



Group Meal Programs



Here is a list of seniors' blocks and community centers that offer meals for seniors who live in the community. Many of these locations prefer that you call them in advance to reserve a spot before coming in for a meal. Please note that the companies listed are not necessarily endorsed by your Occupational Therapist or the WRHA. All prices and meal times listed are subject to change. Please call to confirm prices and meal times.

St. James-Assiniboia

Metropolitan Kiwanis Courts (Sheila)

Location: 2300 Ness Ave.

Phone: 204-885-7700

Description: Three meals a day, 7 days a week for tenants & visitors

Cost: \$3.50 for breakfast (8:30 a.m.), \$6.00 for lunch (12:15 p.m.), \$7.00 for supper (5:15 p.m.)

Assiniboine South

Manitoba Eastern Star Chalet

Location: 13-525 Cathcart St.

Phone: 204-889-3687

Description: Evening meals at 4:30pm Monday & Wednesday. Lunch - Friday at noon.

Cost: \$5 per meal. Sign up 24 hrs in advance.

River East

Bethania Haus Inc.

Location: 1060 Kimberly

Phone: 204-654-5041

Description: Dinner available 5 days a week (5 p.m.) No weekends.

Cost: \$6 per meal. Sign up 24 hours in advance.

River East Meal Program

Location: 1100 Henderson Hwy.

Phone: 204-667-6812 or 204-338-6284 (to sign up – 48 hrs in advance)

Description: Lunch available Monday, Wednesday, & Friday at 12 p.m.

Cost: \$6 per meal

Kinsford Haus Co-op Ltd.

Location: 426 Kingsford Avenue

Phone: 204-663-2233

Description: Lunch served daily Monday – Friday at 12 p.m.

Cost: \$5 per meal for tenants and \$8 for guests

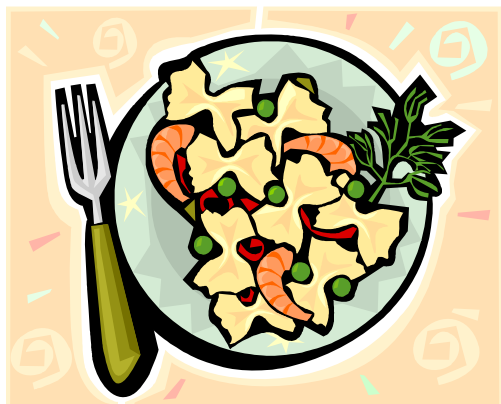
Parkside Plaza Meal Program

Location: 1630 Henderson Hwy.

Phone number: 204-339-4428

Description: Lunch served Tuesday, Thursday, & Friday at noon

Cost: \$6.50 per meal. Sign up 48 hours in advance.



Transcona

Transcona Council for Seniors

Location: 209 Yale Ave. West

Phone: 204-222-9879 or 204-222-5947

Description: Evening meal available Monday & Wednesday at 4:30 pm & lunch available Friday at noon

Cost: \$6 per evening meal (Monday and Wednesday); \$5 per noon meal (Friday). Sign up 24 hours in advance.

Seven Oaks

Gwen Sectar Creative Living Centre (Elaine)

Location: 1588 Main St.

Phone number: 204-339-1701

Description: Hot lunch served Tuesday, Wednesday, & Friday at 11:30am. Cold lunch served Monday and Thursday at 11:30am. All meals are Kosher.

Cost: \$9 per meal. \$11 on Friday

Inkster

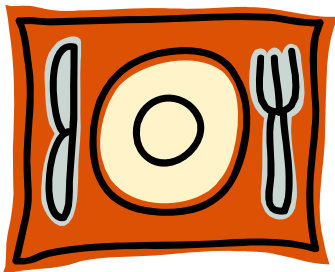
Bluebird Lodge Annex – Winnipeg Housing Rehabilitation Corporation

Location: 97 Keewatin St.

Phone number: 204-949-6102

Description: Evening meal Monday-Friday at 4:30pm and lunch meal Friday at 12 p.m.

Cost: \$5 per meal



St. Boniface

Chez-Nous Inc.

Location: 187 Avenue de la Cathedrale

Phone number: 233-7761

Description: Monday-Friday evening meals.

Cost: \$6 per meal or \$60.00 for 10 meals (residents); \$7.50 per meal (non-residents)

Accueli Colombian

Location: 200 Masson St #10

Phone number: 233-0501

Description: Monday-Friday evening meals.

Cost: \$6.50 per meal or \$60.00 for 10 meals (residents); \$9.00 per meal (non-residents)
No Sign up required.

Columbus Manor

Location: 100-303 Goulet St.

Phone number: 204-233-7080

Description: Noon meals Monday-Friday.

Cost: \$3 per meal to eat on site
\$3.50 per meal for take-out

Foyer Vincent Inc.

Location: 200 Horace St.

Phone number: 204-233-1925; 204-235-0556
to sign up (before 10 a.m.)

Description: Lunch Monday-Friday at 11:30am.

Cost: \$5.00 per meal

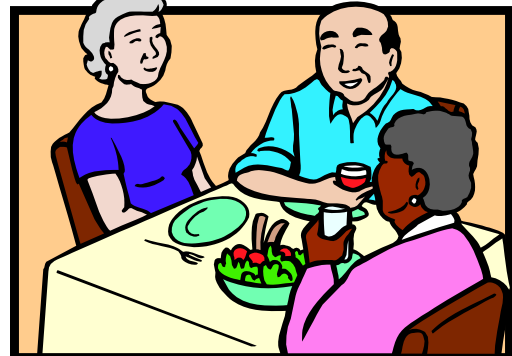
Villa Tache/Place Des Meurons

Location: 120-400 rue Des Meurons

Phone number: 204-233-5337

Description: Monday, Wednesday, & Friday between 4:30 & 5:00p.m

Cost: \$6 per meal. Sign up 24 hrs in advance.



River Heights**Bethel Place**

Location: 100-445 Stafford Street

Phone number: 204-284-3762

Description: Lunch: Monday to Friday between 11:30am to 1:00pm. Supper: Tuesdays & Thursdays at 5:00 pm.

Cost: Lunch: \$7.25 for non-residents
(\$6.25 for residents)

Dinner: \$9.75 for non-residents
(\$8.75 for residents)

No sign up required for lunch; sign up 24 hrs in advance for dinner

**Fort Garry/Fort Rouge****Fred Tipping Place**

Location: 601 Osborne Street

Phone: 204-474-0642

Description: Noon meals Monday to Friday at 11:30am.

Cost: \$4.00 per meal. Sign up by 9:30 a.m.

The Delmar Meal Program

Location: 100/101 Adamar Rd.

Phone number: 204-269-6322

Description: Noon meals Mondays, Wednesdays, and Fridays.

Cost: \$6 per meal to eat in or \$6.50 to take-out. Sign up 24-48 hrs in advance.

The Wellington

Location: 3161 Grant Avenue

Phone: 204-831-0788

Description: Lunch and supper are available to residents 7 days a week.

Cost: Lunch: included in rent for residents, \$8.60 for non-residents; Supper: included in the rent for residents, \$15.00 for non-residents. Sign up 12-24 hrs in advance.

Villa Nova

Location: 1035 Wilkes Avenue

Phone number: 204-489-8648

Description: Lunch available Mondays, Wednesdays and Fridays at 12 p.m.

Cost: \$6.00 per meal; sign up 72 hrs in advance

Villa Cabrini

Location: 433 River Avenue

Phone number: 204-284-2880

Description: Supper Monday to Thursday & Lunch on Fridays.

Note: closed holidays and the first Friday of the month.

Cost: \$7.00 per meal – MUST PRE-PURCHASE TICKETS

Manitoba Housing Authority

Manitoba Housing Authority buildings provide meals for tenants. One fresh, hot meal is served daily, including a beverage and dessert, for \$4. Meal menus are posted every month and you are asked to make a reservation at least 3 hours in advance before serving time. Depending on the kitchen, business hours vary and serving times are either at lunch or supper. Please call the building phone number provided for more information.

<ul style="list-style-type: none"> • 22 Strauss Dr. ○ 204-945-7459 	<ul style="list-style-type: none"> • 444 Kennedy St. ○ 204-945-8496 or 204-942-6748
<ul style="list-style-type: none"> • 125 Carriage Rd. ○ 204-945-7459 or 204-831-7963 	<ul style="list-style-type: none"> • 555 Ellice Ave. ○ 204-945-1029
<ul style="list-style-type: none"> • 529 Country Club Blvd. ○ 204-945-7459 or 204-832-1065 	<ul style="list-style-type: none"> • 340 Princess Ave. ○ 204-945-1029
<ul style="list-style-type: none"> • 170 Hendon Ave. ○ 204-831-0122 	<ul style="list-style-type: none"> • 385 Carlton Ave. ○ 204-945-1029
<ul style="list-style-type: none"> • 101 Marion St. ○ 204-945-4925 or 204-233-8560 	<ul style="list-style-type: none"> • 601 Osborne St. ○ 204-945-1029
<ul style="list-style-type: none"> • 875 Elizabeth Rd. ○ 204-231-3942 or 204-946-5042 	<ul style="list-style-type: none"> • 60 Chesterfield Ave. ○ 204-256-4669 or 204-945-5042
<ul style="list-style-type: none"> • 515 Elgin Ave. ○ 204-945-2187 or 204-775-5456 	<ul style="list-style-type: none"> • 185 Smith St. ○ 204-945-0172 or 956-4451

