk-ins accepted and by appointment
- Walk-ins: Tuesdays 1:00 - 3:00 pm



# FAITH COMMUNITIES

## **Cold Lake Community Church**

5216 51 Avenue, Ph: 780-594-5542

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

- Service on Sundays at 9:00 am and 11:00 am

## **Cold Lake Mosque**

5003 50 Avenue, Ph: 780-201-7807

[www.coldlakemosque.net](http://www.coldlakemosque.net)

- Call for prayer times

## **Community Baptist Church**

5216 55A Street, Ph: 780-594-3656

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

- Service Sundays at 10:30 am

## **Grand Centre Alliance Church**

5403 56 Street, Ph: 780-594-5013

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

- Service Sundays at 10:30 am

## **Harbour Light Alliance Church**

602 10 Street, Ph: 780-639-4955

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

- Service Sundays at 10:30 am

## **Harvest Life Victory Church**

1402 10 Street, Ph: 780-639-3818

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

- Service Sundays at 10:00 am



### **Holy Name Chapel (Roman Catholic)**

Queensway (4 Wing)  
Ph: 780-840-8000

- Services Sundays at 11:00 am

### **Lakeland Lutheran Church**

5002 75 Ave, Ph: 780-639-4673  
[www.lakelandlutheran.com](http://www.lakelandlutheran.com)

- Service Sundays at 10:00 am

### **Lakeside Baptist Church**

304 10 Street, Ph: 780-639-2062  
[www.lakesidebaptistchurch.ca](http://www.lakesidebaptistchurch.ca)

- Services Sundays at 11:00 am and 1:30 pm

### **St. Dominic Parish**

Ph: 780-639-3245  
[www.stdominicparish.ca](http://www.stdominicparish.ca)

- Call for mass times

### **St. Dominic Parish**

811 Lakeshore Drive  
• Call for mass times

### **Our Lady of Assumption Church**

5107 48 Avenue  
• Mass: Wednesdays at 10:00 am  
Sundays at 10:00 am

### **St. John the Evangelist Anglican Church**

4810 50 Avenue, Ph: 780-594-3871  
• Service Sundays at 11:00 am

### **St. Mark's Chapel (Protestant)**

Building 52 Queensway (4 Wing)  
Ph: 780-840-8000  
• Service: Sundays at 10:30 am

### **The Church of Jesus Christ of Latter-Day Saints**

5020 50 Street, Cherry Grove  
Ph: 780-594-2699

### **Trinity United Church**

5013 55 Street, Ph: 780-594-4292  
• Service: Sundays at 11:00 am



*Know that you are the perfect age.  
Each year is special and precious,  
for you shall only live it once.  
Be comfortable with growing older.  
- Louise Hay*



# SENIORS CENTRES

**Ardmore Senior Citizens Club**  
4902 50 Street, Ardmore, AB  
Ph: 780-826-5807

- Open Mondays 6:00 pm -10:00 pm and the 3<sup>rd</sup> Friday of the month 11:00 am - 4:00 pm
- Membership is open to anyone over age of 50 years
- \$10.00 membership fee (One-time payment)
- Quilting is every Thursday from 10:00 am - 4:00 pm for \$5.00

**AGEISM** *is prejudice against your future self.*

**Bonnyville Seniors Drop In Centre**  
4813 47 Avenue, Bonnyville, AB  
Ph: 780-826-3619  
[www.bonnyvilleseniors.ca](http://www.bonnyvilleseniors.ca)

- Open Monday to Thursday 12:30 pm - 4:00 pm
- Membership is open to anyone over age of 50 years
- \$30.00 yearly membership fee
- Affordable recreation, education, social and wellness programming for all seniors

**Cold Lake Seniors' Society**  
1301 8 Street, Cold Lake, AB  
Ph: 780-639-0065

- Open Monday to Friday 9:00 am - 4:00 pm
- Membership is open to anyone over age of 50 years
- \$10.00 yearly membership fee (Over 80 years is free)
- Every week the Cold Lake Seniors Society provides many fun programs for seniors of all ages and fitness levels

- Crib tournaments
- Floor curling
- Pool tournaments
- Social outings
- Monthly lunches and more

# RECREATION AND LEISURE

## 4 Wing Theatre

Kingsway (4 Wing)

Ph: 780-840-8000 ext. 7539

- Entrance is free for military members and their families
- Only members of the Military Defense Team/Veterans can attend
- Movies play one Saturday night per month and one Sunday afternoon per month

## 4 Wing Cold Lake Viewing Area

Located near the back gate of 4 Wing

- Seniors can watch as military aircraft taxi down the runway
- The area is for public use and has a picnic area

## Cold Lake Farmer's Market

4608 38 Ave (Cold Lake Agricultural Society)

Ph: 780-594-0667

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

- Every Thursday in February to December from 3:30 pm - 6:30 pm
- Offers a variety of local food and handmade goods
- There are about 25 - 40 local vendors
- New vendors are welcome for \$12.00 per table



# RECREATION AND LEISURE

## Cold Lake Golf & Winter Club

1 Northern Spirit Lane (4 Wing)  
Ph: 780-594-5341

[www.coldlake.com/golf](http://www.coldlake.com/golf)

- Clubhouse is open 7 days a week and offers a full-service lounge and restaurant during golf season
- Seniors (55+) are eligible for discounted green fees and memberships
- Wednesday mornings is dedicated to Senior golf
- Scenic views and ample wildlife-viewing opportunities

## Cold Lake Legion

1007 7 Avenue  
Ph: 780-639-3579

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

- Clubroom is open Monday to Saturday from 2:00 pm - 9:00 pm (closing times vary)
- They offer a dart league for teams and singles
- Steak nights on Fridays and meat raffles on Saturdays
- Game nights offered on Thursdays

## Cold Lake Men's Shed

Bay #5, 5510 56 Street

Ph: 780-594-5666

- Tuesdays and Thursdays from 12:00 pm - 4:30 pm
- A place for men to learn skills, meet people and share stories
- Work on your own projects or join a community project

## Cold Lake Museum

3699 69 Ave (Behind Tri-City Mall)  
Ph: 780-594-3546

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

- Open daily from 10:00 am - 4:00 pm May to September
- The museum includes the Cold Lake Air Force museum, as well as the Oil and Gas Museum, the Heritage Museum, and the Indigenous Museum
- Annual membership program for \$16.00 per individual
- Senior rates of \$6.50

## Cold Lake Energy Centre

7825 51 Street  
Ph: 780-639-6400

[www.coldlake.com/energycentre](http://www.coldlake.com/energycentre)

- Monday to Friday 6:00 am -10:00 pm
- Saturday, Sunday and Holidays 8:00 am - 9:00 pm
- Seniors (60+) are eligible for discounted fees and memberships
- Seniors classes
- A variety of recreation, culture, sport and community events

## **Grand Centre Golf and Country Club**

62417 RR 420A  
(outskirts of Cold Lake)

Ph: 780-594-2121

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

- Fully licensed lounge, pro shop, putting green, cart and club rentals, driving range, and BBQ facilities
- Seniors (55+) are eligible for discounted green fees and memberships

## **Grand Centre Lions Club**

5319 48 Ave (784 Wing)  
Ph: 780-573-3637

[www.e-clubhouse.org/sites/grandcentre/index.php](http://www.e-clubhouse.org/sites/grandcentre/index.php)

- Meetings on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month at 7:00 pm

## **J.J. Parr Sports Centre**

720 Kingsway  
Ph: 780-840-8000

- Open Monday to Friday  
6:00 am - 9:00 pm  
Saturday and Sunday  
9:00 am - 8:00 pm
- Ice surface, pool, field house, a large main gym, an aerobic mini gym, three squash courts, racquetball and volleyball court, an aquatic centre and spin room in the field house
- Variety of programs through the centre

## **Grand Square Cinema Theatre**

5112 51 Avenue

Ph: 780-594-3415

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

- Five theaters featuring the latest run movies

## **Hamilton House Guided Fishing Tour**

Ph: 780-594-7257 or 780-812-6525

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

- Charters in Cold Lake from June to mid-September

## **Kinosoo Performing Arts**

- Non-profit founded in 1979 in Cold Lake
- Bring in professional Entertainers 4 or 5 times a year
- Performance details and updates can be found on their Facebook page

## **Kinosoo Ridge Resort**

63231 RR 411

Ph: 780-594-5564

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

- Open year-round
- Seniors are eligible for discounts on lift tickets and season passes
- Skiing, tube park, target golf, giant swing, aerial adventure park, restaurant



# RECREATION AND LEISURE

## Lakeland Bingo

4608 38 Ave (Exhibition Park)

Ph: 780-594-6860

- Open seven days a week at 5:00 pm
- Games offered: Balls, Gecko, Paper and Satellite

## Boathouse Bowling

904 7 Avenue, Ph: 780-222-1307

- Eight lanes of 5-pin bowling and auto scoring
- Call for hours

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



*Do you have your Power of Attorney, Personal Directive, and Living Will prepared?*

## Wood Hobby Club

Located on the base (4 Wing)

View Facebook profile for directions

780-840-8000 (ext. 4083)

- Open to both civilian and military members
- A fully stocked tool crib and a wide array of equipment
- Visit their Facebook page for more information

## M.D. of Bonnyville Campgrounds and Parks

[www.md.bonnyville.ab.ca/304/](http://www.md.bonnyville.ab.ca/304/)

Municipal-Owned

Ph: 780-826-2245 (May to September)

Online bookings:

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

# LIFELONG LEARNING

## Cold Lake Community Learning Centre

1301 8 Avenue  
(Seniors Centre Room 213)  
Ph: 780-639-3134

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

- Connecting adult learners to learning opportunities
- Providing basic literacy and academic assistance
- Intermediate and beginner French classes, Spanish classes, ESL classes, computer/tablet one-on-one, and senior information sessions
- Offers iPhone/Android use for beginners to enhance digital literacy
- Offers CELPIP support that helps you prepare to write your English test for permanent residency

## Cold Lake and District FCSS

5220 54 Street  
Ph: 780-594-4495  
[fcss@coldlake.com](mailto:fcss@coldlake.com)

Programming for seniors such as:

- A plethora of personal development and evidence-based programming (see [www.coldlake.com](http://www.coldlake.com), under the 'Live' tab for a current program guide).

## Cold Lake Public Library

### South Branch

5513-B 48 Avenue, Ph: 780-594-5101

- Open: Monday - Thursday  
9:00 am - 6:00 pm
- Friday 9:00 am - 5:00 pm
- Saturday 9:00 am - 4:00 pm

### North Branch

1301 8 Avenue, Ph: 780-639-3967

- Open: Monday/Wednesday  
10:00 am - 8:00 pm,  
Tuesday/Thursday  
10:00 am - 6:00 pm,  
Friday 10:00 am - 5:00 pm  
Saturday 10:00 am - 4:00 pm
- Online e-Resources such as language learning, genealogy, e-books, newspaper, large print and video resources
- Commissioner of Oath for signatures is offered free of charge
- Offers book club and cook book club

## Online Resources - Free online courses

[www.open2study.com](http://www.open2study.com)  
[www.open.edu/openlearn/](http://www.open.edu/openlearn/)  
[www.khanacademy.org](http://www.khanacademy.org)



# HELPFUL NUMBERS

**In case of emergency,  
always call 9-1-1**

You will be asked if you require  
Police, Fire or Ambulance

## Health Link

Dial 811

- Health Link provides free 24/7 nurse advice and general health information for Albertans

## Cold Lake Healthcare Centre

314 25 Street

Ph: 780-639-3322

- Range of healthcare services including a 24/7 emergency department
- Visiting hours are Monday to Sunday 11:00 am - 8:00 pm

## Cold Lake Primary Care Network

202-314 25 Street

Ph: 780-639-0011

- Open Monday to Friday 8:30 am - 4:30 pm
- They can help with chronic diseases and provide training to manage them
- Doctors, Nurse Practitioners, RNs, and Social Workers can provide various services

## Walk-in Clinics

Main PCN

(2nd Floor of Hospital)

- Monday to Thursday: 9:00 am to 4:00 pm
- Friday: 9:00 am to 12:00 pm

Lakeland Medical

(2nd Floor of Hospital)

- Monday to Friday: 9:00 am to 5:00 pm

## **Cold Lake and District Family and Community Support Services (FCSS)**

5220 54 Street

Ph: 780-594-4495

- Open Monday to Friday 8:30 am – 4:30 pm
- Provides locally-driven preventative social initiatives, based on current issues, which aim to improve the quality of life for individuals and families.

## **Stepping Stones Crisis Line**

Ph: 780-594-0430

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

Crisis Help Line: 780-594-3353

- Provides help to those in vulnerable, abusive situations
- Housing and support to leave abusive relationships

## **Veterans Affairs**

9700 Jasper Ave., Edmonton, AB

Ph: 1-866-522-2122

- Monday to Friday 8:30 am to 4:30 pm
- Disability benefits
- Payments related to health related travel, treatments, long-term care or VIP
- Assistance with mental and physical health, as well as financial and housing assistance



*Financial abuse is the most common form of elder abuse in Canada.*

*- Minister Responsible for Seniors*



# HELPFUL NUMBERS

## 211 Alberta

Dial 211

- Available 24 hours, seven days a week with help and access to an online database of Alberta's community and social services

## Cold Lake Fire-Rescue Station

718 10 Street (North Fire Station)  
5207 55 Street (South Fire Station)  
Ph: 780-594-4494 (Administration)

## DID YOU KNOW?

*FCSS has a free toy & book lending library where you can come with your grandchildren? Great self-help books too!*

## Indigenous Support Line

Ph: 1-844-944-4744

indigenouswellnesscore@ahs.ca

[www.ahs.ca/isl](http://www.ahs.ca/isl)

Monday to Friday

12:00 pm - 8:00 pm

- Toll-free service connects Indigenous callers with Indigenous listeners.

## Municipal Enforcement (Peace Officers)

Ph: 780-594-1345

- Reporting can also be done in-person at City Hall or Cold Lake RCMP Detachment
- Please have your personal information and specific details of the complaint ready

## Poison Control

Ph: 1-800-332-1414

- Confidential advice about poisons and chemicals



## **Royal Canadian Mounted Police (RCMP)**

4710 55 Street

Incident reports or complaints

- Ph: 780-594-3301 (24 hr)
- Administration/Non-emergency
- Ph: 780-594-3302
- Monday to Friday:  
8:30 am to 4:30 pm

## **4 Wing Fire Department Canadian Forces Base Cold Lake**

Ph: 780-840-8000

## **Veterinarians**

### **Cold Lake Veterinary Clinic**

5404 55 Street, Ph: 780-594-5212

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

- Open Monday to Friday  
8:30 am to 5:30 pm

### **Centre Animal Hospital**

5508 50 Avenue, Ph: 780-594-1255

- Open Monday to Friday  
8:00 am to 6:00 pm
- Open Saturdays  
9:00 am to 1:00 pm

## **Office of the Public Guardian & Trustee – North Region**

10365 97 Street NW,

Edmonton, AB

Ph: 780-427-0017

**In case of emergency, call 9-1-1**

**or Stepping Stones Crisis Society HELPLINE -**  
**Ph: 780-594-3353**

**CREAT (Community Response to Elder Abuse Team) -**  
**Ph: 780-594-4495**

# IMPORTANT NUMBERS

*Write your own important numbers here*





**MUNICIPAL DISTRICT**  
BONNYVILLE NO. 87