

A group of six smiling seniors, three men and three women, are standing outdoors in a lush green setting with large ferns in the background. They are all smiling and looking towards the camera. The man on the far left is wearing a yellow shirt and khaki shorts. The woman next to him is wearing a pink dress. The man in the center is wearing a blue plaid shirt over a light blue t-shirt and jeans. The woman next to him is wearing a blue and white striped shirt. The woman next to her is wearing a light blue t-shirt. The woman on the far right is wearing a maroon cardigan over a dark top.

SENIORS GUIDE





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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

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.*

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



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 65th 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 65th birthday and Coverage for

Seniors is automatically added to your AHCIP account on the first of the month following your 65th 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
- 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

- 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

- 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

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

- 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

Life Assure

Ph: 1-855-841-3111

www.info.lifeassure.com

TELUS Health

Ph: 1-833-901-3246

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

Liberty Smart Security

Ph: 1-866-926-7233

www.libertysecurity.ca

Tub Security

Imperial Bathrooms

Ph: 1-855-707-9777

www.imperialbath.net

Shower Safe

Ph: 1-888-283-2028

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

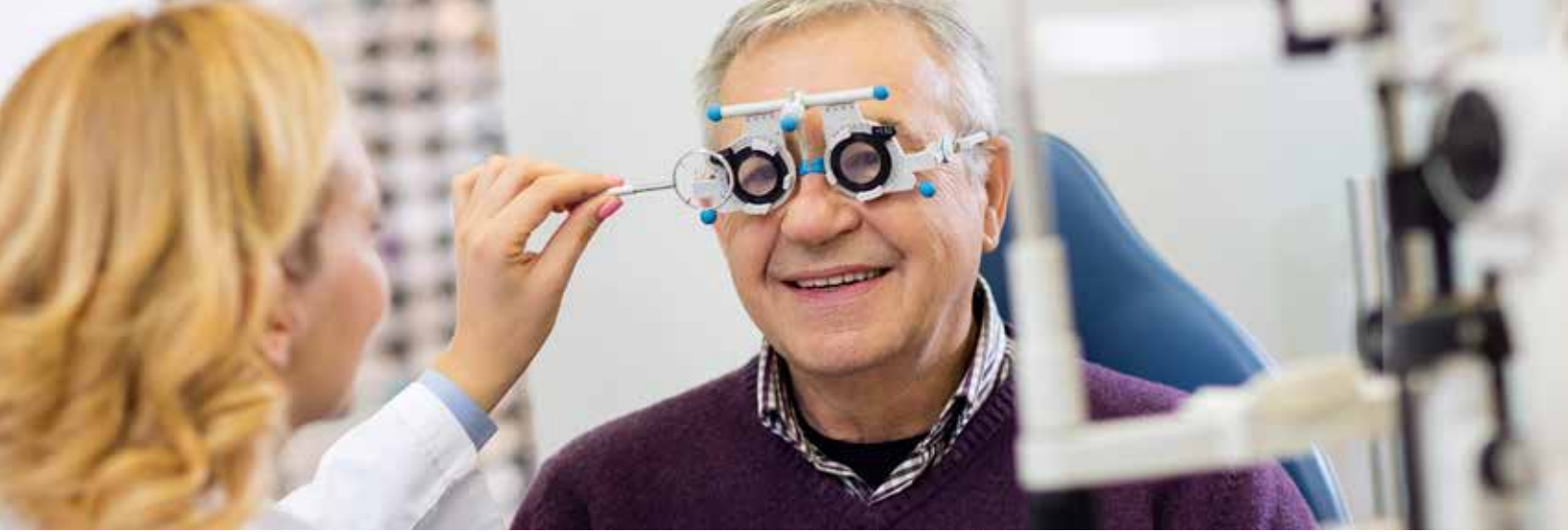
Crisis Society

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

- 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

- 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

- 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

- 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

- 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

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

FYidocitors

5102 55 Avenue, Ph: 780-594-5755

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

- 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

- 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

- 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

- 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

- 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

- 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

- 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

- 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

- 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

- 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.mementofuneralchapel.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

- 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

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

Cold Lake Mosque

5003 50 Avenue, Ph: 780-201-7807

www.coldlakemosque.net

- Call for prayer times

Community Baptist Church

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

www.communitybaptistcoldlake.com

- Service Sundays at 10:30 am

Grand Centre Alliance Church

5403 56 Street, Ph: 780-594-5013

www.gcalliance.org

- Service Sundays at 10:30 am

Harbour Light Alliance Church

602 10 Street, Ph: 780-639-4955

www.hlalliance.org

- Service Sundays at 10:30 am

Harvest Life Victory Church

1402 10 Street, Ph: 780-639-3818

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

- Service Sundays at 10:00 am

Lakeside Baptist Church

304 10 Street, Ph: 780-639-2062

www.lakesidebaptistchurch.ca

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

St. Dominic Parish

Ph: 780-639-3245

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 3rd 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

- 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

- 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

- 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

- 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

- 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

- 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

- 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

- Meetings on the 1st & 3rd
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

- Five theaters featuring the latest run movies

Hamilton House Guided Fishing Tour

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

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

- 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

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/

Municipal-Owned

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

Online bookings:

www.letscamp.ca



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

LIFELONG LEARNING

Cold Lake Community Learning Centre

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

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

Programing for seniors such as:

- A plethora of personal development and evidence-based programming (see 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

www.open.edu/openlearn/

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

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

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

- 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

[illegible]



MUNICIPAL DISTRICT
BONNYVILLE NO. 87