



Directory of Services & Social Activities for Older Adults

2025 - 2026



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Developed by the Saskatoon Council on Aging Inc. [SCOA]



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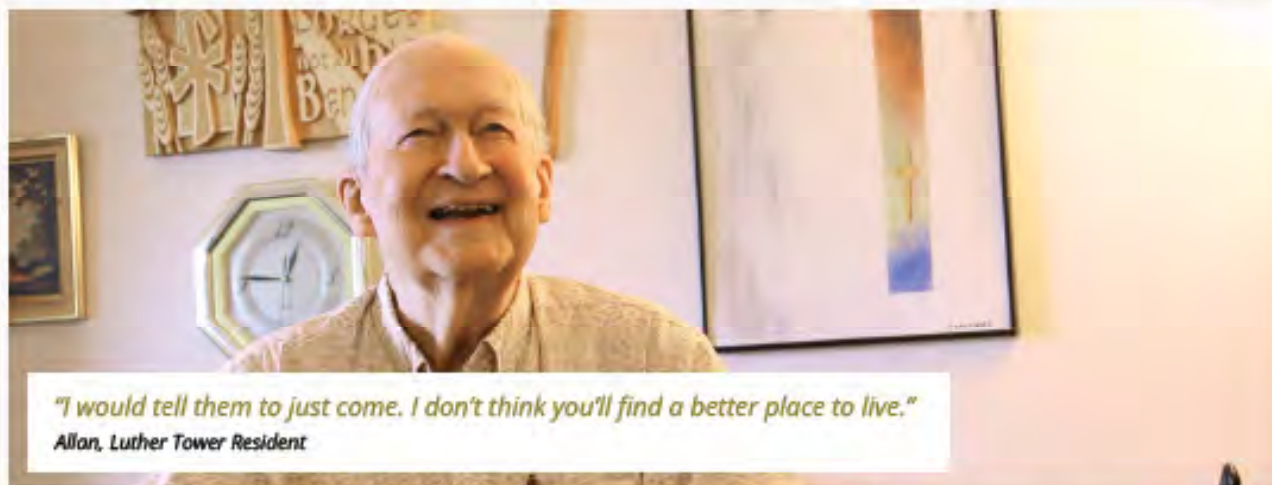


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INTRODUCTION

The Directory of Services and Social Activities for Older Adults is produced annually by the Saskatoon Council on Aging and is designed to offer information about resources, services and social activities to be used by older adults in the Saskatoon area, their families and caregivers, as well as interested agencies, groups and institutions.

No endorsement is made or intended for any of the entries. The Saskatoon Council on Aging accepts no liability or responsibility for any loss, injury, or damage which may arise from anything contained in this directory. We review and edit the directory every year, but if you have comments or suggestion, please contact us at 306-652-2255. Thank you!



Questions for the Service Provider

The following questions will help you in deciding whether or not the service provider that you are calling will be able to fully meet your needs as an older adult.

- What services do they provide?
- What age group do they service?
- What special services are there for older adults?
- How do they accept referrals?
- Who is the contact person?
- What are the costs? Are there additional costs? (taxes, service fees, etc.)
- What are the rules for eligibility?
- When are they open? (hours and/or days of operation, etc.)
- How do you get there? (transportation)
- Are there any brochures about the resources?
- What geographical area do they serve?
- Is there a waiting list?
- Is there any other information that is important?

Suggestions for Calling

- Take notes to remember the details.
- Be careful how much personal information you share (e.g. SIN, Health Card Number).
- Ask for the name of the person who has helped you.

Saskatoon Council on Aging Inc.
2020 College Drive Saskatoon, Saskatchewan S7N 2W4
Phone: 306-652-2255
Email: admin@scoa.ca **Website:** www.scoa.ca

EMERGENCY NUMBERS

Emergency Access to City Police, Fire and Ambulance: 911

Fire and Protective Services:

Administrative Offices	306-975-2520
Child Protection Services	306-933-6077
Safety & Property Maintenance (24hrs)	306-975-2828

Hospitals and Health Services:

Client/Patient Access Services (CPAS)	306-655-4346
MD Ambulance	306-975-8800
Provincial Healthline	811
Highway Hotline	1-888-335-7623
Royal University Hospital	306-655-1000
Saskatoon City Hospital	306-655-8000
St. Paul's Hospital	306-655-5000

Police Services:

Crime Stoppers	1-800-222-8477
Corman Park Police	306-242-8808
Deaf Persons Emergency TTY	306-975-8364
Non-Emergency Complaints	306-975-8300
Rural RCMP Inquiries & Complaints	306-975-5173

Important Numbers to Remember:

Abused Women's Information Line	1-888-338-0880
Alcoholics Anonymous	306-665-6727
Al-Anon	306-665-3838
Farm Stress Line	1-800-667-4442
Income Assistance Saskatoon	306-933-5960
International Travel Clinic	306-655-4780
Saskatoon Interval House	306-244-0185
Kids Help Phone	1-800-668-6868
Mental Health Support	HealthLine 8-1-1
Suicide/Seniors Abuse Mobile Crisis line	306-933-6200
Problem Gambling Help Line	1-800-306-6789
Saskatchewan Poison Control Centre	1-866-454-1212
Saskatchewan Connect to Service Providers	211
Sexual Assault Crisis Center	1-306-244-2224
Social Service Income Support	1-866-221-5200
Victim Services, Saskatoon Police Service	306-975-8400

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■■■ ABUSE OF OLDER ADULTS ■■■

Continuing Care Branch

Address: 1st Floor T.C. Douglas Building 3475 Albert St Regina SK S4S 6X6

Phone: 306-787-7239

Email: info@health.gov.sk.ca

Suspected abuse by a caregiver in a long-term care facility should be addressed through management as soon as possible. If unresolved it can be reported here.

Community Care Branch – Personal Care Homes

Address: 1st Floor T.C. Douglas Building 3475 Albert St Regina SK S4S 6X6

Phone: 306-787-7239

Email: info@health.gov.sk.ca

Website: <http://personalcarehomes.saskatchewan.ca>

Details:

- Information on personal care home responsibilities, inspections, and becoming a personal care home licensee

**Suspected abuse in a personal care home
can be reported here:**

- saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/personal-care-homes

Saskatoon Crisis Intervention Service

Address: 313 Ontario Ave Saskatoon SK S7K 1S3

Contact: Jodie Semkiw -Executive Director

Phone: 306-933-6200 **Fax:** 306-664-1974

Email: info@saskatooncrisis.ca

Website: <http://www.saskatooncrisis.ca>

Hours of Operation: 24-hour service

Details:

Professionally trained staff are available 24 hours a day to respond to:

- Seniors in distress
- Mental health crisis intervention
- Suicide prevention and intervention
- Family distress
- Child abuse and neglect (after hours)
- Substance abuse

Referral for services

Public Guardian and Trustee of Saskatchewan

Address: #100-1871 Smith St Regina SK S4P 4W4

Phone: 306-787-5424 **Toll Free:** 1-877-787-5424 **Fax:** 306-787-5065

Email: pgt@gov.sk.ca

Website: <https://www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-the-public-guardian-and-trustee>

Hours of Operation: Mon-Fri 8am-12pm, 1pm-5pm

Details:

- Dependent adult service
- Administers the estates of people who are mentally incompetent, administers affairs of deceased people and holds/administers unclaimed property
- Protects the financial interest of minors
- Counsel for children
- Certificate of no infants
- Financial abuse

Fees: Vary depending on service required

Suspected financial abuse of a cognitively compromised adult or abuse of power of attorney should be reported here.

Please be assured that our staff will respond at the first opportunity.

If your email is regarding a medical emergency, please call 911.

If you are seeking general medical advice, you can contact HealthLine at 811

Keep in mind that:

- Suspected abuse by a health care provider should be addressed through their professional association and/or employer
- If you suspect criminal abuse or neglect call the **Saskatoon City Police** at 306-975-8300 or **Victim Services** at 306-975-8400

:

■■■ ADDICTIONS ■■■

Alcoholics Anonymous

Address: Saskatoon Central Office – 5-1006 8th St E Saskatoon SK S7H 0S1

Phone: 306-665-6727

Email: aasaskatoon@sasktel.net

Website: www.aasaskatoon.org

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

Brief and Social Detox

Address: 201 Ave O S Saskatoon SK S7M 2R6

Phone: 306-655-4195 **Fax:** 306-655-4196

Website: <https://mhas.saskatoonhealthregion.ca/>

Hours of Operation: 24-hour daily service

Details:

- Detox center
- First step for recovery, support, and crisis management
- A recovery-based program focusing on the management of physical withdrawal symptoms

Fees: Valid Saskatchewan Health Card required

Calder Centre

Address: 2003 Arlington Ave Saskatoon SK S7J 2H6

Phone: 306-655-4500 **Fax:** 306-655-4545

Website: <https://www.addictionresource.ca/listing/calder-centre/>

Hours of Operation: Mon-Fri 8am-4:30 pm; 24-hour residential services

Details:

- Specialized center for treating people with alcoholism and other drug dependencies
- Holistic, cross-cultural recovery program for individuals and families
- In-patient recovery treatment center for adults and youth with chemical dependency; duration of gender specific program dependent on client needs (generally 4 weeks)

Fees: Valid Saskatchewan Health Card required

Mental Health and Addiction Services - Adult Programs

Address: Sturdy Stone Building, 122-3rd Ave N Suite 156 Saskatoon SK S7K 2H6

Phone: 306-655-7777 (phone options: #1-children & youth, #2-mental health, #3-addictions)

Email: info@saskhealthauthority.ca

Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/mental-health-and-addictions>

Hours of Operation: Mon-Fri 8am-12pm, 1pm-5pm

Details:

- Counselling, assessments, referrals
- Community education
- Screening; services for substance abuse, gambling, and co-dependency
- Tobacco cessation
- Services for family members of chemically dependent persons
- Addiction counselors available for 1-on-1 and group counselling

Fees: Valid Saskatchewan Health Card required

Metis Addictions Council of Saskatchewan Inc.

Address: 213 Ave C S Saskatoon SK S7M 1V3

Phone: 306-652-8951 **Toll Free:** 1-877-652-8951 **Fax:** 306-665-0703

Email: rdsaskatoon@macsi.ca

Website: <http://www.macsi.ca>

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

Details:

- 12-step program for people recovering from a drug or alcohol addiction
- Outpatient counselling to help gain the support and tools needed to guide a path to recovery
- Drop-In programs and 1-1 counselling is offered in person, over the phone, and on ZOOM
- **In-Person Day Programs** are Mon-Fri from 1-3 pm
- **Virtual Day Programs** are Thur, Fri, and Sat from 11-1 pm
- Centers in Saskatoon, Regina, and Prince Albert

Fees: Valid Saskatchewan Health Card required

Opioid Assisted Recovery Services

Address: 1611 20th St W

Mayfair Clinic Address: 504 33rd St W

Phone: 306-655-0480 (20th St) 306-655-4006 (33rd St)

Email: info@saskhealthauthority.ca

Website: [Mental Health and Addictions | SaskHealthAuthority](#)

Hours of Operation: Mon-Fri 8:30am-4:30pm, (Closed at lunch from 12:30 to 1)

Details:

- The criteria for referral is opioid addiction and dependency. Clients may self-refer or can be referred by a community physician, hospital or community support via walk-in, phone or fax.

Fees: Valid Saskatchewan Health Card required

Problem Gambling Help Line

Toll Free: 1-800-306-6789

Website: <http://www.spgh.ca>

Hours of Operation: 24-hour service

Details:

- Assists individuals with problem gambling through information, short-term counselling, crisis intervention services, referrals, and self-help groups

Saskatoon Al-Anon Information Services

Address: 600, 245 -3rd Ave S Saskatoon SK S7K 1M4

Phone: 306-665-3838

Website: <http://www.sk-alanon.ca>

Email: saskatoonais@gmail.com

Hours of Operation: Office is open Mon, Wed 11:30am-2pm and Thurs 1:30-4:30pm. Hours may vary according to appointments

Details:

- Support and helps families of alcoholics; follows 12-step program

- Fellowship of relatives and friends of alcoholics
- Call the office for times and places of meetings or check out the website
- Accepts anyone troubled by someone's drinking

Saskatoon Tribal Council- Community Health Program

Address: STC Health Centre 1514 20th St W

Phone: 306-956-0345

Email: ahrabowy@sktc.sk.ca or lmunroe@sktc.sk.ca

Website: <https://sktc.sk.ca/wellness/stc-health-centre/>

Hours of Operation: Mon-Fri 9am-5pm / Harm Reduction Supply Exchange Program Mon-Fri 9am-5pm, Sat, Sun, and Holidays 11am-5pm

Details:

- The STC Health Centre offers accessible and culturally based health programs, including addictions, nursing, social work, mental health services, elder supports and peer supports
- The STC Health Centre also provides evidence-based harm reduction programming by offering a safe injection and inhalation supplies exchange program 7 days a week, 365 days a year
- Naloxone Kit Distribution Site
- Status blind, anyone can receive services
- Walk in availability

■■■ ANIMALS/PETS ■■■

Furbaby Pet Care

Address: 2902 Jasper Avenue S Saskatoon, Saskatchewan S7J 4L7

Phone: 306-912-7783

Email: reservations@furbabysk.ca

Website: <https://furbabysk.ca/>

Hours of Operation: 24/7

Need Help with your pets? Give us a call first!

Details:

- Pet care and boarding facility
- Certified Canine Massage Therapy
- Certified Professional Pet Sitting
- Dog walking and Cat Care
- Pet Taxi
- Grooming

Fees: Contact for more information

New Hope Dog Rescue

Address: Suite 530, 8B-3110 8th Street East, Saskatoon, SK S7H 0W2

Email: contact@newhoperescue.org

Website: <https://www.newhoperescue.org/>

Details:

- Registered non-profit and foster-based organization rescuing and re-homing dogs in need
- Address the overpopulation problem and promote responsible dog ownership.
- All dogs who join our program are partnered with loving and dedicated foster parents

- Every dog receives proper medical care while with New Hope.

Fees: Contact for more information

Saskatoon Animal Control Agency

By-law Enforcement Office Address: 5028 Clarence Ave S, Grasswood SK S7T 1A7 ****No longer at 1925 Avenue B N Saskatoon SK S7L 4K9**

Animal Pound: 5028 Clarence Ave S Grasswood SK S7T 1A7

Phone: 306-385-7387 (24 hrs)

Email: info@saskatoonanimalcontrol.ca

Website: www.saskatoonanimalcontrol.ca

Hours of Operation for Offices: 10am-6pm

Hours of Operation for Officers: Apr-Oct 7am-10pm Nov-Mar 8am-8pm –emergencies only outside of these hours.

Details:

- We respond to a variety of pet ownership complaints, including: animal attacks, emergency calls for animals hit by vehicles, found stray dogs and cats, barking complaints, feces complaints and a variety of other bylaw infractions
- We provide licensing services for pets, allowing for them a safe return of lost pets- can be purchased Mon-Fri, 10am-6pm at either location
- Cat and dog adoptions can be completed at 5028 Clarence Avenue South
- We also have a volunteer program for animal socialization and an animal foster program for those wanting to volunteer.

Note: Saskatoon Police Services deals with animals that are stolen (they are considered property)

Saskatoon SPCA (Society for the Prevention of Cruelty to Animals)

Address: 2250 Hanselman Ave Saskatoon SK S7L 6A4

Phone: 306-374-7387 **Fax:** 306-373-7912

Email: info@saskatoonspca.com

Website: www.saskatoonspca.com

Viewing and Adoption Centre Hours: Mon closed, Tues by appointment 12-4:30pm, Wed-Sun 12-4:30pm

Office and Administration Hours: Mon-Fri 9am-5pm

Details:

- Facilitates adoption of dogs, cats, and other small
- Provide positive reinforcement training classes for dogs
- Animal Rescue, Foster Program, Borrowed Buddies

Fees: Adoption fees vary depending on type of animal

SCAT Street Cat Rescue Program Inc.

Address: 108-2750 Faithfull Ave Saskatoon SK S7K 6M6

Phone: 306-955-7228 **Fax:** 306-955-1037

Email: contact@streetcat.ca

Website: www.streetcat.ca

Hours of Operation: Mon-Fri 11am-5:30pm

Details:

- Street cats and kittens are brought into foster homes for socialization and then are ready for adoption

- We also act as a contact point for people who have lost pets, found stray cats or kittens, just need information, or are looking for a new feline friend
- Seniors especially welcome to foster - the more fosters, the more kitties we can help

Fees: Adoption fees vary; call the office

SOS Prairie Rescue

Address: 105 Melville Street, Saskatoon SK S7J 5A5

Phone or Text: 306- 380-4429

Website: <https://www.sosprairierescue.com/>

Details:

- Address urgent need for cat rescue and overpopulation management across Saskatchewan, especially in rural and underserved areas.
- With the support of dedicated fosters, veterinary partners, and volunteers, we provide care, love, and second chances to cats who would otherwise be left without hope.
- Tackle the root causes of overpopulation through spay/neuter initiatives like Beat-the-Heat, the province's first Spay-it-Forward program, and Trap-Neuter-Release-Manage (TNRM) services

Fees: Contact for more information

U of S Western College of Veterinary Medicine – Small Animal Clinic.

Address: 52 Campus Dr Saskatoon SK S7N 5B4

Phone: 306-966-7126

Email: <mailto:mvmc.info@usask.ca>

Website: <https://vmc.usask.ca/services/small.php>

Hours of Operation: Mon-Fri 8am-5pm also Clinic open 24 hours 7 days a week

Details:

- By appointments
- Teaching hospital – supervised and attended by certified veterinarians
- For emergencies outside of the hours listed above, the WCVM Veterinary Medical Centre operates a 24-hour call center (306-966-7126) that will put you in touch with the hospitals on call services

Fees: Per service provided

■■■ BEREAVEMENT SUPPORT ■■■

Canada Purple Shield

Address: 3002B Taylor Street East, Saskatoon, SK. S7H 4J2

Phone: 306-664-3139 or 1-800-661-8959

Email: kleinoffice@sasktel.net

Website: www.purpleshieldcanada.ca/

Hours of Operation: Mon-Fri 9:00 am – 4:30 pm

Details:

- We offer pre-planning advice and funding choices for funerals, monuments and other related final expenses.
- We help you make the best choices based on your personal preferences and financial situation.
- We believe that everyone deserves to be protected. Our Funeral Programs are inclusive to every age, health condition, belief and funeral need.

Benefits of choosing Canada Purple Shield:

Peace of mind
Tax free benefits
Simplicity
Choice of funeral home
Inflation Protection
Bypasses Your Estate
Security

How It Works:

Know Your Options: Your local representative can present you with a variety of options no matter what your funeral preference is.

Choose How You Want To Pay:

You decide how you would like to pay for your funeral. We have options that suit any financial situation, including monthly payment plans.

Secure Your Plan:

We will work with you to assign your plan to a funeral establishment of your choice

Enjoy Peace Of Mind:

At the time of your passing, your chosen funeral establishment has all the details covered, and your family will be spared making difficult decisions at an emotionally stressful time.

Cherished Memories Funeral Home & Crematorium

Address: 591 Centennial Drive, Martensville SK S0K 2T0

Phone: 306-242-7888

Email: cherishedmemories@sasktel.net

Website: saskfunerals.ca

The Compassionate Friends-Saskatoon Chapter

Address: 1685 Edward Ave Saskatoon SK S7K 3B7

Phone: 306-717-7744 24 hour outreach – Barb (Initial contact by phone first preferred but not mandatory)

Email: TCFSaskatoon@gmail.com

Website: <https://tcfsaskatoon.wordpress.com/>

Hours of Operation: (Meeting time) – Last Tuesday of every month from 7:30pm-9:30pm

Details:

- A self-help group for bereaved parents
- Lending library, email buddies, telephone friends, and an emailed newsletter 4 times per year
- The Compassionate Friends is an international, peer support network for bereaved parents and their families
- Support Group meeting once a month

Edwards Family Centre-Saskatoon Funeral Home

Address: 333 Fourth Ave N Saskatoon SK S7K 2L8

Phone: 306-343-5309 **Fax:** 306-665-1095

Email: mail@saskatoonfuneralhome.com

Website: <https://www.saskatoonfuneralhome.com/>

Hours of Operation: Mon- Fri 9am-5pm

Details:

- Grief and loss resource lending library
- Bereavement Support Group and Programs
- Pet Loss Support Group: a peer support group for people who have experienced the death of a beloved companion animal; meets on the first and third Sunday of each month at 2:00pm at Family Pet Cremation Services, 210 A 33rd St E

Families Experiencing Exceptional Loss (FEEL)

Address: 3031 Louise St Saskatoon SK S7J 3L1

Phone: 306-955-3344 **Fax:** 306-373-3070

Email: info@inclusionsk.com

Website: www.inclusionsk.com

Details: (if there is no answer, someone will call you back as soon as possible)

- FEEL supports families through the unique and devastating grief process that occurs after the death of a family member with an intellectual disability. To this end, FEEL offers support, knowledge and understanding by connecting families who have had a similar experience of loss. FEEL connects families on an individual basis, through local and regional events, and through provincial workshops.

Hillcrest Memorial Gardens – Funeral Home & Cemetery

Address: 210 Wess Rd Saskatoon SK S7V 0S4

Phone: 306-500-6470 (Funeral Home- 24 hours) 306-477-2236 (Cemetery & Pre-planning)

Website: <https://www.arbormemorial.ca/en/hillcrest>

Hours of Operation: Phones answered 24 hours

Office Hours: 9am-5pm

Details:

- Preplanning for Cemetery and Funeral Arrangements
- Traditional Burial and Cremation
- Indoor and Outdoor Columbariums
- On-site Funeral Home

The Last Post Fund

Address: #330-6600 Trans-Canada Hwy Pointe-Claire QC H9R 4S2

Toll Free: 1-800-465-7113 or 514-695-4897 **Fax:** 866-867-8023

Email: info@lastpost.ca **Email for UGP:** ugp@lastpost.ca

Website: www.lastpostfund.ca

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

Details:

- Veterans Affairs Canada Funeral and Burial Program
- Unmarked Grave Program (UGP)
- National Field of Honor (Point Claire, QC) & Columbarium and Local Fields of Honor
- Indigenous Veterans Initiative (IVI)

Martens Warman Funeral Home

Address: 402 Central Street W Warman, SK S0K 0A1

Phone: 306-934-4888

Email: martenswfh@sasktel.net

Website: www.martenswarman.ca

Hours of Operation: (Meeting time) – Last Tuesday of every month from 7:30pm-9:30pm

Details:

- Team of professionals provides each family with impeccable service, compassion and dignity for end-of-life care
- Reasonable funeral rates
- 30 years as a local family-operated business

Mourning Glory- Acadia McKague's Funeral Chapel, A Dignity Memorial Provider And Mourning Glory Funeral Services, A Dignity Memorial Provider

Address: 915 Acadia Dr Saskatoon SK S7H 5N4

Phone: 306-955-1600 **Fax:** 306-955-6604

Email: loc3865@DignityMemorial.com

Website: www.dignitymemorial.com

Hours of Operation (915 Acadia Dr): On call 24 hours. **Office Hours:** Monday-Friday 8:30 A.M. to 5 P.M. Saturday and Sunday by appointment

Address: 1201 8th St E Saskatoon SK S7H 0S5

Phone: 306-978-5200

Email: mourninggloryfs@DignityMemorial.com

Website: www.dignitymemorial.com

Hours of Operation: On call 24 hours. **Office Hours:** Monday-Friday 9 A.M. to 5 P.M. Saturday and Sunday by appointment

Details:

- Provider of funeral and cremation services, helping families honour lives reflecting their unique values, cultures and traditions.
- Advanced planning services include Relocation Protection* and a FREE Personal Planning Guide to ease future decisions.
- Ongoing care when it matters most with a FREE 24/7 Compassion Helpline®, offering professional grief support for family and friends.
- Personalized, customizable services and venues with catering.
- Support of local communities with event sponsorships and exclusive discounts* for active-duty service members and their families. *Restrictions apply. | ^Services provided by Charles Nechtem Associates, Inc.

Park Funeral Home

Address: 311 3rd Ave N Saskatoon SK S7K 2H9

Phone: 306-244-2103

Email: park@arbormemorial.com

Website: www.parkfuneral.ca

Hours of Operation: 24 hours/day

Office Hours: Mon-Sat 9am-5pm and Sun 1pm-5pm

Details:

- We put families first, creating end-of-life events that celebrate their loved ones in a way that is meaningful to them
- Aftercare and Estate Settlement Service is an important service we offer to all families we serve
- Pre-Plan your final arrangements, spare your family from having to make decisions during a difficult time

Prairie Hospice Society

Address: 302-506 25th St E Saskatoon SK S7K 4A7 **Contact:** Main Office

Phone: 306-249-5554

Email: office@prairiehospice.org

Website: www.PrairieHospice.org

Details:

- Compassionate non-medical care and companionship for those facing advancing illness, death and bereavement in the comfort of home
- Respite, rides and small errands can be booked through our Hospice Now program
- Comprehensively trained volunteers offer up to 4 hours per week of services, free of charge

■ ■ ■ **CANCER** ■ ■ ■

Array Fit Shop

Address: 407B 1st Ave N Saskatoon SK S7K 1X5

Phone: 306-665-6544 **Toll Free:** 1-800-929-6544 **Fax:** 306-665-6557

Email: array@arrayfitshop.ca

Website: www.pinktree.ca

Hours of Operation: Mon-Fri 9am-5pm, Sat 10am-3pm closed on statutory holiday weekends

Details:

- Mastectomy supplies, mastectomy bras/fittings, swimsuits
- Wigs, turbans, scarves, supplies, sun protective clothing
- Compression /support stockings, braces, orthotic binders, orthotic recovery shoes
- Non-surgical bra fittings
- Hospital calls when required
- Bra fittings
- Lingerie

Canadian Cancer Society

Toll Free: 1-888-939-3333

Email: connect@cancer.ca (general inquiries) info@cancer.ca (cancer information and support)

Website: www.cancer.ca

Details:**Cancer Information:**

- 50 Publications relating to cancer prevention/treatment

Support:

- Cancer connections online community
- Peer Support – connections to cancer patients on a similar cancer journey

Healthy Living:

- Sun-safe Awareness
- Smokers Helpline
- Walk/Run to quit
- Cancer prevention

Cancer Centre

Address: 20 Campus Dr Saskatoon SK S7N 4H4

Phone: 306-655-2662 **After Hours Emergency:** 306-655-1000

Website: www.saskcancer.ca

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

Details:

- Treatment centre, support groups, patient and family counseling
- Resource library for patient and family, wig boutique

CancerConnection - Online Peer Support Community Canadian Cancer Society

Toll Free: 1-888-939-3333

Email: cancerconnection@cancer.ca

Website: <https://www.cancerconnection.ca/s/>

Details:

- Provides a healthy, safe, and constructive environment for discussion, support and the exchange of information about managing cancer in your life
- CancerConnection is intended for people with cancer, as well as family and friends

Look Good Feel Better

Phone: 1-800-914-5665

Email: workshops@lgfb.ca

Website: www.LGFB.ca

Details:

- Join us for our complimentary workshops to learn how to manage the appearance-related impact of cancer and its treatment. Topics include Skincare & Cosmetics, Hair Alternatives, Bras & Prostheses
- Workshops are delivered in person and online, you can register for our workshops on our website or call us at 1-800-914-5665 to register over the phone

Lots of Looks

Address: #47 - 2105 8th Street E Saskatoon SK S7H 0T8

Phone: 306-931-1011 **Toll Free:** 1-866-931-1011 **Fax:** 306-931-1044

Email: Lotsoflooks@shaw.ca

Website: www.lotsoflooks.ca

Hours of Operation: Mon-Fri 9:30am-4:30pm and Sat 10am-3pm

Details:

- Fashion and medical wigs

- Breast prosthesis and bras, mastectomy products, support and compression stockings
- Consultations and fittings can be arranged on premises, your home or hospital at no additional cost, mail orders available

Fees: Retail prices for products, no fee for consultation or fittings

Prostate Cancer Support Group, Saskatoon

Address: W.A.Edwards Family Centre 333 4th Ave N Saskatoon SK S7K 2L8

Phone: 306-260-0088

Email: murraydhill@icloud.com

Website: www.spcsg.ca

Hours of Operation: 3rd Thursday of month: 7pm-9pm (except July and August)

Details:

- Support group for men with prostate cancer and their families
- Educational presentations, time for sharing

Screening Program for Breast Cancer

Address: University Heights Square 130-1804 McOrmond Dr Saskatoon SK S7S 0A6

Toll Free: 1-855-584-8228

Email: ED.Coordinator@saskcancer.ca

Website: www.saskcancer.ca

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

Details: Screening mammograms for women age 50+, self-referral

Wheels of Hope Transportation Services – Canadian Cancer Society

Address: Canadian Cancer Society, 55 St Clair Avenue West, Suite 300, Toronto, ON, M4V 2Y7

Toll Free: 1-888-939-3333

Email: transportation@cancer.ca

Website: www.cancer.ca

Hours of Operation: (office hours) Mon-Fri 9:00am-5:00pm ET

Details:

- Volunteer drivers provide transportation to cancer treatment appointments for patients in need.
- Passengers must be able to enter and exit a vehicle independently, and those who require assistance in the vehicle and at their appointments must bring a travel escort (18 years of age or older) with them on each ride.
- Patients who wish to access the service must be referred to the program by a member of their treatment team at their hospital treatment location.

■■■ CAREGIVER RESOURCES ■■■

Caregiver Information and Support, Saskatoon Council on Aging (SCOA)

Address: 2020 College Dr Saskatoon SK S7N 2W4

Phone: 306-652-4411 **Toll-Free:** 1-888-652-4411

Email: info@saskatooncaregiver.ca

Website: www.saskatooncaregiver.ca

Hours of Operation: Mon-Thurs 8:30am-4:30pm (closed over noon hour), Fridays office is closed - Staff work remotely phone 306-652-2255 to leave a message.

Details:

- Resources and information for caregivers and their families, SCOA Aging Positive Resource Centre
- Compassionate listening over the phone
- Workshops and presentations on caregiver information
- Major caregiver summit annually (Caregiver Week)

■ ■ ■ **COMMUNITY DAY PROGRAMS** ■ ■ ■

Adult Community Day Program – Convalescent Home (CPAS referral required)

Address: Saskatoon Convalescent Home 101-31st St W Saskatoon SK S7L 0P6

Phone: 306-244-7155 ext.127 **Fax:** 306-244-2066

Email: sydney.weeks@saskhealthauthority.ca

Hours of Operation: Mon-Fri 11:30am-3pm

Website: <http://www.saskatoonconvalescenthome.com>

Details:

- Lunch provided (special diets available)
- Recreational programs: music, games, guest speakers

Fees: Fees subject to change

Adult Community Day Program – Oliver Lodge (CPAS referral required)

Address: Oliver Lodge, 1405 Faulkner Cr Saskatoon SK S7L 3R5

Contact: Angie Hamp

Phone: 306-986-5484 **Fax:** 306-382-9822

Hours of Operation: Mon-Fri 9:30am-3pm

Email: angie.hamp@saskhealthauthority.ca

Website: www.oliverlodge.ca/day-program/

Details:

- Programs: Vary but include exercises/stretchers, music, baking, trivia, crafts, games, and socializing
- Snacks, refreshments and lunch provided throughout the day
- Hairdresser services available at an extra cost
- Individuals must contact CPAS 306-655-4346 for a referral to the program

Fees: Fees for program and optional transportation are subject to change.

Adult Community Day Program – Parkridge Centre (CPAS referral required)

Address: Parkridge Centre 110 Gropper Cres Saskatoon SK S7M 5N9

Phone: 306-655-3878

Email: Charlene.Welgush@saskhealthauthority.ca

Hours of Operation: Mon-Fri 9am-3pm

Website: <https://www.saskhealthauthority.ca/facilities-locations/parkridge-centre>

Details: (Ages 19 and older)

- Respite services; occupational, physical, recreational therapy (consultative)
- Beauty salon, dietician
- Personal care
- Programs: baking, general exercises, music, computer training, special events, outings, pool exercises, and collaborative games
- Encourage family involvement

Fees: Fees subject to change

Cosmopolitan Industries Ltd.

Address: #26-34th St E Saskatoon SK S7K 0F9

Phone: 306-664-3158 **Fax:** 306-244-5509

Email: info@cosmoindustries.com

Website: www.cosmoindustries.com **Recycle:** www.cosmoshred.ca

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

Details:

- Day Programs that provide employment opportunities for adults with intellectual disabilities

Live Smart, TEMT (Travel Eat Meet Talk), Young at Heart - LutherCare Communities)

Address: 1212 Osler St Saskatoon SK S7N 0T9

Phone: 306-664-0323 ext. 345 **Fax:** 306-664-0311

Email: cdp@luthercare.com

Website: www.luthercare.com

Hours of Operation: Mon,Tues,Thurs 11am-3pm

Details:

- Individuals can self-refer, no CPAS required
- The programs serve seniors living in the community who desire to maintain a healthy lifestyle, including meaningful social opportunities with their peers.
- Offers discussions, informative presentations, entertainment, community outings, gentle exercise, hot noon meals/ refreshments

Fees: \$9.25/person per session, transportation provided if necessary \$10.00/day

Luther Seniors Centre (CPAS referral required)

Address: 1800 Alexandra Ave Saskatoon SK S7K 3C7

Phone: 306-664-0368

Email: seniorscentre@luthercare.com

Website: www.luthercare.com

Hours of Operation: Mon-Fri 9:30am-3:30pm

Details:

- Care and programming: people with Alzheimer's Disease or related Dementia
- Recreation programming targeting 5 domains of health
- Social activities, spiritual care, support for caregivers
- Activities: crafts, music, active games, exercises, cognitive stimulation, etc.
- Lunch/snacks

Fees: Cost: \$11.05/ day; subsidized transportation is available

Sherbrooke Community Day Program (CPAS referral required)

Address: 401 Acadia Dr Saskatoon SK S7H 2E7

Contact: Community Day Program Manager

Phone: 306-655-3742 **Fax:** 306-655-3741

Website: www.sherbrookecommunitycentre.ca

Hours of Operation: Mon-Fri 10:00am-4pm

Details: Participants receive access to consultative services from a chaplain and dietician, as well as access to:

- Occupational therapy
- Physical therapy
- Pool therapy (if applicable)
- Recreational programs, including gardening, baking, a music group, trivia
- Beauty salon
- Bathing (arranged with home care)
- Foot care, provided by the Victorian Order of Nurses
- Community outings
- Modified Sheltered Work Program, giving individuals the opportunity to participate in a sheltered work experience in a modified format

Fees: \$9.50/day includes a meal at noon; \$8.00 flat rate for transportation within the City of Saskatoon; fees subject to change

■■■ COMPUTERS & CELL PHONES ■■■

Bolt Mobile

Four locations in Saskatoon

1. 710 Circle Drive E

2. 10-2404 8th Street E

3. 1-960 Attridge Drive

4. 40-3026 Meadows Parkway

Phone: 306-668-4653

Email: sales@boltmobile.ca

Website: <https://boltmobile.ca/>

Details:

- Your SaskTel Authorized dealer in Saskatoon
- Cell Phones, accessories, phone repairs

Geosat Electronics Ltd.

Address: Unit 1B 1620 Idylwyld Dr N Saskatoon SK S7L 6W6

Phone: 306-979-9329

Cell: 306-717-3728

Email: haroon@geosatelectronicsltd.com

Website: <https://geosatelectronicsltd.com/>

Details:

Say goodbye to cracks and hello to a fixed phone with our experts

- Experienced technicians
- Excellent customer service

- Competitive pricing and 100% satisfaction guarantee
- Provide all of your cell phone repair needs
- Fix cracked screens
- Battery issues solved
- Repair charging ports
- Say goodbye to the EXPENSIVE CELL PHONE PLANS and switch to MONTHLY PLANS as low as \$29 per month with 45GB of DATA. Visit our store for details.

■ ■ ■ COUNSELLING ■ ■ ■

Canadian Red Cross Friendly Calls Program

Phone: Call [1-833-979-9779](tel:1-833-979-9779) toll-free from 9 a.m. to 5 p.m. on weekdays

Hours of Operation: Mon to Fri 9 a.m. to 8 p.m

Website: <https://www.redcross.ca/friendlycalls>

Details:

- Matches people over the age of 18 with trained Red Cross personnel who connect with them regularly
- Friendly calls, provide emotional support,
- Encourage healthy coping strategies,
- Suggest well-being resources and community connections to other existing services

Fees: Free

Community Social Work

Phone: 306-655-3400 **Fax:** 306-655-3430

Address: 103-310 Idylwyld Drive N Saskatoon SK S7L 0Z2

Hours of Operation: Mon-Fri 8am-4:30pm closed weekends and statutory holidays

Details:

- Individual Counseling: changes in health, chronic pain, grief and loss, caregiving, falls, etc. (CPAS referral required: 306-655-4346)
- Bereavement Groups: for recently widowed women
- Caregiver Groups: for people providing care to an adult family member or friend

Family Service Saskatoon

Address: #102-506 25th St E Saskatoon SK S7K 4A7

Phone: 306-244-0127 **Fax:** 306-244-1201

Email: info@familyservice.sk.ca

Website: www.familyservice.sk.ca

Hours of Operation: Mon, Thurs, Fri 9am-5pm –Tues, Wed 9am-8pm

Details:

- Employee and Family Assistance Programs
- Individual, couple, family and group counselling
- Family violence services
- Child and Youth counselling
- Group Programs – check our website for details

Fees: Call for more information

Inclusion Saskatchewan

INSK Main Office

Address: 3031 Louise Street Saskatoon, SK S7J 3L1

Phone: 306-955-3344

Email: info@inclusionsk.com

Website: <https://www.inclusionsk.com/>

Details:

If you live with an intellectual disability or if you know someone with an intellectual disability and need support or advocacy, Inclusion Saskatchewan may be able to help. We can work with anyone, regardless of what the intellectual disability may be. We do not require a diagnosis, have a specific IQ requirement, or need a referral.

- Support and advocacy
- Employment and transitions
- Family Network workshops
- Supported decision-making
- Medical decision-making
- Supporting online safety
- Promote self-advocacy

Fees: Call for information

Intimate Partner Violence Program

Address: City Hospital Main floor 1540-701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-8999 **Fax:** 306-655-8806

Website: [Interpersonal Violence and Abuse Programs in Saskatchewan | Victims of Crime and Abuse | Government of Saskatchewan](#)

Details:

- Provide services to adults 18 years or older who have used violence in their intimate relationships, are concerned about their behavior towards their partner, value healthy, equal and peaceful relationships, and are committed to changing their behaviors and beliefs
- Program is intended to assist participants in developing nonviolent strategies to manage their personal, social, and emotional experiences
- Treatment programs are delivered in a group format

Living and Loss Counselling

Contact: Brenda Gibbs MCP, CC

Address: 716 Queen St Saskatoon SK S7K 0M9

Email: livingandloss@gmail.com

Website: www.livingandlosscounselling.com

Navera Community Connections

Address: #200-506 25th St E Saskatoon SK S7K 4A7

Phone: 306-244-7773 **Fax:** 306-244-8537

Website: <https://navera.org>

Hours of Operation: Mon and Fri 9am-5pm, Tues, Wed, Thurs 9am-9pm

Details:

- Previously known as CFS Saskatoon

- Counselling
- Family & Community Programs; anxiety and parent groups
- Early Learning & Family Centers
- Child, youth, and adult programs available

Fees: Call for information

Saskatoon Sexual Assault and Information Centre

Address: 201-506 25th St E Saskatoon SK S7K 4A7

24 Hour Crisis Line: 306-244-2224 **Office:** 306-244-2294

Email: info@ssaic.ca

Website: www.ssaic.ca

Hours of Operation: Mon-Fri 9am-5pm, closed for lunch from 12pm-1pm

Details:

- Individual and group counselling services (all genders and sexual orientations welcome) for victims of sexual violence and their supporters
- Support when reporting to police or through the trial process
- 24-hour crisis line for victims and survivors of sexual assault

Victim Services-Saskatoon Police Service

Address: Box 1728 or 76-25th St E Saskatoon SK S7K 3R6

Phone: 306-975-8400 **Fax:** 306-975-8401

Email: policeservice@saskatoon.ca

Website: <https://saskatoonpolice.ca/victim/>

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

Details:

- A means for victims of crime and traumatic events to obtain information
- Provides information, support, and referrals to lessen the immediate and long-term effects of crimes
- Enhance the communication and flow of information between the victim and the police

White Dove Counselling and Mediation

Phone: 306-260-9464

Website: www.whitedovecounselling.ca

Email: angie@whitedovecounselling.ca

Hours of Operation: Available evenings, weekends and virtual availability by appointment

Details:

- I am a registered social worker (RSW) and a qualified mediator (q.med).
- While I do offer counselling to individuals, couples, families and groups, I am trained to provide mediation in family and elder & estate (sometimes called intergenerational) matters.
- Often times, families struggle to find a path forward concerning an aging loved one. A qualified mediator can help to identify the issues each party is facing and support finding solutions that satisfy the needs of each party involved.
- Mediation is covered under the scope of practice for registered social workers and as an RSW fees for service may be eligible for reimbursement through personal or private health insurance.

■■■ CRISIS SHELTERS ■■■

The Salvation Army Crossroads Residential Services

Address: 339 Avenue C S Saskatoon SK S7M 1N5

Phone: 306-244-6280 / 306-242-6833

Email: crossroads.frontdesk@salvationarmy.ca

Website: <https://www.salvationarmysaskatoon.org/>

Hours of Operation: 24 hours a day

Office Hours: Mon-Fri 8am-4pm

Details:

- Men's Emergency Shelter, Emergency After Hours Program, and New Frontiers Halfway House Program

Saskatoon Interval House.

Phone: 306-244-0185 **Toll-Free:** 1-888-338-0880

Email: infoSIH@saskatoonintervalhouse.org

Website: www.saskatoonintervalhouse.org

Hours of Operation: 24-hour daily

Details:

- Counseling, referral, advocacy
- Crisis call and information
- 24-hour emergency temporary shelter for women with or without children, who have been forced to leave their home due to an abusive relationship
- Short term accommodation in safe, supportive and confidential environment
- Building does not have an elevator, must be able to take the stairs to access services

YWCA Saskatoon Crisis Shelter and Residence

Address: 510 25th St E Saskatoon SK S7K 4A7

Phone: 306-244-2844

Website: www.ywcaskaskatoon.com

Hours of Operation: Open to calls 24/7

Details:

- Emergency shelter for women and children open 24 hours
- Residence, short-term, emergency, and long-term accommodation for single women and youth programs
- Provide basic food and personal items
- Assistance with conflict resolution
- Connections to legal resources and educational supports
- Referrals to medical professionals if required for clients
- Advocacy on behalf of the woman and/or child
- Public health access
- Access to Community Service Village Agencies
- Access to the Fitness on 25th Facility for clients, memberships available for the public
- Opportunity to participate in community dinners and movie nights for clients
- Long-term two-year transitional housing options

■ ■ ■ CULTURAL & NEWCOMER GROUPS ■ ■ ■

Filipino Seniors Social Group

Address: 7 Valens Dr Saskatoon SK S7L 3R8

Phone: 306-382-8023

Details:

- Father's and Mother's Day lunches, Christmas parties, and holiday celebrations
- Play bingo and cards, socialization
- Volunteer every year at Folkfest
- Encouraged to call 306-382-8023 to find out when and where events are taking place

Global Gathering Place

Address: 100 5th Ave N Saskatoon SK S7K 2N7

Phone: 306-665-0268 **Fax:** 306-665-0440

Email: info@globalgatheringplace.com

Website: www.globalgatheringplace.com

Hours of Operation: Mon-Fri 9am-5pm

Details:

- The Global Gathering Place is a non-profit drop-in centre that provides services for immigrants and refugees in Saskatoon
- Helps newcomers adapt to life in Canada by offering support and skill development, acceptance, and a welcoming environment
- A wide range of programming including: ESL classes, skills building sessions, cooking, information sessions, weekend activities, women's wellness activities, mentoring, settlement services
- One on one assistance
- Counselling services
- Employment support

International Women of Saskatoon

Address: 301-336 5th Ave N Saskatoon SK S7K 7E2

Phone: 306-978-6611 **Fax:** 306-978-6614

Email: infohub.saskatoon@iwssaskatoon.org

Website: www.iwssaskatoon.org

Hours of Operation: Mon-Fri 9am-5pm; Saturday 9am-4:30pm

Details:

- | | |
|---|--|
| <ul style="list-style-type: none">• ActiveGray: Beyond 55 (seniors program)• Just4Women (Women's only program)• Computer and Job Skills Training Program• Employment Training Program (ETP)• Settlement Advisor Program• LARC sometimes operating in Prince Albert | <ul style="list-style-type: none">• Drop-in EAL• Youth Summer Programs• Language Assessment and Referral Centre (LARC), with one location in Saskatoon and one in Regina |
|---|--|

Saskatchewan Indigenous Cultural Centre

Address: 305-2555 Grasswood Rd E Saskatoon SK S7T 0K1

Phone: 306-244-1146 **Fax:** 306-665-6520

Email: info@sicc.sk.ca

Website: www.sicc.sk.ca

Office Hours: Mon-Fri 8:30am-5pm; Closed for lunch from 12-1

Details:

- Language workshops, cultural connection
- Indigenous storytelling and cultural resources

Saskatchewan Intercultural Association Inc.

Address: 601 B 1st Ave N Saskatoon SK S7K 1X7

Phone: 306-978-1818 **Fax:** 306-978-1411

Email: info@saskintercultural.org

Website: www.saskintercultural.org

Hours of Operation: Mon-Fri 9am-4:30pm

Details:

- Dedicated to the promotion of equal opportunities and fair treatment of all people in our culturally diverse society
- Cultural resource center, settlement services, employment programs, intercultural programs and services
- Free adult English classes for CLB levels 1 to 8

Saskatoon Open Door Society

Address: 100-129 3rd Ave N Saskatoon SK S7K 2H4

Phone: 306-653-4464 **Fax:** 306-653-7159

Email: skopendoor@sods.sk.ca

Website: www.sods.sk.ca

Hours of Operation: Mon-Fri 9am-5pm

Details:

- Settlement and Family Support Services
- Settlement and Community Services
- Employment Services
- English Language Training and Translation Services
- Seniors Programming

Ukrainian Canadian Congress Saskatchewan Provincial Council

Address: 2-604 22nd St W Saskatoon SK S7M 5W1

Phone: 306-652-5850 **Toll Free:** 1-888-652-5850

Email: settlement@ucc.sk.ca

Website: www.ucc.sk.ca

Program Times: Mon-Fri 9:30am-5pm

Details:

- Provide pre-arrival information and advice
- Help with immediate settlement needs, such as: Social Insurance Number application, Saskatchewan Health Card application, Obtaining a Saskatchewan Driver's License, Bank Accounts

- Arrange for translation and interpretation services
- English for Employment Program

Fees: Free services; translation/interpretation for a fee

Wanuskewin Heritage Park

Address: #4 Penner Rd Saskatoon SK S7K 3J7

Phone: 306-931-6767

Email: marketing@wanuskewin.com

Website: www.wanuskewin.com

Hours of Operation: Mon-Sun 9:30am-5pm; statutory holidays-hours are seasonally variable

Details:

- Programs, guided tours, workshops, exhibits, restaurant, gift shop, catering, art galleries, and space/room rentals available
- Memberships available
- No pets allowed
- No bikes allowed on the trails in the valley, thanks

Fees: Adult \$16.00, Seniors \$10.00, Students \$12.00, Youth (6-17) \$8.00, Children 5 and under free, Family \$40.00, \$5 flat rate daily parking

Memberships per year: Adults \$100.00, Seniors/Students \$80.00, Family \$150.00

■ ■ ■ DENTAL ■ ■ ■

Accufit Denture Clinic

Address: Bay 3B 3602 Taylor Street East, Saskatoon, SK S7H 5H9

Phone: 306-249-3737

Email: accufitdentures@gmail.com

Website: www.accufitdenturecentre.ca

Hours of Operation: Mon-Fri 9am to 12pm & 1pm to 5pm Closed Sat-Sun

Details:

With our custom complete dentures, we have solutions tailored to your needs

- Professionally affiliated with The Denturist Society of Saskatchewan
- Excellent customer service
- Competitive pricing and 100% satisfaction guarantee
- Provide all of denture repair needs
- Saskatoon area denture wearers appreciate the extra time and effort we put into finding the fit that works for you

Allied Denture Clinic

Downtown Address: 222 3rd Ave S Saskatoon SK S7K 1L9

East Address: 1265 8th St E Saskatoon SK S7H 0S5

West Address: #17-107 Confederation Dr Saskatoon SK S7L 5C3

Phone: Downtown: 306-652-3041; 8th St: 306-933-3041; Confederation Dr: 306-373-3041

Email: downtown@allieddenture.com; east@allieddenture.com; west@allieddenture.com

Website: www.allieddenture.com

Hours of Operation: Mon-Thurs 7:30am-5pm; Friday 7:30am-12pm

Details:

- Allied Denture Clinic provides all denture services such as, complete dentures, implant supported dentures, immediate dentures, partial dentures, relines, repairs while you wait, whitening kits, night guards, and mouth guards. MOBILE Denture services available.

Fees: All insurance plans, CDCP, and third-party financing accepted. Fees vary depending on service provided, complimentary consultations offered.

Brightside Dental Studio

Address: #4 3602 Taylor St E Saskatoon SK S7H 5H9

Phone: 306-955-4131

Email: bright-sidedentalstudio@gmail.com

Website: www.bright-sidedental.ca

Hours of Operation: Mon-Thurs 8am-5pm and Fri 8am-2pm closed Sat-Sun

Details:

- Brightside Dental Studio located on the east side of Saskatoon has been serving the community for over 5 years
- We have two hygienists, one full-time and one part-time. They are both very experienced and have been in the industry for many years
- Free parking in front and behind the building

Dental Clinic, College of Dentistry, University of Saskatchewan

Address: Dental Clinic Building 105 Wiggins Rd Saskatoon SK S7N 5E4

Phone: 306-966-5105 **Fax:** 306-966-1795

Website: <https://dentistry.usask.ca>

Email: studenttreatment.dentistry@usask.ca

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

Details:

- Dental services are provided by students at the College of Dentistry, under the supervision of licensed dentists
- Appointments and emergency services are available

Fees: Are reduced up to 40% of those set out by the College of Dental Surgeons of Saskatchewan's Fee Guide each year. All insurance and payment methods accepted.

Saskatoon West Dental Clinic, College of Dentistry, University of Saskatchewan

Address: 1528 20th St W Saskatoon SK S7M 0Z6

Phone: 306-384-6363

Website: https://dentistry.usask.ca/dental-clinics/saskatoon_west_dental_clinic.php

Email: studenttreatment.dentistry@usask.ca

Hours of Operation: Mon-Fri 9:00am-4:30pm

Details:

- Treatment is provided by experienced dentists, College of Dentistry dental residents, and senior dental students under the supervision of licensed dentists
- Appointments and emergency services are available

Fees: Are reduced up to 40% of those set out by the College of Dental Surgeons of Saskatchewan's Fee Guide each year. All insurance and payment methods accepted.

Smiles to You Mobile Dental Hygiene

Address: PO Box 478, Osler, SK S0K 3A0

Phone: 306-380-5472

Website: <http://www.smiles2you.ca/>

Email: smilestoyou.rdh@gmail.com

Details:

- Mobile dental hygiene treatment brought directly to you in the comfort of your own home which also includes long-term care and assisted living

■■■DISABILITY AWARENESS & SUPPORT■■■

Alzheimer Society of Saskatchewan, Saskatoon Resource Centre

Address: 101-1630 Quebec Ave. Saskatoon SK S7K 1V7

Phone: 306-683-6322

Dementia Helpline: 1-877-949-4141

Email: saskatoon@alzheimer.sk.ca

Website: www.alzheimer.ca/sk

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

Details:

The Alzheimer Society is here to support anyone affected by dementia—no diagnosis needed. Reach out for compassionate support and practical help every step of the way. Our services include:

- One-on-one support, information on dementia and local resources, and support groups for people living with dementia and caregivers.
- Join in-person, virtual, or phone-based groups to connect and share experiences.
- Educational sessions provide practical strategies and resource information.
- Minds in Motion® is a community program for those in early stages of dementia and their care partners, combining gentle exercise and mental activities. Offered in partnership with City of Saskatoon Leisure Services.

Saskatoon Post Polio Society

Phone: 306-374-3557

Email: donnaspratt@sasktel.net

Details:

- There is no physical office, individuals are encouraged to phone or email to obtain information or support
- A community to increase awareness, share information and participate in gathering opportunities

Spinal Cord Injury Saskatchewan Inc

Address: 1705 McKercher Dr Saskatoon SK S7H 5N6

Phone: 306-652-9644 **Toll Free:** 1-888-282-0186 **Fax:** 306-652-2957

Email: sciinfo@scisask.ca

Website: www.scisask.ca

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

Details: Services for individuals with spinal cord injuries and other physical disabilities, including:

- Rehabilitation: Counselling and Service Coordination; Peer Mentorship Support

- Education and Employment Supports: Scholarship; Disability Accommodation; Wage Subsidies for Employers
- Parascope Newsletter-Bi-annual
- Awareness and Accessibility; Systems Navigation

Membership: \$40 annual membership fee. Clients of SCI Saskatchewan are eligible to become members; benefits include SaskTel cellular plan and SGI Registration fee rebate

■■■ DISEASE MANAGEMENT AND RECOVERY ■■■

Alzheimer Society of Saskatchewan, Saskatoon Resource Centre

Address: 101-1630 Quebec Ave. Saskatoon SK S7K 1V7

Phone: 306-683-6322 **Dementia Helpline:** 1-877-949-4141

Email: saskatoon@alzheimer.sk.ca

Website: www.alzheimer.ca/sk

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

Details: The Alzheimer Society offers support to anyone affected by dementia—no diagnosis needed. Reach out for compassionate support and practical help every step of the way. Our services include:

- One-on-one support, information on dementia and local resources, and support groups for people living with dementia and caregivers.
- Join in-person, virtual, or phone-based groups to connect and share experiences.
- Educational sessions provide practical strategies and resource information.
- Minds in Motion® is a community program for those in early stages of dementia and their care partners, combining gentle exercise and mental activities. Offered in partnership with City of Saskatoon Leisure Services.

Arthritis Society

Toll Free: 1-800-321-1433

Email: info@arthritis.ca

Website: www.arthritis.ca

Details:

- Arthritis support & education

Broadway Medical Group

Address: 1801 Broadway Ave Saskatoon SK S7H 2B6

Phone: 306-244-2277

Hours of Operation: Mon-Thurs 8:30-4:30pm, Fri 8:30-4:00pm (Closed Sat and Sun)

Details: Counselling support for arthritic patient

Fees: Insured through Saskatchewan Health

Canadian Liver Foundation

Address: (National Office) Suite 101-3100 Steeles Ave E Markham ON L3R 8T3

Phone: 416-491-3353 **Toll Free:** 1-800-563-5483 **Fax:** 905-752-1540

Email: clf@liver.ca

Website: www.liver.ca

Details:

- Assists individuals coping with liver disease online, in person, and via the toll-free National Help Line
- Organization devoted to providing support for research and education into the causes, diagnoses, prevention and treatment of all liver disease
- Volunteer chapters work to improve public awareness and understanding of liver health and liver disease
- Raise funds for research and reach out to liver disease patients and their families
- Services in English and French

Crohn's and Colitis Canada, Saskatoon Chapter

Address: Box 28074, RPO Westgate Saskatoon SK S7M 5V8

Phone: 1-844-664-4420

Email: saskatchewan@crohnsandcolitis.ca

Website: <https://crohnsandcolitis.ca/Location/Saskatchewan/Saskatoon-Central-Saskatchewan>

Details:

- Pamphlets and information will be sent on request
- Newsletter 3-4 times a year
- Monthly chapter meetings
- Annual Gutsy Walk: for more information, visit www.gutsywalk.ca
- Online group peer support events and educational webinars

Diabetes Canada

Toll Free: 1-800-226-8464

Email: info@diabetes.ca

Website: www.diabetes.ca

Details:

- Diabetes Research, resource library, advocacy, support, and education
- Local programs and events
- Virtual learning, tools & resources

Exercise Program for Stroke and Parkinson's Disease

Address: Saskatoon Field House 2020 College Dr Saskatoon SK S7N 2W4

Phone: 306-655-4595 – call to schedule an appointment **Fax:** 306-655-4596

Program Times:

- Parkinson's: Monday, Wednesday, Friday 2:30pm-3:45pm
- Stroke: Tuesday, Thursday 1pm-2:30pm

Details:

- Improve joint mobility, coordination and balance and cardiovascular fitness
- Improve control over gross motor movements such as walking and improve confidence in performing daily activities

Fees: Cost of programs is \$30.00 per month; no charge for support person currently; subsidization available if finances are a concern

Heart & Stroke Foundation of Canada, Saskatchewan

Phone: 1-888-473-4636

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

Website: www.heartandstroke.ca

Details:

- Heart & Stroke leads the fight against heart disease, stroke, and related conditions. Our work is driven by collaboration – with volunteers and donors, researchers, people who have lived experience, healthcare professionals, governments and others
- Health information, peer support online communities, health prevention e-tools, Community Connect newsletter, advocacy, health public policy, research, and stroke best practices

The Kidney Foundation of Canada-Saskatchewan Branch

Address: A3 116 103 St E Saskatoon SK S7N 1Y7

Phone: 306-664-8588 **Toll Free:** 1-833-664-8588 **Fax:** 306-653-4883

Email: info.sk@kidney.ca

Website: www.kidney.ca

Hours of Operation: Mon, Tues, and Fri- Available by phone, email or appointment. Wed & Thurs, office hours 10am-3pm

Details:

- Peer support programs, newsletter
- Funds research and clinical education for kidney related diseases
- Information, advocacy, supports/promotes organ donation

LifeLabs

Mobile Lab Services

Toll Free 1-888-333-0222

Website: www.lifelabs.com

Address 1: #5 39-23rd St E Saskatoon SK

Phone: 1-888-333-0222 **Fax:** 306-655-4024

Hours of Operation: Mon-Wed & Fri 7:30am-4:30pm, Thurs 7am-4pm

Address 2: 134 Primrose Dr Saskatoon SK

Phone: 1-888-333-0222 **Fax:** 306-655-4026

Hours of Operation: Mon-Fri 7am-6pm, Sat & Sun 9am-3pm

Address 3: 300 Confederation Dr Saskatoon SK

Phone: 1-888-333-0222 **Fax:** 306-655-4025

Hours of Operation: Mon-Fri 7am-5pm

Address 4: 419 Ludlow St Saskatoon SK

Phone: 1-888-333-0222 **Fax:** 306-655-4023

Hours of Operation: Mon-Fri 7:30am-4:30pm

Address 5: 2325 Preston Ave Saskatoon SK

Phone: 1-888-333-0222 **Fax:** 306-655-4022

Hours of Operation: Mon-Fri 7am-6pm, Sat 7am-3pm

TLC Mobile Labs

Phone: 1-306 291-7994 **Fax:** 1-306-974-4792

Email: info@tlcmobilelab.com

Website: <https://tlcmobilelab.com/>

Hours of Operation: Mon to Fri 6:00 am to 4:00 pm, Saturdays & Sundays by appointment
Details:

- Our company provides convenient at-your-door service for blood collection
- You must have a requisition from your doctor to book an appointment

Fees: \$55 per appointment. A \$30 cancellation fee may be applied for missed appointments, late cancellations, or missing requisitions. Applies to in city appointments only. For out of town, contact for pricing

Lung Association of Saskatchewan

Address: 2308 Arlington Ave Saskatoon SK S7J 3L3

Phone: 306-343-9511 **Toll Free:** 1-888-566-5864 **Fax:** 306-343-7007

Email: info@lungsask.ca

Website: www.lungsask.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm (closed on Fridays in July and August)

Details:

- Resource center, counseling, advocacy
- Information to quit smoking
- Asthma Trec, program for a certificate with Asthma education
- Breathworks, program for information, resources and support for people with COPD, for information call 1-888-566-5864

MS Canada

Address: 1911 Broad St Regina SK S4P 1Y1

Phone: 306-655-7742 (Number for the Saskatoon MS Clinic) Our local number is: 306-244-2114

Toll Free: 1-844-859-6789

Email: msnavigators@mscanada.ca

Website: www.mscanada.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm by phone or email

Details:

- Information and Referral
- MS Knowledge Network
- Community Events
- Peer to Peer Support Program - [1:1 Peer Support: Extended and One Call programs](#)
- Equipment Special Assistance - [Quality of Life Equipment Program](#)
- Support and Self-Help Groups - [MS Support groups](#)
- Educational and Awareness Events - [Educational Webinars](#)

Parkinson Canada- Saskatoon Support Group

Address: TBD.

Phone: 1-888-664-1974 **Toll Free:** 1-800-565-3000

Email: support@parkinson.ca

Website: www.parkinson.ca

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

Details:

- The support group meets in person on the 2nd Monday of the month at 7:00 PM (except in February and July).

Persons Living with AIDS Network of Saskatchewan

Address: 127C Avenue D N Saskatoon SK S7L 1M5

Phone: 306-373-7766 **Toll Free:** 1-800-226-0944 **Fax:** 306-374-7746

Email: plwa@sasktel.net

Website: www.aidsnetworksaskatoon.ca

Hours of Operation: Mon-Fri 10am-4pm

Details:

- Provides care and confidential support services for persons who are living with HIV or AIDS; available also to care providers, family and friends
- Resource center, advocacy/referrals, one on one support counselling,
- Socializing activities, health and wellness guidance, elders meeting, HIV strategy, emergency hampers and hygiene supplies, HIV Rapid Testing offered daily during office hours
- Drop-in center Monday-Friday: 10am-4:00pm

Saskatoon Osteoporosis Centre

Address: #209 39-23rd St E Saskatoon SK S7K 0H6

Phone: 306-933-2663 **Fax:** 306-665-0421

Email: admin@polmed.ca

Website: <https://polmed.ca/departments/saskatoon-osteoporosis-centre>

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

Details:

- Research clinic, bone density testing, works with rheumatologist, Dr. W. P. Olszynski, referral only

Thyroid Foundation of Canada

Address: PO Box 298 Bath ON K0H 1G0

Toll Free: 1-800-267-8822

Email: info@thyroid.ca

Website: www.thyroid.ca

Details:

- The Thyroid Foundation of Canada is a non-profit registered volunteer organization whose mission is to support thyroid patients across Canada through awareness, education, and research.
- Toll-free telephone line available to anyone in Canada: 1-800-267-8822.
- Thyrobulletin, TFC's official newsletter available to members.
- TFC's website offers medically approved thyroid information, webinars, and resources available to the public.

Fees: Adult \$35, Senior \$30, Family \$45

■■■ EDUCATION AND TRAINING ■■■

The Ability Hub YXE

Address: 237 5th Ave N Saskatoon SK S7K 2P3

Phone: 306-665-5508

Email: info@abilityhubyx.ca

Website: <https://www.abilityhubyx.ca/>

Hours of Operation: Mon-Fri 8:30am-4:30pm, Closed Sat-Sun

Details:

- Entrepreneurs with Disabilities | Ability Hub YXE Program
- Contact us to find out about various skill development programs
- Peer Support every Tuesday online from 10-11:30

Foundations Learning and Skills Saskatchewan

Address: Unit #2 - 706 Duchess St Saskatoon SK S7K 0R3

Phone: 306-652-5448

Email: hello@foundationslearning.com

Website: <https://www.foundationslearning.com/>

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

Details:

- Adult one-to-one or group tutoring
- Financial Literacy
- Family Literacy programming
- Children's Literacy
- Workshops and training

Saskatchewan Indian Institute of Technologies

Address: 100-103A Packham Ave Asimakaniseekan Askiy Reserve
Saskatoon SK S7N 4K4

Address 2: 229 4th Ave S Saskatoon SK S7K 4K3

Phone: 306-244-4460 **Toll Free:** 1-877-282-5622 **Fax:** 306-244-1907

Email: info@siit.ca

Website: www.siit.sk.ca

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

Details:

- Programs in Business, Health & Community Studies, Trades & Industrial and Adult Basic Education

Fees: Tuition varies by program

Saskatchewan Literacy Network Inc.

Address: #11-2155 Airport Dr Saskatoon SK S7L 6M5

Phone: 306-651-7288 **Toll Free:** 1-888-511-2111 **Fax:** 306-651-7287

Email: office@saskliteracy.ca

Website: www.saskliteracy.ca

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

Details:

- Training, workshops, literacy conferences

- Family, adult and workplace literacy

Saskatchewan Polytechnic-Literacy and Adult Education

Address: (Saskatoon Campus) 1130 Idylwyld Dr N Saskatoon SK S7K 3R5

Literacy and Adult Education Address: 1030 Idylwyld Dr N Saskatoon SK S7L 4J7

Phone: 306-659-4012 **Toll Free:** 1-866-467-427

Email 1: askaquestion@saskpolytech.ca

Email 2: lae.saskatoon@saskpolytech.ca

Website: www.saskpolytech.ca (search for literacy and adult education on webpage)

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

Details:

- Programs include literacy, adult 10 and adult 12; programs are daytime funded adult programs, evening adult online courses are also available from 6pm-9:30pm (funding available through SIS and SAID)
- Information sessions held once a month on webpage

Saskatoon Public Library (Accessibility Services)

Address: Frances Morrison Central Library 311-23rd St E Saskatoon SK S7K 0J6

Phone: 306-975-7558

Email: access@saskatoonlibrary.ca

Website: <https://saskatoonlibrary.ca/services/accessibility-services/>

Details:

- Large print books, DAISY talking books, audiobooks, electronic resources, and special equipment for patrons
- Home Reader service for people who cannot leave their homes
- Library tours for people with disabilities and newcomers learning English

Saskatoon Public Library (Outreach Services)

Address: Frances Morrison Central Library 311-23rd St E Saskatoon SK S7K 0J6

Contact: 306-657-8556 or 306-657-8768

Email: outreach@saskatoonlibrary.ca

Website: <https://saskatoonlibrary.ca/services/outreach-workers/>

Hours of Operation: Mon, Wed, Thurs & Fri 9am-5pm; Tues 12pm-5pm

Details:

- Help to navigate problems related to housing, mental health, addictions, crisis support, employment, income, or other confidential important needs
- Can connect individuals to support services in the community through referrals

Saskatoon Seniors Continued Learning Inc.

Address: SSCL, Box 8695 Saskatoon SK S7K 6S5

Phone: 306-343-6773

Email: saskatoonseniorscl@gmail.com

Website: <https://artsandscience.usask.ca/noncredit/sscl.php>

Details:

- Non-credit classes for seniors. Classes are held in-person, online, and hybrid

- Academic university courses in literary, political, scientific, history, religious and artistic courses for persons 55 years of age and older; Co-sponsorship with College of Arts and Science
- Registration information can be found on the website
- The course length is 8 weeks per session, and two-hour classes each week. Must be a SSCL member to enroll in classes
- Sessions: Fall, Winter, and Spring

Fees: \$5.00/year membership, \$60.00/ for an in person or online course, and an additional \$20 for hybrid option

St. John Ambulance Training Centre

Address: 301 Central Ave Saskatoon SK S7N 2E9

Phone: 306-343-0041 **Fax:** 306-934-2667

Email: sjasaskatoon@sja.ca

Website: www.sja.ca

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

Details:

- Volunteer Medical First Responder Services for the public and private events
- Volunteer Therapy Dog Program
- Courses offered: First Aid, Cardiopulmonary Resuscitation (CPR), Automated External Defibrillation (AED), Medical First Responder/Emergency Medical Responder, Wilderness First Aid, Babysitting, Home Alone, WHMIS, Personal Care Worker, Mental Health in the Workplace, Pet First Aid, Food Safe and Instructor.

Fees: Donations are requested for event coverage and talks, fees for company and individual training courses vary

Saskatoon Council on Aging (SCOA) - One-on-One Technology Training

Address: 2020 College Dr Saskatoon SK S7N 2W4 (Saskatoon Field House)

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Details:

- Learn on the device of your choice
- SCOA staff assists with your questions

Fee: \$40.00 for an hour and a half

The Refinery Arts and Spiritual Centre

Address: 609 Dufferin Ave Saskatoon SK S7N 1C4

Phone: 306-653-3549, contact for program dates and times

Website: www.emmanuelrefinery.org

Fees: Dependent on class, call for more information

SOS Legacies

Contact: Angela Turner - Legacy and End of Life Consultant

Phone: 1-306-270-4292

Email: soslegacies@outlook.com

Website: www.soslegacies.com

Details:

- Holistic Serious Illness and End of Life Planning
- Legacy Projects
- Legacy Writing
- Personal Organizing
- Workshops/Speaking

Ukrainian Museum of Canada

Address: 910 Spadina Crescent East, Saskatoon, SK S7K 3H5

Head of Education: Karen Pidskalny

Phone: 306-220-7470

Email: karen.pidskalny@umcnational.ca

Website: <https://umcnational.ca/>

Hours of Operation: Wednesday - Saturday 10:00 am - 5:00 pm

Fees: Various, check website or contact for details

■ ■ ■ **END OF LIFE PLANNING AND SUPPORT** ■ ■ ■ ■ ■ ■

The Funeral Advisory and Memorial Society of Saskatchewan

Address: Box 1846, Saskatoon, SK S7K 3S2

Phone: 306-374-5190 (Saskatoon) **Toll Free:** 1-866-283-2677 (Saskatchewan)

Email: info@famss.ca

Website: <https://famss.ca/>

Details: (volunteer run)

- The Funeral Advisory and Memorial Society of Saskatchewan promotes and assists members in planning in advance of death for the disposition of members remains and any memorial services desired
- Our non-profit Society carries on a continuing education program urging dignity, simplicity, and economy in funeral rites.
- Speakers are available to address interested groups (free of charge)

Fees: Lifetime membership (for voting) \$50.00/individual, other services are free for members

Palliative Care Services

Address: St. Paul's Hospital 1702-20th St W Saskatoon SK S7M 0Z9

Phone: 306-655-5530

Hours of Operation: 24-hour service

Details:

- Services to people who are terminally ill; focus is on comfort and quality of life
- Support to families and symptom control
- CPAS determines eligibility for palliative care services

Prairie Hospice Society

Address: #302-506 25th St E Saskatoon SK S7K 4A7

Phone: 306-249-5554

Email: office@prairiehospice.org

Website: www.PrairieHospice.org

Hours: Mon-Fri 9am-4pm, Closed Sat and Sun

Details:

- Compassionate non-medical care, companionship for those facing advancing illness, death and bereavement in the comfort of home
- Respite, rides, and small errands can be booked through our Hospice Now program
- Comprehensively trained volunteers offer up to 4 hours per week of services, free of charge
- Referrals can be made through self, family, community organizations, or any part of the health care team simply by calling 306-249-5554

■■■FALL PREVENTION■■■

Staying On Your Feet – A Falls Prevention Balance and Education Program (SHA)

Address: 103-310 Idylwyld Dr N Saskatoon SK S7L 0Z2

Phone: 306-655-3418 **Fax:** 306-655-3430

Email: sherri.wagenhoffer@saskhealthauthority.ca

Website: www.in-motion.ca

Details:

- Structured and progressive balance exercise program
- Education on risk factors for falls, developing a personal safety plan, and other related health information
- Program length: 1x/week for 10-12 weeks
- Supported by Community Services, Community Older Adult, Primary Health, and Saskatoon Health Region
- Fee: No cost for program, but participants are required to bring an exercise band (can be purchased for \$5 you don't have one)

Forever...in motion - Community Older Adult – Saskatchewan Health Authority

Address: Community Health Centre at Market Mall #55-2325 Preston Ave., Saskatoon SK, S7J 2G2

Phone: 306-844-4080

Email: foreverinmotion@saskhealthauthority.ca

Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/forever-motion>

Facebook Page: <https://www.facebook.com/groups/716435232463229>

YouTube: <https://www.youtube.com/@foreverinmotion306> **Classes available online and in person!**

Details: **Forever...in motion** is a health promotion initiative that supports older adults to be physically active through **Forever...in motion** leader led exercise programs. Our mission is to improve and/or maintain the health of older adults living in the community through support, education, evaluation, partnerships, and the promotion of healthy lifestyles.

What is **Forever...in motion**?

- Safe physical activity classes for older adults led by staff or peer volunteer leaders that have taken the **Forever...in motion** training
- Falls reduction and injury prevention through group physical activity programs
- Classes are in seniors housing, community centers, churches, and condominiums
- Time and length of classes vary depending on location
- Either no or low cost to attend and depends on the site
- Classes include endurance, strength, balance and flexibility components with a strong focus on falls reduction and injury prevention
- **Forever...in motion** leader training offered at a very low cost for volunteers
- Supported by the Community Older Adult team and the Saskatchewan Health Authority

Contact us to find out about a **Forever...in motion** site near you!

■■■ FINANCIAL SUPPORT SERVICES ■■■

Affinity Credit Union

Address: 902 7th Ave N Saskatoon SK S7K 3P4

Phone: 1-866-863-6237

Email: questions@affinitycu.ca

Website: www.affinitycu.ca

Details:

- Affinity Credit Union is a value-based, co-operative financial institution owned by more than 138,000 members-owners. We offer access to a complete range of accounts and services and are a leader in delivering digital banking solutions to our members. By choosing to bank with Affinity, our members know that every dollar they deposit is reinvested and circulated back into our local communities through loans to other members.

Canada Revenue Agency (Income Tax)

Phone: Toll Free 1-800-267-2384

Website: <https://www.canada.ca/en/services/taxes/income-tax.html>

Hours of Operation: Mon-Fri 9am – 5pm

Details:

- Tax information for individuals, trusts, international tax and non-residents, including personal income tax returns, tax benefits (EI, CPP, OAS, GIS), installments, RRSPPs, and Canadian Passports

Canada Revenue Agency-Community Volunteer Income Tax Program (CVITP)

Toll Free: 1-800-959-8281

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/need-a-hand-complete-your-tax-return.html

Hours of Operation: Mon-Fri 9am-5pm

Details:

- In order to be eligible for the CVITP, individuals must have a modest income and a simple tax
- This may include: adults 65 years and older; housing-insecure individuals; Indigenous people; newcomers; persons with disabilities as well as students

Canadian Association of Retired Persons (CARP)

Address: National Head Office 70 Jefferson Ave Toronto ON M6K 1Y4

Toll Free: 1-833-211-2277

Email: support@carp.ca or SK@carp.ca

Website: www.carp.ca

Facebook Page: @CARPSaskatchewan

Details:

- CARP Saskatchewan Chapter advocates for older adults to ensure a life of dignity, free from ageism, regardless of health, family or financial circumstance
- **Member discounts on over 100 everyday products and services from CARP's trusted partners including: insurance, travel, medical, restaurants, products, etc.**

Programming:

- Fully-funded "Best in Class" Vaccinations for seniors
- Advocating for the creation of an independent Office of the Seniors Advocate for Saskatchewan
- Long Term Care, Community Care & Home Care reform
- Financial/pension Protection
- Coffee with CARP on-line presentations/open-mic sessions on topics of interest
- **Fees:** CARP Membership \$19.95/year

Drug Plan and Extended Benefits Branch-Saskatchewan

Address: 2nd Floor 3475 Albert St Regina SK S4S 6X6

Phone: 306-787-3317 (Regina) **Toll Free:** 1-800-667-7581 **Fax:** 306-787-8679

Email: DPED@health.gov.sk.ca

Website: <https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan>

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

Details:

- Drug Plan; special allowance if drug costs are high relative to client's income
- Emergency assistance for people who can't afford the drugs they need
- Palliative care coverage, patients can receive drugs for free
- No-Substitution' Prescription drug coverage: people who can't use a particular brand of drug are eligible (need to apply and application is reviewed)
- Expanded to provide assistance towards the cost of specialized nutritional products required by people with complex medical conditions, diabetic supplies
- Provides Saskatchewan Aids to Independent Living (SAIL) Program benefits to eligible residents (Phone 306-787-7121)
- Community Drug Utilization program to encourage appropriate use of drugs

Jam Jam Tax

Address: Unit 4 & 5-1205 Walpole Ave Saskatoon SK S7H 2X2

Phone: (306) 241-0316

Email: info@jamjamtax.ca

Website: www.jamjamtax.ca

Hours of Operation: Mon- Fri 9am-8pm, Sat-Sun 11am-6pm

Details:

- Income tax services
- Accounting and bookkeeping
- Payroll services
- Notary Public

Saskatoon Services for Seniors-Volunteer Tax Preparation

Address: #103-115 19th St E Saskatoon SK S7K 7Y8

Phone: 306-668-2762

Email: saskatoonservices4seniors@sasktel.net

Website: <http://saskatoonservicesforseniors.ca/seniors-tax-preparation/>

Hours of Operation: Mon-Fri 8am-5pm (closed from 12pm-1pm)

Details:

- Saskatoon Services for Seniors in conjunction with Canada Revenue Agency (CRA) provides a free income tax service to individuals and couples who have lower incomes and simple tax situations
- Call 306-668-2762 to be added to our list, we will prepare taxes for clients on a first come first serve basis

Seniors Income Plan (SIP) Ministry of Social Services

Address: 2045 Broad St Regina (SIP department on third floor) SK S4P 3T7

Phone: 306-787-2681 **Toll Free:** 1-800-667-7161 **Fax:** 306-787-9993

Website: <http://www.saskatchewan.ca/residents/family-and-social-support/seniors-services/financial-help-for-seniors>

Hours of Operation: Mon-Fri 8am-5pm, closed 12pm-1pm

Details:

- Senior Income Plan to assist senior citizens to meet their basic needs
- You are eligible for SIP if you are 65 years of age or older; you are a permanent resident of Saskatchewan; you receive full or partial OAS and GIS; and you have an annual income below a specific level

Service Canada-Canada Pension Plan (CPP) Old Age Security (OAS)

Address: Market Mall, Unit 120-2325 Preston Ave Saskatoon SK S7J 2G2

Phone: 1-800-277-9914

Website: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Hours of Operation: Mon-Fri 8:30am-4pm (office) 8:30am-4:30pm (call centre)

Details:

Provides information and assistance for persons inquiring about or making applications under:

- Canada Pension Plan (CPP), retirement pension
- Death benefits, surviving spouses, orphans benefits
- Disability, including benefits for children of disabled contributors
- Division of unadjusted pensionable earnings (in case of divorce), assignment of retirement pension
- Seven-year child rearing drop-out provision
- Old Age Security, Guaranteed Income Supplement (GIS)
- Basic Old Age Security (OAS), Spousal Allowance, Allowance for survivor

Veterans Affairs Canada

Address: 101-22nd St E (5th Floor) Saskatoon SK S7K 0E1

Toll Free: 1-866-522-2122 (English)

Email: information@veterans.gc.ca

Website: www.veterans.gc.ca

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

Details:

- Counseling and referral services
- Financial assistance based on military service: Veterans Independence Program,
- Disability Pension, War Veterans Allowance, Veterans Death Benefits available
- Treatment benefits: glasses, dental, hearing aids, drugs, prostheses
- Call 1-800-268-7708 to speak to a mental health professional. Available 24/7
- VIP Program offers support to maintain independence

Viking Benefits Solutions Inc

Contact: Viking Benefit Solutions - Publik Health Plans

Address: 310 8th Ave Humboldt SK S0K 2A0 (P.O. Box 360)

Phone: 306-682-1615 or **FAX:** 306-682-1843

Email: publik@vikingbenefit.ca

Website: www.mypublik.ca

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

Details:

- Individual Publik Retirement Health Plans, and Personal Health plans for all ages
- Publik Health Plan has no medical questions, pre-existing conditions covered, guaranteed acceptance, no age banding, and includes life and travel insurance. Call or email for a quote
- Estate Planning, Farm Succession Planning
- Individual and Group RRSP plans, Investments
- Plans include Travel Coverage both out of Province and out of Country, 90 days per trip and \$5 million coverage per person/per trip
- Life Insurance, Critical Illness Insurance, Disability Insurance, Insurance to cover your mortgage
- Group Health and Dental Coverage-Group plans with options for companies with just one employee, and experience working with Unions and larger companies
- We are brokers who develop, market and administer top-quality benefits and health insurance products. We are committed to finding the right employee benefit solutions for your business Canadian owned and operated

■ ■ ■ FITNESS AND RECREATION ■ ■ ■

Bridge City Senior Action

Address: 2020 College Dr Saskatoon SK S7N 2W4

Phone: 306-931-8053 (Sheila)

Details:

- At the Saskatoon Fieldhouse, Tuesday and Thursday; 9:30am-10:30am (September- June)
- Fitness class for age 55+
- Staying active at your own pace
- Cardio, Muscle Toning, and Stretching

Fees: Annual fee of \$25.00 and \$4.00 per session

The First Step Program

Address: Field House 2020 College Drive Saskatoon SK S7N 2W4

Phone: 306-975-3121

Hours of Operation: Tues, Thurs and Sat - morning and evening times available

Details: The First Step Program™ is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. It is designed as a preventative program for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol, and/or chronic kidney disease. Resuming regular physical activity serves as a preventive measure to reduce the risk of future life-threatening health conditions. You can begin at any time.

Fees: For more information or to apply, call 306-975-3121 or visit saskatoon.ca/firststep.

Forever...in motion - Community Older Adult – Saskatchewan Health Authority

Address: Community Health Centre at Market Mall #55-2325 Preston Ave., Saskatoon SK, S7J 2G2

Phone: 306-844-4080

Email: foreverinmotion@saskhealthauthority.ca

Website: <https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/forever-motion>

Facebook Page: <https://www.facebook.com/groups/716435232463229>

YouTube: <https://www.youtube.com/@foreverinmotion306> **Classes available online and in person!**

Details: **Forever...in motion** is a health promotion initiative that supports older adults to be physically active through **Forever...in motion** leader led exercise programs. Our mission is to improve and/or maintain the health of older adults living in the community through support, education, evaluation, partnerships, and the promotion of healthy lifestyles.

What is **Forever...in motion**?

- Safe physical activity classes for older adults led by staff or peer volunteer leaders that have taken the **Forever...in motion** training
- Falls reduction and injury prevention through group physical activity programs
- Classes are in seniors housing, community centers, churches, and condominiums
- Time and length of classes vary depending on location
- Either no or low cost to attend and depends on the site
- Classes include endurance, strength, balance and flexibility components with a strong focus on falls reduction and injury prevention

- **Forever...in *motion*** leader training offered at a very low cost for volunteers
 - Supported by the Community Older Adult team and the Saskatchewan Health Authority
- Contact us to find out about a **Forever...in *motion*** site near you!

Hunter's Bowling

Address:

- Eastview 2929 Louise St E Saskatoon SK S7J 3L1
- Fairhaven 3401 22nd St W Saskatoon SK S7M 3Z5

Phone: Eastview: 306-373-4333; Fairhaven: 306-382-2822

Website: www.huntersbowling.com

Hours of Operation:

- Eastview: Sun-Thurs 11am-11pm (Summer Hours)
- Eastview: Fri-Sat 11am-12am (Summer Hours)
- Fairhaven: 9am-11pm daily

Details:

- Fun and league bowling
- No experience necessary, just willingness to have fun!
- Both locations have a restaurant

Fees:

- \$22 for 1 hour of 5 and 10 pin; \$29.75 for 2 hours of 5 and 10 pin

ProActive Fitness

Contact: Shelley Turk

Address: #5 3602 Taylor St E Saskatoon SK S7H 5H9

Phone: 306-374-3013

Email: info@proactivefit.ca

Website: www.proactivefit.ca

Hours of Operation: Training by appointment only. Calls answered 9am-4 pm Mon-Thurs; 9 am-1pm Fri

Details: Small group and private personal training for adults 50+

Leisure Centres

Facility:

Cosmo Civic Centre

Terry Fox Track

Harry Bailey Aquatic Centre

Lakewood Civic Centre

Lawson Civic Centre

Saskatoon Fieldhouse

Shaw Centre

Address:

3130 Laurier Dr

150 Nelson Rd

1110 Idylwyld Dr

1635 McKercher Dr

225 Primrose Dr

2020 College Dr

122 Bowlt Cr

Phone:

306-975-3344

306-975-3354

306-975-3321

306-975-2944

306-975-7873

306-975-3354

306-975-7744

Websites: saskatoon.ca/leisurecentres; saskatoon.ca/leisureguide

Hours of Operation: Facility hours vary depending on leisure centre

Details:

- Fitness, sport, recreation and culture
- Programs for seniors

Saskatchewan Senior Fitness Association

Address: Unit 164, 227 Saguenay Dr Saskatoon SK S7K 6G4

Contact: Sheldon Kraus **Phone:** 306-242-9452

Email: ssfakraus@gmail.com

Hours of Operation: Mon-Fri 9am-5:30pm

Details:

- Participate in activities and workshops, encourage seniors to interact with other seniors with similar interests
- SSFA Prov 55+ Games held every two years, the next games are in 2025

Fees: Membership \$20.00/year beginning April

Saskatoon Pilates

Address 1: 6-816 1st Ave N Saskatoon SK S7K 1Y3

Address 2: 1801 Lorne Ave Saskatoon SK S7H 1Y5

Phone: 306-955-2965

Email: studio@saskatoonpilates.ca

Website: saskatoonpilates.ca

Hours of Operation:

Tues-Thurs & Sat 9am-8pm; Mon & Fri 10am-8pm

Details:

- For class and other information, please visit our website or contact the studio

Saskatoon Soccer Centre

Address: 150 Nelson Rd Saskatoon SK S7S 1P5

Phone: 306-975-3400 **Fax:** 306-975-3407

Email: info@saskatoonsoccer.com

Website: www.saskatoonsoccer.com

Hours of Operation: Call for times

Details:

- Multi-purpose facility: soccer, volleyball, football, fitness center, gymnasium, ultimate disc, beach volleyball
- Modified programs for older adults available

YMCA

Address: 25-22nd St E Saskatoon SK S7K 0C7

Phone: 306-652-7515 **Fax:** 306-652-2828

Email: ymca@ymcasaskatoon.org and memberservices@ymca.ca

Website: www.ymcasaskatoon.org

Hours of Operation:

- Mon-Fri 5:30am-10pm;
- Sat-Sun 7am-7pm

Details:

- **Multi-purpose facility:** gymnasium, swimming pool, aqua fitness, zumba, yoga, squash and racquetball courts, fitness center, massage therapist, martial arts, aerobics fitness

Fees:

- Adult (27+) \$27.00 bi-weekly before taxes and \$28.35 with tax
- Men's Plus (18+) \$50.25 bi-weekly before taxes

- Women's Plus (18+) \$32.50 bi-weekly before taxes
- 10% discount on seniors (60+)
- Information for corporate members (receive 15% off)

YWCA's Fitness on 25th

Address: 510-25th St E Saskatoon SK S7K 4A7

Phone: 306-244-7034 **Fax:** 306-653-2468

Website: <https://www.ywcasaskatoon.com/fitness-on-25th/>
and www.ywcasaskatoon.com

Hours of Operation:

- Mon-Fri 5:30am-9pm
- Sat 8am-8pm
- Sun 8am-6pm

Details:

- We provide the largest variety of programming focused on keeping our senior population healthy and vibrant in their golden years, while remaining extremely cost effective.

Fees: Senior's Membership – Ages 60 and over

- Bi-weekly No Contract Senior Auto-Pay Membership: cancel at any time with 15 days' notice of your next payment: \$22.00
- Senior One-Year Paid in Full Membership: \$450.00
- One Month Paid in Full: \$65.00
- 10 Visit Card: \$110.00
- Drop-in: \$11.90

■■■ FOOD/GROCERY/MEAL DELIVERY ■■■

Catering by Sharon

Phone: 306-242-8195

Details:

- Special occasion catering (i.e. small weddings, birthdays, anniversaries, staff parties, baking trays, funerals, etc.)
- Personal Chef Services
- Specializing in diabetic, gluten-free, renal (kidney) diets
- Contact Sharon for further consultation

CHEP Good Food Inc.

Address: 204-1120 20th St W Saskatoon SK S7M 0Y8

Phone: 306-655-4575 **Fax:** 306-668-4574

Website: www.chep.org

Hours of Operation:

- Office-Mon-Fri 9am-4pm (hours may vary)
- Station 20 West Community Market: Wed-Fri 11am-1:30pm

Details:

- Community Markets bring healthy food and pantry staples to the core neighbourhood in Saskatoon where access to affordable fruits and vegetables are limited (Website: <https://www.chep.org/community-markets/>)

- Offer Gardening Outreach and educational opportunities to community gardens, organizations, schools, community groups, etc.; includes garden tours, workshops, presentations, etc.
- Offer Nutrition & Cooking Outreach in partnership with other organizations, schools, community groups, etc.; includes workshops, presentations, etc.
- Collective Kitchen is a small group of people who pool their resources to make healthy, low cost, and delicious food in bulk that they take home.

Foodiva Meals

Address: 1901 Wiggins Ave S Saskatoon SK S7J 1W2

Phone: 306-525-8926

Email: info@foodivameals.ca

Website: <https://foodivameals.ca/>

Details:

- Say no to meal planning, grocery shopping, cooking, and washing dishes with our ready-to-eat meals stored in your fridge for the week ahead
- Weekly meal additions mean there's always something new and exciting on our menu for you to try
- You choose your meal, we cook and deliver the meals every Sunday

Living Sky Café

Address: 245 3rd Ave Saskatoon SK S7K 1M4

Phone: 306-933-3021

Website: <https://livingskycafe.com/>

Hours of Operation: 7days/week 9:00am-3:00pm

Details:

- Operating in the heart of downtown Saskatoon; our locally owned & female driven restaurant offers an exceptional dining experience. With a relaxing European style space featuring a unique menu that showcases our love of food in every aspect. Specializing in brunch & lunch fair accompanied by locally roasted coffee & fresh baked goods. Welcoming guests 7 days a week to dine in, enjoy our market space, order from our catering department, or grab something to take away
- Our market is stocked with house-preserved items, tea & coffee, grab & go items, and fresh baked desserts
- Delivery is no longer available for oven ready meals

MrsGrocery.com

Phone: 877-550-1668

Email: service@mrsgrocery.com

Website: <https://saskatoon.mrsgrocery.com/>

Details:

- Order groceries and meals online

Fees: Visit website for current fees

Outpatient Dietitian

Address: West Winds Primary Health Centre 3311 Fairlight Dr Saskatoon SK S7M 3Y5

Phone: 306-655-4260 **Fax:** 306-655-4893

Website: www.saskatoonhealthregion.ca/livewell

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

Details:

- Health care provider referral required
- Group and individual nutrition and diet counseling
- Individualized assessment and counselling for a variety of conditions including, but not limited to, heart disease, gastrointestinal disorders, allergies, and pregnancy

Pitch Kitchen

Address: 3322-Y Fairlight Dr Saskatoon SK S7M 3Y4

Phone: 306-249-2880

Email: pk.saskatoon@gmail.com

Website: <https://www.pitchkitchen.online/>

Hours of Operation: Mon-Fri 11am-8pm

Details:

- Must phone to order
- Our single-serve meals program is a great solution for busy people, seniors, on-site construction workers, weekday lunches, and so much more
- Just thaw completely and pop in the microwave for a few minutes and you have a healthy meal. Single-serve meals are sold in groups of two (must be the same kind). They are \$18 for 2. We require 48-72 hours notice for all orders

Saskatoon Food Bank & Learning Centre

Address: 202 Avenue C S Saskatoon SK S7M 1N2

Phone: 306-664-6565 **Fax:** 306-664-6563

Email: hello@saskatoonfoodbank.ca

Website: www.saskatoonfoodbank.org

Main Facility & Warehouse: Mon-Fri 8am-11:45am and 12:30pm-4pm

Emergency Food Hamper Program: Mon-Thurs 8:30am-11:45am and 12:30pm-3pm | Fri 8:30am-11:45am

Clothing Depot: Mon-Thurs 9am-11:45am and 12:30pm-3pm | Fri 9am-11:45am **Income Tax Program (February-May):** Register online

Details:

- **Emergency Food Hamper Program:** Offers two to three days' worth of emergency food for anyone in Saskatoon and area (a 50 km radius). Provides two hampers per month.
- **Clothing Depot:** Provides clothing, personal care items and other necessities for a nominal charge.
- **Community Cooking Classes:** Offers cooking classes that share knowledge on food skills, healthy eating, and budget-friendly recipes that are delicious and nutritious.
- **Learning Centre:** Offers participants the chance to learn, explore career options, obtain training certificates, meet people with similar interests, and work towards accomplishing personal goals.

Saskatoon Friendship Inn

Address: 619-20th Street W Saskatoon SK S7M 0X8

Phone: 306-242-5122 **Fax:** 306-242-1291

Email: reception@friendshipinn.ca

Website: www.friendshipinn.ca

Hours of Operation: 8:00am-9:00am, 10:00am-1:30pm (Open 365 days a year)

Details:

- Free Daily Meal Program, Breakfast and Lunch, no questions asked
- Breakfast service: 8:00am-9:00am, Lunch service: 11:30am-1:00pm, dine-in or take-away
- Family Worker available for drop-in support, Monday-Friday 7:30am-2:30pm
- Emergency hygiene, personal supplies offered (when available)
- Volunteer Opportunities (kitchen and food preparation, serving in the dining room)

Services for Seniors-Saskatoon

Address: 103 115-19th St E Saskatoon SK S7K 7Y8

Phone: 306-668-2762 or 306-668-2763

Email: saskatoonservices4seniors@sasktel.net

Website: www.saskatoonservicesforseniors.ca

Hours of Operation: Mon-Fri 9am-5pm

Details:

- Saskatoon Services for Seniors is a not for profit organization that supports older adults (55+), seniors and physically challenged individuals to age-in-place
- Home Helper: housekeeping, organization, laundry
- Yard Work: grass cutting, raking, gardening, snow shoveling
- Home Maintenance for minor home repairs and light handyman jobs
- Volunteer Tax Preparation: over the phone or drop off
- **Grocery shopping and delivery**

Fees: Service fees ranging from \$20/hr to \$35/hr depending on the services required. **Membership:** \$10.00/yr.(expires April 30th each year)

Skip a Beet-Meal Delivery Service

Address: 3027B Millar Avenue, Saskatoon SK

Phone: 306-221-9177

Email: skipabeetyxe@gmail.com

Website: <https://www.skipabeet.ca/>

Hours of Operation: Mon-Fri 10am-5pm. Delivery on Mon 4:30pm-7:30pm

Details:

- Gourmet meal delivery service. Healthy, fresh meals packed with protein and nutrients delivered to you
- Catering Services
- Local products at the market

■■■ FOOT CARE ■■■

Angelina's Mobile Footcare and Reflexology Services

Address: Saskatoon SK S7H 2H9

Contact: Angie Williams **Phone:** 306-229-3336

Hours of Operation: Mon-Fri 7am-5pm

Details:

- This mobile service is provided in the comfort of your home
- Ingrown toenails, plantar warts, corns, calluses or foot fungus issues can also be addressed and removed

- Do you have poor circulation? Sore, tired or aching feet? Reflexology may be the answer!
- Reflexologist/Chartered Herbalist with 18 years of experience will press on different areas of your feet. These areas correspond to different organs and parts of your body
- Suitable for any age, including those with diabetes, arthritis, and/or heart conditions.
- Benefits include: excellent for circulation and nerve issues, improve weakened immune system, constipation, headaches, relieve stress or for those who sleep poorly

Fees: \$45.00/1 hour home visit

Gift Certificates are available

Esthetics by Laura-Lee - Specializing in Pedicures and Foot Care

Contact: Laura-Lee Trylinski

Address: 534 Ave L N Saskatoon SK S7L 2P9

Phone: 306-934-6898

Hours of Operation: Tues/Fri 10am-6pm, Wed/Thurs 10am-7pm,
Sat 10am-4pm

Details:

- Full service private home-based Esthetics Studio
- Mobile services available for pedicures, foot care, manicures, facial waxing, and brow tinting
- 38 years experience
- Trained, licensed, insured, background check (vulnerable sector)
- Professional products used for all services provided
- We do not diagnose, cure or claim to prevent any conditions
- We offer advanced pedicures, diabetic foot care, treating callus, corns, ingrown toenails and thickened toenails
- Manicures, gel nails, brow/lash tinting, facials
- All facial treatments safe and non-invasive
- Products available for purchase to support your foot, hand and face care
- Gift Certificates available
- Like and follow me on Facebook and Instagram

Luigi Nursing Foot Care Inc

Hao Chai FCN, RN

Address: 3133 Caen Street, Saskatoon, SK S7M 3N7

Phone: 306-954-3748

Cell: 306-241-7208

Email: chaihao711@gmail.com

Website: [Find a Foot Care Nurse](#)

Details:

- Initial and ongoing foot assessments including sensory testing with a weighted monofilament device
- Relief from physical issues such as callusing, corn, ingrown or thickened toenails
- Education on basic foot care, diabetic foot care, peripheral vascular disease and other foot related issues
- Elim medical hand and feet treatment
- Chinese TuiNa massage to feet

Medi Pedi Foot Care

Lisa Fletcher FCN LPN

Phone: 306-281-9141

Email: Medipedifootcare@outlook.com

Website: www.medipedifootcare.ca

Details:

- Offers a variety of foot care services, including preventive care, management of certain conditions, and treatment for acute and chronic illnesses

Market Mall Family Chiropractic

Address: 152-2325 Preston Ave Saskatoon SK S7J 2G2

Phone: 306-955-5900

Website: <https://mmchiro.ca/services/reflexology/>

Hours of Operation: Mon, Tues, Thurs 10am-6pm, Wed and Fri 9am-6pm, Sat 9am-2pm

Details:

- Reflexology helps nature to normalize body functions. It will not make any condition more acute. It is a safe, effective way to better health and helps clear the energy flow of the body.
- Reflexology may be effective for many conditions including: Anxiety, arthritis, back pain, breathing disorders, chronic illness, depression, digestive disorders, headaches, pain relief, sleep disorders, and stress

Movement Chiropractic

Address: #7 3602 Taylor St E Saskatoon SK S7H 5H9

Phone: 306-244-6121 **Fax:** 306-244-6122

Email: movementmanagement@sasktel.net

Website: <https://movementchiropractic.ca/>

Details:

- "Once you choose Movement, Everything is Possible"
- Chiropractic, Massage Therapy, Acupuncture, Physiotherapy
- Dry Needling, Orthotics
- Free parking available

Nursing for the Sole

Phone: 306-914-3436

Email: m_haynes7@hotmail.com

Details:

- Nursing for the Sole provides mobile advanced foot care services by a registered foot care nurse
- Serving all populations with a special focus on those with diabetes, circulatory issues, dementia, and disabilities
- These services include lower limb assessment, callus & corn care, nail trimming, filing and lotion application with lower limb massage
- Further referral and recommendations will be made as needed
- Nursing for the Sole's goal is to make foot care accessible and to meet people where they are at
- Invoices provided for benefits and or medical expenses
- Services available in Saskatoon, Warman, Osler and Dalmeny

Soul to Sole Consulting Inc.

Phone: 306-227-7737

Email: soultosole2010@gmail.com

Website: <https://soultosole2010.ca/>

Details:

- We use renowned Footlogix Pediceuticals in all our services.
- We make personalized recommendations to maintain feet at home in between treatments.
- We treat a range of foot complications and offer referrals for anything outside our scope of treatment.
- Services include: Initial Foot Assessment and Treatment, Basic Nail Care, Corn/Callus/Cracked Heel Care, Footlogix Medi Ped, Nail Polish Application, Fungal Nail Care, Ingrown Nail Care, Nail Reconstruction

■ ■ ■ FUNERAL SERVICES ■ ■ ■

Refer to **End of Life Planning and Support** and **Bereavement Support** Sections

■ ■ ■ HAIR CARE ■ ■ ■

Daryl Pitka's Mobile Hairdressing

Address: Saskatoon SK

Contact: Daryl Pitka **Phone:** 306-477-0636

Hours of Operation: Tues-Sat (call to make an appointment)

Running with Scissors (Saskatoon)

Contact: Sandy McDonald, Journeyman hair stylist

Phone: 306-241-1334 (call or text to book an appointment)

Details:

- Mobile hair services for our seniors or persons any age with mobility and health issues.
- My services provided in the comfort of your home, hospital room or private care home.

Fees: Call or text for pricing, budget friendly and affordable

■ ■ ■ HEALTH AGENCIES ■ ■ ■

Canadian Red Cross-Saskatoon Office

Address: 443 2nd Ave N Saskatoon SK S7K 2C1

Phone: 306-668-0720 **Fax:** 306-668-0722

Website: www.redcross.ca

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

Details:

- Restoring family links
- First aid
- Risk reduction
- Humanitarian Services

- Friendly Calls

Client/Patient Access Services (CPAS)

Address: 201-310 Idylwyld Dr N Saskatoon SK S7L 0Z2

Phone: 306-655-4346 **Fax:** 306-655-4343

Website: https://www.saskatoonhealthregion.ca/locations_services/Services/Client-Patient

Details:

- Single point of entry to health care services in the community and in the hospital
- CPAS determines eligibility for and provides access to many services, including Home Care, Special Care Homes, Meals on Wheels, Community Day Programs, Community Volunteer Services, Community Therapies, Seniors First Program, Occupational Therapy, etc.

Provides information on personal care homes and community housing options

eHealth Saskatchewan

Address: 2130 11th Ave Regina SK S4P 0J5

Toll Free: 1-800-667-7551

Website: www.ehealthsask.ca

Hours of Operation:

- Walk-in service: 9 a.m. to 4 p.m. Monday to Friday (excluding statutory holidays)
- Phone service: 8 a.m. to 5 p.m. Monday to Friday (excluding statutory holidays)

Health Registries

Details:

- Health Card Services: applications, name and address updates, replacement cards
- Vital Event Certificates: birth, marriage, death, and legal name changes
- MySaskHealth Record [MySaskHealthRecord \(ehealthsask.ca\)](http://MySaskHealthRecord.ehealthsask.ca)
- Visit website for more information

Saskatchewan Health Authority Hospital Patient Advocates

Phone: 1-866-655-5066 Saskatoon

Details:

- Client Concern Specialist, also called client representatives or patient advocates, investigate and try to resolve concerns about the quality of care provided and:
Assist with resolving a concern;
- Ensure you are aware of your rights and options; and
- Use your feedback to recommend changes and improvements to enhance the quality of health services
- Act as a link to allow for successful communication between you and your care team
- Direct non-jurisdictional concerns as required

LiveWell Saskatchewan- Self-Management Workshops for Adults with one or more Chronic Conditions

Address: Royal University Hospital 103 Hospital Dr Saskatoon SK S7N 0W8

Phone: 306-655-5483 **Toll Free:** 1-877-548-3898

Website: SaskHealthAuthority

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

Details:

- Six-week program provides practical suggestions and support which builds confidence in coping with the everyday challenges of a chronic condition
- Program offered year-round (currently offered virtually via webex or phone)

Fees: Free of charge

medSask-your medication information service

Phone: 306-966-6378 **Toll Free:** 1-800-665-3784

Email: med.sask@usask.ca

Website: [medSask Home](#) | [medSask \(usask.ca\)](#)

Hours of Operation: Mon-Fri 9am-12am; Sat, Sun & Holidays 5pm-12am

Details:

- medSask is a service that you can phone or email to get answers to your questions about herbal, over the counter, and prescription medication
- Your questions are answered by licensed pharmacists free of charge
- medSask services can add to and support the advice from your usual prescriber or community pharmacist

Sask Public Health-Saskatchewan Health Authority

Address: 101-310 Idylwyld Dr N Saskatoon SK S7L 0Z2

Phone: 306-655-4605

General Public Health Inspection Line: 306-655-4620

Website: saskhealthauthority.ca/

Hours of Operation: Mon-Fri 8am-4:30pm (closed for lunch from 12pm-12:30pm)

Details:

- Pneumococcal immunizations for those age 65+ and at-risk individuals (call first as immunization may be at a different location)
- Influenza clinics held during mid Oct-Dec, please call 306-655-4358 to find out locations
- High risk immunizations
- Follow-up of reported communicable diseases
- Investigate complaints concerning restaurants, air and water quality, etc.

Fees: Varies with department and service

Saskatchewan Blue Cross

Address: 516 2nd Ave N Saskatoon SK S7K 2C5

Phone: 306-244-1192 **Toll Free:** 1-800-667-6853 (within Canada)

Email: service@sk.bluecross.ca

Website: www.sk.bluecross.ca

Hours of operation: (CST, excluding public holidays): By Phone: Mon-Fri: 8:30 am-5 pm or In-Person: Mon-Fri: 9a.m-4 p.m.

Details:

- For more than 75 years, Saskatchewan Blue Cross® has been committed to delivering exceptional health and wellness benefits, travel insurance and life insurance solutions to Saskatchewan residents and employers.
- A locally based, not-for-profit organization, it's recognized as one of Saskatchewan's Top Employers, one of the Top 100 Companies in Saskatchewan, one of Canada's Top 100 Brands (as part of the Canadian Association of Blue Cross® Plans), and proudly supports the

wellbeing of more than 200,000 members.

Fees:

Member Experience representatives are happy to assist you in finding a plan that is right for you and helping you to understand how to manage and make the most of your healthcare benefits

SWITCH Student Wellness Initiative Toward Community Health

Address: 1528 20th St W Saskatoon SK S7M 0Z6

Phone: 306-956-2518 **Fax:** 306-934-2506

Email: info@switchclinic.ca

Website: www.switchclinic.com

Hours of Operation: Mon, Wed 5:30pm-8pm; Sat 12:30pm-3pm (Only operating on Wed nights in the summer months)

Details:

- SWITCH operates out of Westside Clinic, a community clinic across from St. Paul's Hospital in Saskatoon, Saskatchewan. We provide free holistic clinical and outreach services to residents of Saskatoon's core communities, though all residents are welcome.
- Offers counselling, speech language pathology, physical therapy, occupational therapy, chiropractic, acupuncture, cultural supports, gynecology, pharmacy, and nutritional information
- Free childcare
- Drop off tax service

■■■ HEALTH PRODUCTS AND DEVICES ■■■

Acorn Stairlifts Canada

Address: (Corporate Office) Unit 101 5555 N Service Rd Burlington ON L7L 5H7

Toll Free: 1-888-228-3335

Email: info@acornstairlifts.ca

Website: acornstairlifts.ca

Details:

- Worldwide leader of indoor and outdoor home stair-lifts
- Designed for nearly all types of stairs
- Call or email for a free no obligation stair-lift quote

Careica Health

Address: 3122 Millar Ave Saskatoon SK S7K 5Y2 | 105-2100 8th St E Unit #105 Saskatoon SK S7H 0V1

Phone: 306-651-1243 (home oxygen) 306-651-0177 (sleep care)

Website: www.careicahealth.com

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

Details:

- Education, treatment and care for sleep apnea
- In-home oxygen delivery and installation

Carnegie Medical Supplies

Address: A40 A 48 S E Saskatoon SK S7K 3Y4

Phone: 306-668-399 **Fax:** 306-668-3999

Email: carmedical@sasktel.net

Website: www.carmedsup.com

Hours of Operation: Mon-Fri 9am-5pm

Details:

- Ostomy supplies, ostomy clinic, incontinence aids, and wound care

Cheetham's Pharmacy

Address: 514 Queen St Saskatoon SK S7K 0M5 (address may be subject to change soon)

Phone: 306-653-5112 **Toll Free:** 1-800-695-4788 **Fax:** 306-653-1661

Website: www.cheethamspharmacy.ca

Hours of Operation: Mon-Fri 9am-5pm, on-call after hours and weekends

Details:

- Specializes in senior's wellness. Our senior's clients get the following FREE services:
- Prescription delivery and senior's foot care
- Compliance packaging and medication management
- Medication assessments by a certified Geriatric Pharmacist
- Smoking cessation counselling
- Compression stocking fitting

Fees: Prescription Services; standard fees as determined by the Provincial Drug Plan

Choice Nutrition-Naturopathic Health Care and Microscopy

Address: 109-701 Cynthia St Saskatoon SK

Phone: 306-249-6700

Website: <https://choicenutrition.ca/>

Hours of Operation: Mon-Fri 9am-12pm and 1pm-5:30pm, closed on statutory holidays

Details:

- Naturopathic Medicine and Cancer Care
- Integrative Microscopy
- Laser Therapy
- Acupuncture
- Wellness and Detox Spa
- Massage Therapy/Reflexology
- IV Therapy
- Sensitivity Testing
- Medical Blood Work

Highland Sport and Medical Supplies

Address: B3 3501 8th St E Saskatoon SK S7H 0W5

Phone: 306-974-9488 **Fax:** 306-974-9489

Email: sales@highlandsportandmed.com

Website: www.highlandsportandmed.com

Hours of Operation: Mon-Fri 9am-4:30pm

Details:

- Wound/Advanced wound care supplies, Urological supplies, Ostomy supplies and much more.
- We bill directly to the following:
 - SAIL (Sask Health)-Paraprogram/Ostomy Program/Children's Feeding Program Supplementary Health Benefits
 - NIHB, WCB, SGI, Veterans Affairs

Fees: Vary by service. Physicians' prescriptions are required in most cases.

The Medicine Shoppe Pharmacy on 33rd

Address: 511A 33rd St W Saskatoon SK S7L 0V7

Phone: 306-931-2999

Website: www.medicineshoppe.ca

Hours of Operation: Mon-Fri 9:30am-6pm

Details:

- Small locally owned pharmacy.
- Owned by Trista Giblin and Alina Favreau
- In-store foot care, compression stockings
- Free blister packaging
- Medication reviews
- Free prescription delivery within Saskatoon
- Vaccinations
- 15% off OTC products

Medigas

Address: Unit G- 2301 Millar Ave Saskatoon SK S7K 2Y1

Phone: 306-242-3325

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

Details:

- Home oxygen, respiratory therapy, asthma and allergy, CPAP

Motion (formerly Golden Mobility)

Address: 3150 A Faithful Ave Saskatoon SK S7K 8H3

Phone: 306-242-9060 **Fax:** 306-652-8895

Email: saskatoon@motioncares.ca

Website: www.motioncares.ca

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

Details:

- Special needs equipment and service/aids to daily living, Bathroom safety products
- Adapt vehicles for accessibility and driving/Power and manual wheelchair, walking aids
- Auto dealer for wheelchair accessible vehicles
- Porch lifts, ceiling track transfer systems, stair lifts
- Wheelchair van rentals
- Ramp Systems, Lift Chairs, and Walkers

Motion

Address: #88 2325 Preston Ave S Market Mall Saskatoon SK S7J 2G2

Phone: 306-955-7243 **Fax:** 306-955-7635

Email: saskatoon@motioncares.ca

Website: <https://motioncares.ca/welcoming-sage-seniors-resources>

Hours of Operation: Mon-Fri 10am-5pm

Details:

Home Health and Mobility Aids:

- Scooters, Power Chairs, Walkers, Canes, Wheelchairs
- Lift Chairs, Bath Equipment
- Aids for independent living, and more!
- Sales, Rentals and Service (Full time Technicians on staff)

NorDon Drugs & NorDon Medical

Address: 14-1610 Isabella St E Saskatoon SK S7J 0C1

Phone: 306-374-1585

Hours of Operation:

- NorDon Drugs: Mon-Fri 9am-8pm, Sat 9am-6pm, Sun 12pm-4pm
- NorDon Medical: Mon-Fri 9am-6pm, Sat 10am-4pm

Details:

- Braces, support stockings (NorDon Drugs)
- Pill packaging, regular pharmacy supplies (NorDon Drugs)
- Home health care products (NorDon Drugs)
- Ostomy supplies, incontinence aids and supplies (NorDon Medical)
- Wound care (NorDon Medical)
- Adult and children's nutritional supplements (NorDon Medical)

OSC Accessibility Specialists Inc.

Address: 801-119 Jonathon Avenue, Saskatoon, SK S7M 5Z6

Proprietor: Jared Kaiser

Phone: 306-988-3344

Email: admin@oscai.ca

Website: <https://oscaccessibility.ca/>

Hours of Operation: Mon to Fri 9:30 to 4:30 pm

Details:

- Stair Lifts, Vertical Platform Lifts, Scooters, Bath Safety, Patient Lifts, Wheelchairs, Bedroom Safety Products

Fees: Contact for further information

Prairie Heart Mobility

Address: 716 43rd St E Saskatoon, S7K 3T9

Phone: 306-979-6363 **Fax:** 306-979-6343

Website: <https://prairieheartmobility.com/>

Hours of Operation: Mon - Fri: 8:00 AM- 5:00 PM, Closed Saturday and Sunday and Stat Holidays

Details:

- Complete after-sales service to our customers, which includes maintenance and repairs to all products on-site

- Mobile technicians will come to your home or business to ensure proper maintenance and repairs
- Free home assessments as well as product recommendations

Prairie Oxygen Ltd.

Address: #3-2210 Millar Ave Saskatoon SK S7K 4L1

Phone: 306-384-5255 **Toll Free:** 1-877-738-8702 **Fax:** 306-384-0022

Email: reachus@prairieoxygen.ca

Website: <http://www.prairieoxygen.ca/>

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

Details:

- Home oxygen products and services
- Sleep apnea screening tests
- A wide variety of CPAP equipment and supplies
- 24/7 on call support for oxygen emergencies

Saskatchewan Aids to Independent Living (SAIL) Program

Phone: 306-787-7121 **Toll Free:** 1-888-787-8996

Email: EHB@health.gov.sk.ca

Website: <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/health-services-for-people-with-disabilities/sail>

Details:

- Provincial Government Program that facilitates the independence of persons with permanent physical disabilities
- Provide people with physical disabilities and certain chronic health conditions a basic level of coverage for disability related equipment, devices, products, and supplies in a cost effective and timely manner
- Improve affordability of disability supports

Schaan Healthcare Products

Address: 2346 Millar Ave Saskatoon SK S7K 2Y2

Phone: 306-664-1188 **Toll Free:** 1-800-667-3786 **Fax:** 306-664-6676

Email: customerservice@schaanhealthcareproducts.ca

Website: www.schaanhealthcare.ca

Hours of Operation: Mon-Fri 9am-5pm

Details:

Saskatoon's Best Selection of Medical Supplies and Home Healthcare Products.

- Compression garments & rehab products
- Skin, wound, & ostomy supplies
- Incontinence products & catheters
- First Aid supplies & diagnostic devices
- Personal care items & daily living aids
- Pressure & fall prevention
- Mobility aids & bathroom safety items
- Lift chairs, rollators, & scooters

Swoobies “Comfortable Discreet and Absorbent”

Email: info@swoobie.com

Website: www.swoobie.com

Hours of Operation: 24 hours online

Details:

- Swoobies are absorbent and disposable bra liners that adhere to the lower bra cup to absorb boob sweat.
- Swoobie bra liners can be purchased online at Swoobie.com and may require additional postage to ship from the USA.
- Skin ointments or creams can be applied to the Swoobie liner for application against the skin, protecting the bra from chemicals or staining.
- Swoobie bra liners are made from advanced absorbent materials used in baby care and adult incontinence products.

Total Independence Plus Inc.

Address: Saskatoon

Phone: 306-244-1479 **Toll Free:** 1-800-472-5063

Email: totalind@shaw.ca

Website: www.totalindependenceplus.com

Details:

- Scooters, lift chairs, tub lifts, bathroom safety, walkers, electric beds, wheelchairs - manual and electric

Walking Stick Mobility.

Store 1: Unit #40-510 Lauriston St **Saskatoon** SK S7K 0R5

Store 2: Unit # 20-385, Broadway St E, Linden Square, **Yorkton**, SK S3N 3Z3

Phone: 1-306-242-7849

Fax: 1-306-242-6849

Hours of Operation: Mon-Sat 9:30am-5:30pm

Email: support@marchemates.com

Details:

- Wheelchairs, scooters and lift chairs
- Walkers and Rollators
- Nurse Call System
- Rental
- Daily Living Aids
- Lift Assistance
- Incontinence Products
- Smart Delivery Robots
- Beds & Mattresses
- Stair Lifts and Ceiling Track Transfer Systems

■■■ HEARING ■■■

Alto Hearing

Address: 1026 8th St E Saskatoon SK S7H 0R9

Phone: 306-974-2586 **Toll Free:** 1-833-847-0726

Email: admin@altohearing.ca

Website: <https://altohearing.ca/>

Hours of Operation: Mon-Thurs 9am-4:30pm Closed Fri-Sun

Details:

- Hearing aids
- Batteries
- Wireless hearing aid accessories
- Hearing aid repairs

Amplifon Hearing Care Experts

Address: 123 2nd Ave S, Unit 12, Saskatoon, SK S7K 7E6

Phone: 306-244-4078 **Toll Free :** 800-836-8088

Email: saskatoon@amplifon.com

Website: www.amplifon.ca

Details:

- Rediscover all the emotions of sound with Amplifon Hearing Care Experts
- Complimentary hearing tests & hearing aid trials
- All makes and models of hearing aids
- Custom earplugs for swimming, music, and noise protection
- Flexible payment plans & lifetime aftercare

Beltone Hearing Centre (Saskatoon)

Address: 750 Spadina Cres E unit 621 Saskatoon SK S7K 3H3

Phone: 306-244-1336 **Toll Free:** 1-800-667-6964

Website: www.beltone.com/en-ca/

Hours of Operation: Mon-Fri 9:00-4:30pm

Details:

- Free hearing consultations
- Hearing evaluations
- Hearing Aid sales & service
- Custom hearing protection
- Assisted living devices

Connect Hearing

Address: Unit 5 3110 8th St E Saskatoon SK S7H 0W2

Phone: 306-651-1606 **Toll Free:** 1-888-501-2661 **Fax:** 306-651-1613

Email: info@connecthearing.ca

Website: www.connecthearing.ca

Hours of Operation: Mon-Fri 9am-5pm (closed for lunch from 12pm-1pm)

Details:

- Hearing Evaluations

- Custom ear plugs/ protection
- Hearing Aid sales and services
- CAA rewards
- Free hearing tests for ages 50+

Saskatchewan Deaf and Hard of Hearing Services

Address: 3-511 1st Ave N Saskatoon SK S7K 1X5

Regina Office: 2343 Broad St. Regina SK S4P 1Y9

Phone: 306-665-6575 **Toll Free:** 1-800-667-6575 **Text:** 306-229-2010

Email: saskatoon@sdhhs.com **Facetime:** sdhhsapple@icloud.com

Website: www.sdhhs.com

Hours of Operation: Mon-Fri 8am-12pm, 12:30pm-4pm

Details:

- Discount hearing aid batteries
- Assistive hearing devices
- Interpreting services (American sign language)
- Note takers, family support workers

Sound Impressions Hearing Centre

Address 1: 18-2105 8th St E Saskatoon SK S7H 0T8 (Grosvenor Park Centre)

Address 2: 120-2501 Jasper Ave Saskatoon SK S7J 2K2 (Inside "The Ave" Medical Building 1st Floor)

Phone: 306-477-3208 **Fax:** 306-477-3209

Email: infojasper@soundimpressions.ca

Website: www.soundimpressions.ca

Hours of Operation: Mon-Fri 9am-12pm & 12:30pm-5pm

Details:

- Registered audiologists, Hearing assessments for adults and children (8 months and older)
- Specializing in adult hearing aid fittings and related hearing aid services
- Custom hearing protection
- Assistive listening devices

■■■HOBBIES■■■

Bridge City Needle Arts Guild

Facebook: Bridge City Needle Arts Guild

Email: BCNGsaskatoon@gmail.com

Program Times:

- General meetings: The first Tuesday of each month Sept-June at 7:30p.m. Mennonite Central Committee Office
- 600 45th St W, Saskatoon
- Stitching days: We have 3 stitching days per month. Please check the Facebook page for locations and dates

Details: Encourage and promote the practice and knowledge in the area of embroidery

Fees: \$90.00 per year includes membership in guild and Embroiders association of Canada

Hub City Radio Control Club

Address: 41 Valley Rd Aberdeen SK S0K 0A0-Google Maps "Hub City Radio Control Club"

Phone: 306-380-4577

Email: bktownsend@shaw.ca

Website: www.hcrcc.org

Details:

- Teach how to fly radio control model airplanes
- Provide instruction to assist in learning to fly and ensure the safety of your aircraft (so you don't crash your plane on your first time out with your new plane)
- Need to be a member of the Model Aircraft Association of Canada (MAAC), however, they will help set you up with MAAC
- Open club; anyone and any age can join (youngest member is 12 yrs old; oldest member is 89 yrs old)
- General meetings happen the 2nd Wednesday of every month (except July & August)

Fees: \$80/year for the MAAC membership; \$120/ year for the club

Periwinkle Quilting

Address: 270-2600 8th St E Saskatoon SK S7H 0V7

Phone: 306-933-3072

Email: periwinkle@sasktel.net

Website: www.periwinkle.biz

Store Hours: Mon-Sat 9:30am-5:30pm, Thurs 9:30am-8pm

Details:

- Sells fabric and offers various classes
- Offers regular and special discounts all year round, check website for the current discount
- Call number listed for upcoming classes

Saskatoon Branch, Saskatchewan Genealogical Society (SBSGS)

Address: 1-1730 Quebec Ave Saskatoon SK S7K 1V9

Email: info@genealogysaskatoon.org

Website: www.genealogysaskatoon.org

Program Times: 3rd Thursday of the month from Sept-Nov, Jan-May (see website for changes/details)

- Special Interest Chat Groups: Thursdays (see website for schedule)

Details:

- Hybrid Branch Meetings allow members to attend via Zoom or in person. Winter meetings are Zoom only.
- Hybrid meetings are held at the Saskatchewan Archeological Society office (address above), library opens 6:15 PM, meetings start 7:00 PM.
- Meetings usually consist of a presentation or program and, when hybrid, a social time with coffee & goodies.
- Members may borrow library materials for one month or longer if approved.
- Special Interest Chat Groups (members only) are held at 7:00 PM via Zoom and include groups such as British Isles, Canada/USA and Genetic Genealogy/DNA.

Fees: \$30/year. Membership in our Branch requires concurrent membership in our parent organization, the Saskatchewan Genealogical Society (SGS).

Saskatoon Craft Guild

Address: Masonic Temple 1021 Saskatchewan Cres W Saskatoon SK S7M 5J6

Phone: Debra Farries: 306-220-1954 or Marilyn Robotycki: 306-370-6419

Email: stoonscraftguild@gmail.com

Website: Saskatoon Craft Guild Facebook Page

Program Times: Wednesdays 7pm-9:30pm

Details:

Crafts include creative stitchery, crochet, hardanger, knitting, rug making, smocking, quilting

Fees: \$100/year (approximately 26 meetings per year)

Saskatoon Potters Guild

Address: Albert Community Centre 610 Clarence Ave Saskatoon SK S7H 2E2

Phone: 306-343-6566

Email: saskatoonpottersguild@gmail.com

Website: www.saskatoonpottersguild.com

Program Times: Check the website for information about classes, sales, etc.

Details:

- Sales in November and April
- Classes available daytime and evening – wheel throwing and hand building
- Workshops and other member benefits available. Please check the website for more details.

Saskatoon Quilters Guild

Address: Shriner's Hall, 1021 Saskatchewan Cr W, Saskatoon SK

Email: info@saskatoonquiltersguild.com

Website: www.saskatoonquiltersguild.com

Program Times: Once or twice per month, Sept-June. Call or visit website to find out the latest information

Details:

- Membership benefits include use of the equipment library, early registration and discounts on programs, and discounts at various quilt and art supply shops
- Afternoon and evening programs are available (varies by month) each meeting includes a 45-60-minute program featuring guest speakers, trunk shows & demonstrations
- Show & tell of member's work concludes each program
- Sew days, a great opportunity to get together to work on your own projects
- Guilders goodies, a time to learn all manner of quilting techniques, takes place most meeting mornings
- Guilders activities include a yearly spring retreat & a bi-annual fall quilt show or fall workshop occurring on alternate years

Fees: \$60/ annually

Saskatoon Spinners and Weavers Guild

Address: 600 45th St W Saskatoon SK S7L 5W9

Email: saskatoonswg@gmail.com

Website: saskatoonspinnersandweavers.wordpress.com

Details:

- Meet on the 4th Thursday of every month

- Weavers, spinners, dyers and felters meet to discuss items of common interest and to exchange feedback regarding the workmanship and design of their work

Fees: \$100/year

Saskatoon Camera Club

Address: Mayfair United Church 902 33rd St W Saskatoon SK S7L 0W6

Email: president@saskatooncameraclub.com

Website: www.saskatooncameraclub.com

Program Times: Meetings by Zoom and in person at Mayfair United Church on select Tuesdays from September to May. Meetings start at 7pm and Judging Nights start at 6pm. See calendar for updates on the website.

Details:

- Improve member's photographic skills through the sharing of ideas and experiences
- Guest speakers, fall outings, coffee served during classes

Fees: Family \$60.00, Single \$50.00, Student \$25.00, Spouse of Life Member \$10.00

Saskatoon Bridge Club

Address: 3041 Louise St Saskatoon SK S7J 3L1

Phone: 306-373-3077

Website: www.saskatoonbridgeclub.ca

Details:

- Monday morning game at 1pm all year round
- People of all ages are welcome at our club. We offer games for beginners and advancing players. As a beginner, it helps to have some prior knowledge of card games, bridge in particular. You do not have to take bridge lessons, but many do so.

Saskatoon Horticultural Society

Email: info@saskatoonhortsociety.ca

Website: www.saskatoonhortsociety.ca

Details:

- Informational programs and workshops
- See website for upcoming events and membership information

Fees: Membership per year is \$40.00 with "Gardener for the Prairies" magazine, \$15.00 without magazine subscription

■ ■ ■ HOME MAINTENANCE/HANDYMAN ■ ■ ■ ■ ■

Action Plumbing and Heating Ltd.

Address: 119A Cardinal Cr Saskatoon SK S7L 6H5

Phone: 306-244-8248 **24/7 Phone:** 306-227-6668

Email: office@actionplumbing.ca

Website: <https://www.actionplumbing.ca/>

Details:

- Plumbing, heating, air conditioning, ventilation
- 24/7 emergency services
- Financing options and senior discounts available

Centennial Plumbing, Heating & Electrical

Address: 2630 Millar Ave Saskatoon SK S7K 4C8

Phone: 306-500-7392

Website: [Saskatoon Plumbing & HVAC | Centennial Plumbing, Heating & Electrical](#)

Details:

- Plumbing Services: drain cleaning, leaks, faucets, gas BBQ and fireplaces, sewer systems, showers, sinks, toilets, tub repair, boiler repair, and installation
- Electrical Services: Lighting installation, surge protection, panel upgrades, new outlets and switches, ceiling fan installation, video doorbells, smoke/CO/heat/water detectors
- Heating Services: furnace repair, replacement, maintenance, and indoor air quality
- Water heater repair and installation
- AC repair, installation, replacement, and maintenance
- Aging and accessibility bathroom renovations
- **Senior discounts available**

Handyman Connection

Address: #1A 501 45th Street W, Saskatoon, Saskatchewan S7L 5Z9

Phone: 306-668-4444

Email: hc6601@handymanconnection.com

Website: <https://handymanconnection.com/saskatoon/>

Details:

- Carpentry Work: Installing windows, doors, trim, wainscoting and beadboard; replacing or repairing cabinets
- Electrical: installing new fixtures; repairing outlets and switches
- Painting: Cleaning and staining fences and decks; painting exterior and interior walls;
- Maintenance: Improving insulation; replacing hardware; repairing windows; clearing out rain gutters

Fees: Phone for estimates (\$150 minimum)

Handy Housewives

Address: 206-B Veltkamp Lane Saskatoon S7T 0S1

Phone: 306-249-9567

Email: contactus@handhousewives.ca

Website: www.handyhousewives.ca

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

Details:

- Residential cleaning, Laundry and ironing
- Food preparation, Baking, Grocery Shopping
- Environmentally friendly products
- Bonded and Insured

Fees: \$38.00/hr for weekly/bi-weekly service, \$43.00/hr for monthly service, \$45.00/hr for one time service

Merry Maids

Phone: 306-242-8288

Address: 2138 St George Ave, Saskatoon, SK S7M 0K7

Website: <https://merrymaidssaskatoon.ca/>

Hours: Mon-Fri 8am-5pm, Closed Saturday and Sunday

Details:

- Affordable, Reliable, Free Estimates
- 100% Guarantee of Satisfaction
- Supplies & Equipment at No Extra Charge
- Bonded
- Insured WBI Protection

Molly Maids

Phone: 306-500-0143

Website: <https://mollymaid.ca/locations/saskatchewan/saskatoon/>

Hours: Mon-Fri 8:30am-5pm, Closed Saturday and Sunday

Details:

- Equipment, Supplies & Transportation Provided
- Insured, Bonded & Supervised Staff
- FREE No Obligation Estimate
- 100% Guarantee of Satisfaction

The Prairie Painter

Owner: Landon Schutte

Phone: (306) 370-3811

Email: info@theprairiepainter.ca

Address: 918 Glasgow St Saskatoon SK S7J 5K1

Hours: Mon-Fri 8am-5pm, Sat 11am-3pm

Details:

- Online estimates,
- On-site consultations
- Interior painting
- Exterior painting
- Cabinet refinishing

■■■HOME SUPPORT AGENCIES■■■

All About You

Address: 2602 Irvine Ave Saskatoon SK S7J 2B3

Phone: 306-717-4566 (Ken Roberts) or 306-374-9183 (Bonnie Roberts)

Email: kenroberts229@gmail.com or bonnieroberts50@hotmail.com

Hours of Operation: Mon-Fri (weekends possible)

Details:

- Companion care: companionship, mail bills and write letters, manage appointments, go for walks, plan visits and outings, mental stimulus
- Assist client to medical appointments

- Home helper: grocery shopping and errands, check food expiration, prepare light meals, help with laundry, garbage disposal, pick up prescriptions, home maintenance

Alto Home Care

Address: #420 210 Avenue P S Saskatoon SK S7M 2W2

Phone: 306-500-2452

Email: Help@findalto.com

Website: <https://findalto.com/saskatoon>

Hours of Operation: 24 Hours a day, 7 days a week

Office Hours: Mon-Fri 8am-7pm, Sat 9am-5pm

Details:

- Caring companionship
- Personal care
- Housekeeping
- In-home care
- Post hospital care
- Booking rates start at 1 hour minimum
- Dementia care
- Personal Medical alert
- Holiday support
- Palliative care
- Specialized care

Fees: Vary among services

Bayshore Home Health

Address: #8-130 Robin Cr Saskatoon SK S7L 6M7

Phone: 306-652-3314 **Toll Free:** 1-877-289-3997

Email: clientservice@bayshore.ca

Website: www.bayshore.ca

Hours of Operation: 24/7 phone service; Office open Mon-Fri 8:30am-4:30pm

Details:

- When a loved one suffers a serious illness or injury, or when seniors need support to keep living independently, arranging and managing home care services can feel overwhelming, that's why Bayshore Home Health has Care Managers on our team – specially trained nurses who provide ongoing support to our clients and their families – at no additional charge. Our Care Managers are experts in senior home care, and many have years of experience in social work, nursing, health care or senior living. Our Care Managers are your single point of contact for all your home health service needs; they manage the details so that you don't have to!
- Home Support/ Companion Care: To assist people to stay active, maintain independence and lead an enjoyable life through social interaction and help with activities of daily living and household tasks (Light housekeeping, laundry, meal planning and preparation, shopping, recreation and physical activity, companion visits, respite and companion care)
- Personal Care: To enable people with chronic health and physical care needs to remain and thrive in the home they love (Grooming, dressing, bathing, meal assistance, medication assistance, palliative and dementia care)
- Licensed Practical Nurse: To support people to recover and remain at home; provide treatment for long-term health conditions and specific care needs (Medication administration, chronic condition management, basic dressing changes, palliative care, serious injury care and rehabilitation)

- Registered Nurse: To assist people with specialized nursing needs and to facilitate a safe transition from hospital to home (Health, pain, and symptom management, intravenous therapy, advanced wound care, palliative care, serious injury care and rehabilitation, foot care)

Beyond Care Home Health

Address: 427 McFauld Cres Saskatoon SK S7V 0T2

Phone: 306-715-3308

Email: beyondcare04@gmail.com

Website: www.beyondcarehealth.ca

Hours of Operation: 24/7

Details:

- Personal Care
- Foot Care
- Medication Assistance
- Dementia Care
- Palliative Care
- Respite Care
- Meal Preparation Assistance
- Client Companionship

BK Healthcare Services-Your Healing Hands at Home

Phone: 1-780-860-1934

1-780-394-5887

1-306-952-6365

Details:

- Assessment and Consultation
- Addiction Counselling
- Diabetic Care
- Respite/Companionship
- Dressing Change
- IV-Antibiotics

CANE Health Inc

Phone: 306-716-9967

Email: info@canehealth.ca

Website: <https://canehealth.ca/cane>

Hours of Operation: Open 24 hours

Details:

- Private in-home care company
- RNs and LPNs
- Nursing services such as respite care, palliative care
- Medication management are also available.

Care Pro Home Care

Phone: 639-480-3980

Email: info@carepro247.ca

Website: <https://www.care247.ca/lander>

Details:

- Home Care and Nursing Services
- For all your needs living independently at home
- Free consultations

CBI Health- Saskatoon Home Health

Address: 3333 8th St E suite 200 Saskatoon SK S7H 4K1

Phone: 306-244-2273

Website: <https://www.cbihealth.ca>

Hours of Operation: 24/7 and your call will always be answered, no matter the time of day or night

Details:

- At CBI, we provide the support your loved one's need and the peace of mind you need – for a few hours a month or around the clock, at home, or in a long-term care or retirement community.
- Personal Care, Home Making and support, Nursing, Accompanied Visits, Caregiver Relief, help with Meds and Foot Care.
- We're specially trained to help with Alzheimer's and dementia, diabetes, acquired brain injury and end of life care.
- Call today to see how we have helped families like yours since 1984.

Fees: Competitive rates

Client Patient Access Services (CPAS)

Address: 201-310 Idylwyld Dr N Saskatoon SK S7L 0Z2

Phone: 306-655-4346 **Fax:** 306-655-4343

Details:

- Client Patient Access Services (CPAS) is a department within the Saskatchewan Health Authority who has staff working in the community and the 3 Saskatoon hospitals serving Saskatoon and the surrounding suburban areas.
 - CPAS is a single point of entry for health care services. These services include: Home Care (nursing and home services), Meals on Wheels, Community Day Programs, Respite (in home or facility), Special Care Homes (formerly called LTC facilities) and Therapeutic services (i.e: Occupational Therapy, Physical Therapy, Social Work, Dietitian, Speech Language Pathology, and Pharmacy). CPAS is also able to link individuals to other Community services that may meet their needs.
 - CPAS provides in home support by assisting clients to identify their needs and then providing referrals or information on supports that will meet those needs.
 - Additional programs within CPAS may be available, please contact for further information.
- Fees:** Provincially determined rates; varies based on income

ComForCare Home Care

Address: #3, 501 - 45th Street, West, Saskatoon, S7L 5Z9

Phone: 306-206-2242

Email: saskatchewan@comforcare.com

Website: www.comforcare.ca/saskatchewan/sk

Hours of Operation: 24/7

We care for your loved ones like they're our own.

Details:

- At ComForCare, we know that aging at home isn't just about safety — it's about dignity, independence, and quality of life. That's why families across Saskatoon trust us to care for the people who matter most.
- As a **locally owned provider backed by a nationally recognized brand**, we deliver trusted, high-quality home care with the warmth and flexibility only a local team can offer.
- We provide customized non-medical home care for older adults, ranging from just a few hours a week to full 24/7 support. This includes care for those living with dementia, recovering after hospitalization, or managing chronic health conditions. Every care plan is personalized — and every client is treated like family.

Our services include:

- **Personal Care** – Bathing, toileting, incontinence care, grooming, mobility, medication reminders, appointment escorts, and support with daily living for those managing chronic conditions
- **Dementia & Alzheimer's Support** – Dementia-certified caregivers trained in communication, safety, and behavior response
- **Family Respite** – Reliable support so you can rest, recharge, or travel
- **Companionship** – Meaningful conversation, hobbies, social outings, and emotional wellness
- **Home Help** – Light housekeeping, laundry, wash dishes, and meal preparation
 - **Post-Hospital Recovery** – Support during transitions from hospital to home for a safe and comfortable recovery
 - **Palliative Care** – Compassionate end-of-life support focused on comfort, dignity, and family peace of mind

All caregivers are carefully screened, trained, insured, and matched to each client. We offer **free in-home consultations**, flexible schedules, and compassionate care you can count on — delivered with the same respect and warmth we'd give our own family.

ComForCare – Where you're not just aging in place... you're living with purpose.

Fees: vary based on services and schedule. Contact us for a free in-home consultation and personalized quote.

Daily Living Personal Care

Address: Saskatoon SK

Contact: Charlene Stushnoff- Owner Certified CCA

Phone: 306-370-0314

Email: dailylivingpersonalcaresk@gmail.com

Linda Taylor-Manager

Phone: 1-314-315-1141

Email: ltaylor0418@gmail.com

Website: www.dailylivingcare.com

Hours of Operation: 24/7 Service

Credibility and Reliability:

- Full Liability Insurance; BBB A+ Rating; WCB covered; Veteran Affairs Provider
- All caregivers have a Criminal Record Check, and experience or certification as a CCA, LPN, or a Care-home Worker
- Winner of the Home Healthcare award for Canadian Choice Awards

Our Services:

- Providing services for all long-term or short-term, disability or health care assistance; e.g. dementia, mobility, or bedridden

- Personal Care (shower/bath, grooming, toileting, changes, meal assist, basic hair and nail help, etc.)
- Companion (doctor, shopping, activities, mail, letter writing)
- Light housekeeping
- Overnight respite/companion (assist, security, safety)
- Can assist people of all ages with short or long-term illness or disabilities
- 1 hour services available

Fee: Most Services are only \$35.00 +GST

- Exceptions are: full time assistance (6+hrs/week), overnight respite, full-time daily companion, and mileage for out-of-town clients
- Reduced rates for full-time clients
- Our company considers all care issues and financial concerns and builds a care plan suitable to your immediate needs with your input. Contact us for more information

Home Instead

Address: 1633D Quebec Ave Saskatoon SK S7K 1V6

Phone: 306-931-4663 Toll Free: 1-877-757-9834 Fax: 306-931-4699

Email: homeinstead@shaw.ca

Website: www.homeinstead.com/saskatoon-sk

Hours of Operation: 24/7 service; Office hours: Mon-Fri 9am-5pm; phone calls answered live on evenings and weekends

Details: For families determined to ensure their aging loved ones receive personalized long-term care

- A Care Coordinator meets with your family to discuss goals, assess needs, and recommend a plan.
- Caregiver visits are in blocks: mornings, afternoons, evenings, or overnights, seven days per week. Ongoing schedules range from a few visits per week to 24/7 care.
- Care Professionals make all this possible. Staff are selectivity hired, trained, and supervised. All are bonded, insured, and carefully matched with older adults for ongoing visits.
- Sensitive companionship (medication reminders, encourage nutrition and hydration, plan outings and socialization, supervise home maintenance, help with projects)
- Personal care (assist with eating, toileting, assist with bathing, dressing, grooming, stabilize for walking and transfers)
- Home help (light housekeeping, meal preparation, laundry)
- Escorts to outings (appointments, errands)
- Specialized Dementia Care Expertise (maintain a safe environment, manage changing behaviors, provide mind-stimulating activities)
- Palliative Care (in-home or facility)

Home Stance

Address: 201 - 21st St E Suite 1018D Saskatoon SK S7K 0B8

Phone: 306-202-6132

Email: hello@homestance.ca

Hours of Operation: 7 days per week, 7 am to 7 pm

Details:

Home Stance provides personalized in-home assistance to support aging in place. We pair clients with the same support person to nurture a relationship based on trust and friendship

- Meal preparation, serving and storing food
- Grocery shopping
- Cleaning, commode
- Minor home repairs and light tasks
- Organizing,
- Light yard work
- Pet care
- Driving and delivery
- Accompany to medical appointments

Fees: \$35 per hour

Just Like Family Home Care Saskatoon

Address: 201 - 21st St E Suite 1018D Saskatoon SK S7K 0B8

Phone: (306) 713-0329

Email: saskatoon@justlikefamily.ca

Hours of Operation: Open 24 hours

Website: www.justlikefamily.ca

Details:

- We offer compassionate, specialized care to seniors and their families
- Provides companionship, respite care, disability support, specialized care, post-hospitalization recovery, and household support, with specialized home care services plans to meet your individual needs
- Owner Jovee loves welcoming people into the family and providing the highest quality of home care for seniors in and around Saskatoon

LutherCare Communities

Address: 810 45th St W, Saskatoon SK, S7L 6A5

Phone: 306-664-0393

Email: info@luthercare.com

Website: www.luthercare.com

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

Details:

- LutherCare Communities offers a wide range of services to meet your needs or the needs of your loved one Whether you are looking for a retirement community with independent living, intermediate or long-term care we have a place for you to call home
- LutherCare Communities operates within a resident-first philosophy which means engaging with residents, families, team members, and our partners to provide the highest standard of care
- Our vision is to provide a safe and caring Continuum of Living™ for those we serve and our mission is to provide excellent in care, shelter, and support for all entrusted to our care
- In addition, LutherCare is proud to offer a multitude of services to meet various needs including long-term care, independent living, intermediate care homes, group homes, and family housing
- We also offer Home Help, in-home support for older adults and Adult Day Programs which provides programs for seniors with dementia and a variety of focuses
- These services are fully accredited, highlighting our commitment to excellence

Neighbourhood Home Care Services

Address: Unit-i 411 Herold Crt Saskatoon SK S7V 0A7

Phone: 306-716-2329

Website: www.neighbourhoodhomecare.com

Hours of Operation: Phone lines open 7 days a week 6am-11pm

Details:

- Nursing care, companionship, personal care, palliative care, 24hr care support, Alzheimer's and dementia care, meal preparation, housekeeping, transportation

Nomad Therapies

Address: 210-810 Central Ave Saskatoon SK S7N 2G6

Phone: 306-382-2939 **Fax:** 306-934-2517

Email: info@nomadtherapies.ca

Website: <https://nomadtherapies.ca/>

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

Details:

- Services offered include Physical Therapy, Occupational Therapy, Massage Therapy
- Mobile treatments; services brought to you in your home, or wherever you choose
- In-clinic treatments for all services

Fees: Variable, please contact for cost of services and further information

OverC Health Advocates

Address: 210-810 Central Ave Saskatoon SK S7N 2G6

Phone: 306-934-2535 **Fax:** 306-934-2517

Email: admin@overchealth.ca

Website: www.overchealth.ca

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

Details: We are a team of knowledgeable health care professionals working to improve your health care experience

- Communicate with any health care professionals that work within the healthcare system, on behalf of the client, including physicians and other health care providers.
- Gather and organize health information including specialist consult reports and third-party reports.
- Outline health care options and facilitate the decision-making process.
- Assist in navigating the health care industry to find information easily and quickly.
- Assist in managing health care appointments, including attending the appointment with the client, if requested.

Saskatoon Home Support Ltd. (SHS)

Address: 501A 6th St E Saskatoon SK S7H 1B9

Phone: 306-956-3334

Email: care@saskatoonhomesupport.ca

Website: www.saskatoonhomesupport.ca

Hours of Operation: 24/7 Service; office hours Mon-Fri 9am-4pm

Details:

- Respite Care for Family Members
- Companionship, Outings including Sporting Events, Shopping
- Accompaniment to appointments, including transportation
- Homemaking, Light Housekeeping, Laundry
- Meal Planning and Preparation
- Personal Care: assist with bathing, morning or evening care
- Alzheimer and Dementia care, Palliative Sitting
- Caregivers are trained, screened, insured, and bonded. No contracts needed
- SHS management have over 30 years of extensive experience working within the health care system
- Locally owned and operated since 1988

Saskatoon Services for Seniors

Address: 103-115 19th St E Saskatoon SK S7K 7Y8

Phone: 306-668-2762

Email: saskatoonservices4seniors@sasktel.net

Website: www.servicesforseniors.ca

Hours of operation: Mon-Fri 9am-5pm, closed statutory holidays

Details:

- Housekeeping
- Yard work services and Gardening Services
- Urban camp program (Snow Removal)
- Snowbird services
- Eaves cleaning and window washing
- Grocery delivery
- Income tax filing
- Light handyman services

Ultimate Care Agency

Address: 1- 161 Jessop Avenue, Saskatoon, SK, S7N 1Y3

Phone: 289-808-2129

Email: contact@ultimatecare4u.com

Website: <https://ultimatecare4u.com/>

Hours of operation: Mon-Fri 9am-5pm, Feel free to call during this time; if you'd like to meet, we're happy to schedule an appointment that works for you

Worried About a Loved One Living Alone?

Details:

- Ultimate Care Agency provides compassionate, professional in-home support for seniors — because peace of mind is priceless. Whether you're planning ahead or supporting a parent now, our trained caregivers ensure safety, dignity, and comfort.
- Call 289-808-2129 for a free consultation.

Fees: Let us hear more about your needs and we will provide you a quote.

Village Rose – Home Health Care

Address: 3711 Kinnear Ave Saskatoon SK S7P 0A6

Phone: 306-370-2033

Email: VillageRoseHealthCare@gmail.com

Website: <https://www.villagerosehomehealthcare.com/>

Hours of Operation: 24/7 Service; Office hours Mon-Fri 8am-4pm

Details:

- Village Rose is a group of highly qualified and professional private healthcare workers who are dedicated to providing compassionate care to every one of our clients. We strive to help our clients achieve the healthiest lifestyle possible: physically, emotionally, and mentally
- Mobility aide, medication administration, vital statistics monitoring, assisted bathing/dressing, hygiene/pericare, Dementia/Alzheimer's care, errands and social outings, hospital accompaniment and after care, home management, housekeeping, meal preparation, foot care, respite care, grocery shopping, and appointment accompaniment

■■■ HOSPITALS/CLINICS/WELLNESS CENTRES ■■■

Community Health Centre at Market Mall

Address: 55-2325 Preston Avenue S Saskatoon, SK, S7J 2G2

Phone: 306-844-4050

Website: SaskHealthAuthority

Hours of Operation: Mon-Fri: 9:00 am- 5:00 pm Sat- Sun: Closed

Details:

- Serves 50+ population of Saskatoon
- Offers an in-depth medical assessment by family doctors and nurse practitioners,
- No referral needed, but an appointment is required
- Provide connections to home care services

Geriatric Evaluation and Management (GEM) Services

Address: Saskatoon City Hospital 7th floor 701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-8925

Website: [Geriatric Evaluation and Management \(GEM\) Services - Saskatchewan Physiotherapy Association \(saskphysio.org\)](http://Geriatric Evaluation and Management (GEM) Services - Saskatchewan Physiotherapy Association (saskphysio.org))

Hours of Operation: Clinic and Day Hospital: Mon-Fri 7:30am-4pm

Details:

- Outpatient Interdisciplinary Assessment Clinic, Outpatient assessment and treatment day hospital, home visiting nurses, Inpatient consultation service and in reach nurses
- Sees patients age 65+ through a variety of different program initiatives. Includes assessment and treatment of; complicated medical issues, physical movement, cognitive ability, functional ability, the environment, social supports, mental health, and medication issues

Royal University Hospital

Address: 103 Hospital Dr Saskatoon SK S7N 0W8

Phone: 306-655-1000

Website: Royal University Hospital | SaskHealthAuthority

Hours of Operation: 24-hour Emergency service

Saskatoon City Hospital

Address: 701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-8000

Website: Saskatoon City Hospital | SaskHealthAuthority

Hours of Operation: Emergency service 9am-8:30pm / 7 days per week

Saskatoon Community Clinic

Address: 455 2nd Ave N Saskatoon SK S7K 2C2 (Downtown Clinic)
1528 20th St W Saskatoon SK S7M 0Z6 (Westside Clinic)

Phone: 306-652-0300 (Downtown) or 306-664-4310 (Westside)

Fax: 306-664-4120 (Downtown) or 306-934-2506 (Westside)

Email: member.relations@communityclinic.ca (General Inquiries) and fdesk@communityclinic.ca (Westside)

Website: saskatooncommunityclinic.ca

Hours of Operation:

- Downtown Clinic: Mon-Fri 8am-5pm; Sat 9am-1pm
- Westside Clinic: Mon-Fri 9am-9pm; Sat & Sun 9am-5pm. See SWITCH listings for after-hours services.

Details:

- Client-owned health center offering physicians, nursing, counseling services, health information center, lab and x-ray, pharmacy, physical and occupational therapy, nutrition
- Group programs, aboriginal seniors' programming
- Seniors counselors, social workers make home visits
- Volunteers support, isolated and disabled elderly

St. Paul's Hospital

Address: 1702-20th St W Saskatoon SK S7M 0Z9

Phone: 306-655-5000

Website: [St. Paul's Hospital | SaskHealthAuthority](http://St.Paul'sHospital|SaskHealthAuthority)

Hours of Operation: 24-hour emergency service

West Winds Primary Health Centre, Saskatoon Health Region

Address: 3311 Fairlight Dr Saskatoon SK S7M 3Y5

Phone: 306-655-4250

Website: [Saskatoon - West Winds Primary Health - Department of Academic Family Medicine - College of Medicine | University of Saskatchewan \(usask.ca\)](http://Saskatoon-WestWindsPrimaryHealth-DepartmentofAcademicFamilyMedicine-CollegeofMedicine|UniversityofSaskatchewan(usask.ca))

Hours of Operation: Vary depending on Department, building open 8am-4:30pm

Details:

Working together with people and communities for better health

- Client Patient Access Services (CPAS)
- Home Care 306-655-4258 for all agencies
- LiveWell with Chronic Conditions 306-655-4260
- Academic Family Medicine 306-655-4200
- Public Health Services 306-655-4275

Women's Mid-life Health Program

Address: 701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-7681

Email: info@womensmidlifehealth.ca

Fax: 306-655-8176

Website: Women's Mid-Life Health Program – Support • Inform • Inspire

Details:

- Information and resources about women's mid-life health, including newsletters

■ ■ ■ HOUSING ■ ■ ■

Camponi Housing Corp./La Maison Mamawe-Atosketak Inc.

Address: 1715 11th St W Saskatoon SK S7M 1H8

Phone: 306-653-0384 **Fax:** 306-653-0394

Email: admin@camponi.ca

Website: Home | Camponi Housing Corporation

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

Details:

- Provides safe, affordable and quality housing for Metis & Indigenous people in Saskatoon
- Affordable rent including a rent geared-to-income program for all family sizes, with rental units in most areas of Saskatoon

Canada Mortgage and Housing Corporation

Phone: 1-800-668-2642

Email: contactcentre@cmhc.ca

Website: <https://www.cmhc-schl.gc.ca>

Details:

- Housing information for everyone; construction on new houses, renovations
- Information for people with disabilities
- Specific publication and information for seniors
- Tries to cover all the needs of Canadians
- Mortgage loan insurance

Cress Housing Corporation

Address: Suite 300-203 Packham Ave Saskatoon SK S7N 4K5

Phone: 306-244-7747 **Fax:** 306-244-2444

Website: Cress Housing - Saskatoon Tribal Council (sktc.sk.ca)

Hours of Operation: Mon-Fri 8am-4:30pm (closed for lunch 12-1)

Details:

- Targeted to First Nation Renters
- Market rent units
- Subsidized Housing, Senior Housing, and Accessible Housing

Fees: Rent is 25% of your gross monthly income; deductions are given depending on your family composition and for utilities

Renters of Saskatoon and Area [ROSA]

Email: renters.rosa@gmail.com

- ROSA shares systemic information including renter's rights, and some referrals to renter services and community supports, when possible
- Email, or private message on Facebook, with your particular concern:
<https://www.facebook.com/rentersrose>

Saskatoon Housing Authority

Address: 525-24th St E Saskatoon SK S7K 0K9

Phone: 306-668-2700 **Fax:** 306-668-2701

Email: saskatoon@skhousing.ca

Website: [SHA | Saskatoon Housing Authority](#)

Hours of Operation:

- Doors are open to the public Mon-Fri 9:30am-3:30pm
- Available by phone or email from 8:30am-4:30pm

Details: Accessible housing for low-income seniors

Saskatoon Housing Initiatives Partnership (SHIP)

Address: 15-2220 Northridge Dr Saskatoon SK S7L 6X8

Phone: 306-979-6706 **Extension:** 101 or 306-986-5278

Website: <https://shipyx.ca/>

Email: info@shipyx.ca

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

Details:

- Research and development of affordable housing and homelessness service and supported housing projects
- Administer federal funding for capital and service projects to address homelessness in Saskatoon
- Facilitate Saskatoon's Homelessness Action Plan

Saskatchewan Housing Corporation

Address: 225 1st Ave N Saskatoon SK S7K 1X2

Phone: 306-933-6292 **Fax:** 306-933-5374

Toll Free: 1-800-667-7567

Website: [Saskatchewan Housing Corporation](#)

Hours of Operation: Mon-Fri 8am-12pm, 1pm-5pm

Details:

- Repairs for low-income homeowners, depending on funding available
- Develops and funds social housing programs for low-income households

Saskatoon and Region Personal Care Home Association

Email: info@saskatooncarehomes.ca

Phone: 306-229-4673

Website: <http://www.saskatooncarehomes.ca>

Details:

- This website will help you find a personal care home with a vacancy. The website vacancy list is updated on a regular basis to help better serve our community
- Beneficial resources are also provided to help you plan for a better future

Senior Care Compass

Anita Bouvier R. N.

Phone: 306.260.8688

Email: anita@seniorcarecompass.ca

Website: <https://seniorcarecompass.ca/>

Hours of Operation: Daily 8:30am-6pm

Details:

- Personal Care Home Navigation
- Comprehensive Assessment to understand needs, preferences, and budget
- Personalized list of suitable and available care homes to view
- Individual care plans
- “Viewing a PCH and Moving In” Tool

The Mustard Seed Housing Saskatoon

Address: 304 2nd Ave S Saskatoon SK S7K 1L1

Email: infosaskatoon@theseed.ca

Website: <https://theseed.ca/saskatoon-shelter#housing>

Details:

- 60 supportive housing units
- 24/7 access to wellness and social supports
- Healthcare, meals, addiction support, inclusive Indigenous and multi-cultural programming, and recreation
- Residents sign a lease, pay rent, and participate in their community
- Mustard Seed Shelter [temporary location 210 Pacific Ave] Open 24/7 year-round, the shelter provides 40 beds for vulnerable individuals in Saskatoon. This shelter helps individuals transition into sustainable, long-term housing as quickly as possible.
- This is not a drop-in space; services are only available to shelter guests.
- Admission is first-come, first-served, and the shelter operates 24/7, offering guests three meals a day.
- Guests have access to a full range of support services that address physical, mental, and spiritual well-being, with the goal of helping them move toward greater health, stability, and independence.

■■■ LEGAL ADVICE & GOVERNANCE ■■■

Better Business Bureau of Central Canada

Address: 980 Albert St Regina SK S4R 2P7

Phone: 306-352-9259 **Fax:** 306-565-6236

Email: info@centralcanada.bbb.org

Website: <https://www.bbb.org/>

Hours of Operation: Mon-Fri. 9am-3pm (closed between 12pm-1pm)

Details:

- Dispute resolution, mediation, takes complaints
- Consumer information, information on business in Saskatchewan and Manitoba

Community Legal Assistance Services for Saskatoon Inner City Inc. (CLASSIC)

Address: 123 20th St W Saskatoon SK S7M 0W6

Phone: 306-657-6100 **Fax:** 306-384-0520

Email: info@classiclaw.ca

Website: www.classiclaw.ca

Hours of Operation:

- Mon-Fri 9am-12pm & 1pm-5pm
- Walk-in Advocacy Clinic applications are available by phone Mon-Thurs, 9am-12pm & 1pm – 4pm and in person on Wed afternoons from 1pm to 4pm
- Legal Advice Clinic are either available by phone or in-person by appointment only; all LACs are booked after completing an intake that is done by phone

Details:

- University of Saskatchewan Law students deliver CLASSIC's walk-in services under the supervision of a lawyer
- Pro bono lawyers provide advice and guidance to clients in various areas of law through CLASSIC's Legal Advice Clinic
- Free, professional and confidential legal services for low-income members of our community
- Legal advice and advocacy in areas of law including landlord-tenant disputes, labour standards appeals, social services appeals, small claims matters, summary criminal offences, and more
- Wills and estates

Federation of Sovereign Indigenous Nations

Address: 134 Kahkewistahaw Cres #10 Saskatoon SK S7R 0M9

Phone: 306-665-1215 **Fax:** 306-244-4413

Email: info@fsin.com

Website: www.fsin.com

Hours of Operation: Mon-Thurs 8:30am-5pm and Fri 8:30am-4pm

Details:

- Education, economic development, health and social development, sport, culture and recreation, urban development, justice, corrections, young offenders issues, disability issues
- Protection and promotion of Treaty Rights, Veterans, Senate, Legislative Assembly
- Office, Treaty Governance Processes, First Nation Women's Council

Ombudsman Saskatchewan

Address: #500-2103 11 Ave Regina SK S4P 3Z8

Phone: 306-787-6211 **Toll Free:** 1-800-667-9787 **Fax:** 306-933-8406

Email: ombsktn@ombudsman.sk.ca

Email (Regina): ombreg@ombudsman.sk.ca

Website: www.ombudsman.sk.ca

Hours of Operation: Mon-Fri 8am-12pm; 1pm-4:30pm

Details:

- Takes complaints about Saskatchewan provincial and municipal government services
- Independent, impartial and confidential
- Call, write or use the online complaint form
- Takes complaints from public sector employees

Pat McNeil Notary Public

Address: 620 Heritage Lane Saskatoon SK S7N 5P5

Phone: 306-221-7285

Hours of Operation: 9am-5pm daily

Details:

- Documents & Deeds, Affidavits, Transfers of Properties, Land Title Searches, Certified Copy
- Statutory Declarations, Power of Attorney, Insurance Signings, Consent to Travel, Passports

Public Legal Education Association of Saskatchewan Inc. (PLEA)

Address: 650-333 25th St E Saskatoon SK S7K 0L4

Phone: 306-653-1868 **Fax:** 306-653-1869

Email: plea@plea.org

Website: www.plea.org

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

Details:

- PLEA is a non-profit, non-government organization that provides free services to the people of Saskatchewan. PLEA's goal is to assist the public in becoming more informed about the law and the legal system. This is done through print materials, websites, our Request a Speaker Program, school resources, self-help resources, and over email and phone lines

Saskatchewan Human Rights Commission

Mailing Address: P.O. Box 6011 Saskatoon SK S7K 4E4

Phone: 306-933-5952 **Toll Free:** 1-800-667-9249 **Fax:** 306-933-7863

Email: shrc@gov.sk.ca

Website: Saskatchewan Human Rights Commission - Promoting And Protecting Dignity And Equal Rights

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

Details:

- If a person feels someone has discriminated against them, complaints can be made to the Saskatchewan Human Rights Commission by filling out an Intake Questionnaire that can be accessed online. Please review the Commission's website "Am I in the Right Place?"
- The Commission does not accept walk-in traffic

Saskatchewan Voice of People with Disabilities Inc. (SVOPD)

Address: 614 Grand Ave Indian Head SK S0G 2K0

Phone: 306-695-3111 **Toll Free:** 1-877-569-3111

Email: voice@saskvoice.com

Website: www.saskvoice.com

Hours of Operation: Mon-Fri 9am-5pm. Closed weekends and holidays and closed between Christmas and New Years

Details:

- Advocacy and systems navigator for health, social services, education and employment for people with disabilities
- Public awareness of disability issues using social media, electronic newsletter, and website
- Member of disability coalitions, committees provincial for equity for people with disabilities

Fees: \$10.00 for membership annual

■ ■ ■ MEDICAL ALERT SYSTEMS ■ ■ ■

MedicAlert Foundation Canada

Address: 405-895 Don Mills Rd Building #2 Toronto ON M3C 1W3

Phone: 416-696-0267 **Toll Free:** 1-800-668-1507 **Fax:** 1-800-392-8422

Email: customerservice@medicalert.ca

Website: www.medicalert.ca

Office Hours: Mon-Fri 9am-6pm (Eastern time)

Details:

- Toll-free emergency hotline; centralized database can update medical information
- Wallet card, bracelet or necklace is engraved with your ID, medical condition and MedicAlert 24/7 hotline number
- Saskatchewan Police (RCMP and municipal police services) have direct access to MedicAlert database

Fees: \$5.00 activation fee, prices vary depending on type of subscription

Philips Lifeline Systems

Address: (Corporate Office) 95 Barber Greene Rd Suite 105 Toronto ON M3C 3E9

Phone: 416-445-3387 **Toll Free:** 1-800-387-1215 **Fax:** 1-800-313-9764

Email: referral@lifeline.ca

Website: www.lifeline.ca

Hours of Operation:

- Emergency Help Line: 24 hours per day, 7 days per week.
- Sales hours: Mon-Fri 8am-8pm; Sat-Sun 9am-5pm

Details:

- Philips Lifeline is an easy-to-use medical alert service that lets you summon help any time of the day or night -even if you can't speak. All you have to do is press your Personal Help Button, worn on a wristband or pendant, and a highly trained Personal Response Associate will ensure you get help fast. Ask about AutoAlert, the most widely adopted fall detection technology available in Canada today

TELUS Health Medical Alert Pendant with Caregiver App

Phone: 1-888-505-8008

Website: telus.com/en/personal-health/medical-alert-systems/pendant

- State-of-the-fall detection feature
- Advanced Canada-wide location tracking
- 24/7 access to assistance and trained Medical Alert operators

Fees: \$35 Activation fee applies

■ ■ ■ MENTAL HEALTH / NEUROLOGY ■ ■ ■

Canadian Mental Health Association Saskatoon Branch Inc.

Address: 1301 Ave P N Saskatoon SK S7L 2X1

Phone: 306-384-9333 **Fax:** 306-978-5777

Email: info@cmhasaskatoon.ca

Website: <https://cmhasaskatoon.ca/>

Hours of Operation: Mon-Thurs 8:30am-4:30pm, Fri-by appointment only

Details:

- Life skills and Vocational Programming
- Mental Health First Aid training and Public Awareness
- Supported Independent Living Program
- Advocacy and Resource Navigation
- Community Support Groups

Community Adult Mental Health Services, Saskatchewan Health Authority

Address: 715 Queen St Saskatoon SK S7K 4X4

Phone: 306-655-7777

Website: <https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-general-access-numbers>

Hours of Operation: Mon-Fri 8am-4:30pm; closed 12pm-12:30pm

Details:

- Individuals must complete a centralized intake to access supports
- Provides mental health services to adults, families, groups and communities that are experiencing significant distress or dysfunction related to mental disorder, cumulative stress or problems in living, Including addictions and tobacco cessation
- Addictions counsel (1-on-1 and group counselling)

Crocus Co-op

Address: 135 Avenue B S Saskatoon SK S7M 1M2

Phone: 306-477-2960 **Fax:** 306-477-2962

Email: admin@crocuscooperative.org

Website: www.crocuscooperative.org

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

Details: *Crocus Co-op is a non-profit, charitable, member guided organization that works on behalf of people recovering from mental illness by:*

- Promoting their rights and responsibilities
- Providing a safe, accepting drop-in environment
- Promoting the growth of our members through vocational, educational, recreational, and social programs
- Must be a member of Crocus Co-op in order to participate in programs

Fees: \$1 lifetime membership fee. Meals are \$5.00 cash or 5/\$20 meal pass

Saskatchewan Brain Injury Association

Address: St. Paul's Hospital, Room #422, 230 Ave R S Saskatoon SK S7M 0Z9

Phone: 306-373-1555 **Toll Free:** 1-888-373-1555

Website: www.sbia.ca

Hours of Operation: Mon-Fri 9am-12pm (only during the summer)

Details:

- Educational events, prevention information, quarterly provincial newsletter
- Advocacy, Survivor & Family Camp & Retreats, social and recreational programs, support for survivors and caregivers

Schizophrenia Society of Saskatchewan-Saskatoon Branch

Address: 230 Avenue R S Rooms #219 & #220 Saskatoon SK S7M 2Z1

Phone: 306-374-2224

Email: info@schizophrenia.sk.ca

Website: www.schizophrenia.sk.ca

Hours of Operation: Please contact office to make an appointment

Details:

- Provides public awareness presentations on schizophrenia and related illnesses for community groups
- Provides information and support for people affected and their families
- Provide referrals to various mental health and addiction programs in the community when needed

Fees: \$20.00 annual membership fee

(a membership is not necessary to attend meetings and get support)

■■■ MOVING / DOWNSIZING / REALTY ■■■

74 Doors Professional Organizing

Phone: 403-707-9212

Email: susie@74doors.ca

Website: <https://www.74doors.ca/>

Details:

- Mission is to open doors to more time, clarity and inspiration by helping you organize your busy home and life
- Offer customized organizing plans tailored specifically to your needs

All-Save Moving Services Inc.

Phone: 306-232-6683 **Toll Free:** 1-855-317-6683

Email: johnstuart@sasktel.net

Hours of Operation: Mon-Fri 9am-6pm, Sat 9am-5pm

Details:

- We now specialize in helping seniors downsize and dispose of items they no longer need.
- We can ship unwanted items anywhere in North America due to my affiliation with the Quick Group of Companies/United/Mayflower agencies.
- We believe our job is to protect our customers and their things. I have been taught from the beginning of my career that my customers write my pay cheque, and my customers sustain my family.

Coldwell Banker Signature Saskatoon Office

Address: 200-301 1st Ave N Saskatoon SK S7K 1X5

Phone: 306-652-2882

Website: www.coldwellbanker.ca

Hours of Operations: Mon-Fri 9am-5pm: very flexible hours

Details:

- The purpose is to earn the right to your estate needs, as well as providing conscientious service before and after the sale

Home Free Organizing Solutions

Phone: 306-291-2531

Email: info@homefreeorganizing.ca

Website: www.homefreeorganizing.ca

Hours of Operation: Monday – Friday 9:00am-5:00pm

Details:

- Downsizing services
- Packing and unpacking for a move
- Estate organizing
- Residential organizing

Jay's Transportation Group

Address 1: 1730 Alberta Ave P.O. Box 43 Saskatoon SK S7K 3K1

Address 2: 805 45th Street E P.O. Box 43 Saskatoon SK S7K 3K1

Phone (1730 Alberta Ave): 306-249-3777

Phone (805 45th Street E): 306-249-3252

Email (1730 Alberta Ave): sales@jays.ca

Email (805 45th Street E): sales-freight@jays.ca

Website: <https://jays.ca/locations/saskatoon/>

Details:

- Full-service mover
- Insured, Trusted, Careful, Respectful & Professional
- Professional packing and unpacking
- Secure heated storage – monitored 24 hours

Transitions Estate Services

Address: 3710 33rd St W Saskatoon SK S7R 0M1

Phone: 306-370-4580

Email: SaskatoonTransitions@gmail.com

Website: transitionsestateservices.com/

Details:

- Are you planning a move to a smaller home, downsizing, or planning to move to a supported living arrangement? Transitions can help!
- **Moving Assistance:** We will sort and pack your possessions to prepare to move, coordinate movers, and will assist with unpacking at your new home.
- **Moving Sale:** We will sell and donate what you can't take with you. When we are done, your home will be empty, clean, and ready for sale or possession.
- **Licensed, Bonded and Insured** we are here to help you navigate one of the hardest transitions of your life!

Two Men and a Truck

Address: 106 701 Cynthia St Saskatoon SK S7L 6B7

Phone: 306-500-1381

Website: <https://twomenandatruck.ca/movers/sk/saskatoon>

Hours of Operation: Mon-Sat 8am-6pm

Details:

- Free quotes and senior rates
- Local home moving, business moving, packing services, climate-controlled storage, moving boxes and supplies, junk removal, long distance moving, in-home rearranging—moving heavy items within the home

Two Small Men with Big Hearts Moving

Address: 1335 Fletcher Rd Saskatoon SK S7M 5H5

Phone: 306-934-6688

Website: <https://twosmallmen.com/>

Hours of Operation: 7days/week 8am-7pm

Details:

- Local moves, long distance moves, special item transport, storage services, packing services with special senior rates
- Comprehensive guide to planning a move for a senior citizen available
- Can help move/rearrange in-home furniture
- Packing services

■■■ MUSIC AND DANCE ■■■

The Bassment

Address: 202-4th Ave N Saskatoon SK S7K 0K1

Phone: 306-683-2277

Email: info@thebassment.ca

Website: www.thebassment.ca

Program Times: Please call or see our website for program dates and times

Details:

- Local and touring artists
- Members get discounted ticket prices.

Fees: Yearly membership: \$30.00 Single, \$50.00 Couple

Dibrova Ukrainian Folk Ensemble

Address: 430 Crean Lane Saskatoon SK S7J 3X4

Phone: 306-652-3178

Cell: 306-229-9041

Details:

- Choir practice
- Orchestral group with choral singing to nursing homes, local venues, and parties

L J Russell, Violin and Bow Maker

Phone: 306-665-2899

Email: 14gerussell@gmail.com

Website: <https://www.violin-tech.com/>

Details:

- By appointment only * (call to book a time)
- Expert stringed instrument repairs and restorations
- Bow repairs and restorations
- Appraisals and sales
- Free repair estimates
- Teaching

Orpheus 60 Chorus

Address: 504-303 5th Ave N Saskatoon SK S7K 2P6

Phone: 306-652-0359 (Julie Janzen)

Details:

- A chorus of seniors who rehearse Monday evenings and perform at Senior's residences Thursday afternoons from September to May. New members welcome; no audition required.
- Rehearsals are held at The Bentley Saskatoon.

Saskatoon Philharmonic Orchestra

Address: 238 Ave V N Saskatoon SK S7L 3E6

Phone: 306-477-1406

Email: saskatoonphilharmonicorchestra@gmail.com

Website: <https://www.saskatoonphilharmonic.com/>

Details: Please go to the website

Fees: \$175 per year-x2 \$75 installment option.

"Saltwater Joy" Band

Address: 1110-1st St E Saskatoon SK S7H 1T7

Phone: 306-220-4344

Email: d.lepitzki@gmail.com

Fees: Honorarium is flexible and negotiated on a per case basis

Band Manager: Donna Lepitzki

Facebook site: <https://www.facebook.com/profile.php?id=100061079241177&mibextid=LQQJ4d>

With over 10,000 followers

Website: saltwaterjoy.com

Saskatoon Community Bands Listing

Address: 8B-379 3110 8th St E Saskatoon SK S7J 0W2

Email: stooncommunitybands@gmail.com

Website: www.saskatooncommunitybands.org

Program Times: Monday Evenings, September through May. Registration is held in September

Details:

- An opportunity for adults of any age to come together for the enjoyment of making music in a concert band setting. Participants must supply their own woodwind or brass instrument. Local music dealers have instruments available for rental or purchase. There are six levels of experience from beginner to advanced

Fees: An annual membership fee is required. Please contact for more details.

Saskatoon Brass Band

Phone: 306-341-2718 (Brian, President)

Email: saskatoonbrassband@gmail.com

Website: www.saskatoonbrassband.org

Program Times: Please call for program dates and times

Details:

- Weekly rehearsals
- Play in seniors' homes, parks, churches, and civic events
- Host festivals, such as Prairie Music Residency
- New members are welcome and we're always looking for administrative volunteers

Fees: Playing Membership \$125/year. Brass instrument rental \$25/year plus \$50 deposit

Saskatoon Concert Band

Address: 238 Ave V N Saskatoon SK S7L 3E6

Phone: 306-242-3916

Email: saskatoonconcertband@gmail.com

Website: www.saskatoonconcertband.ca

Details: Please go to the website

Fees: \$200 per year

Saskatoon International Folkdance Club

Address: Mayfair United Church 902 33rd St W, Saskatoon, SK S7L 0W6

Phone: 306-220-0087

Email: damcqueen@shaw.ca

Website: <http://saskatoonfolkdance.ca>

Hours of Operation: Thursdays 7pm weekly

Details:

- Learn dances from Israel, Bulgaria, Romania, Greece and many other countries!
- Reasonable drop-in fees. The first evening is free!
- Activities are held indoors from Sept-May and outdoors from June-Aug; please call before first-time attendance (summer number: 306-382-3426)

Fees: \$5.00 drop-in, summer months are free dancing in Glacier Park for 2025, call to inquire about membership

Saskatoon Symphony Orchestra

Address: 602B 51st St Saskatoon SK S7K 7K3

Phone: 306-665-6414

Email: subscriptions@saskatoonsymphony.org

Website: www.saskatoonsymphony.org

Hours of Operation: Tue-Fri 10am-4pm (hours may vary)

Details:

- To purchase tickets for the Saskatoon Symphony Orchestra concerts, contact 306-665-6414

Sweet Adelines-Magic City Chapter

Membership Inquiries: membership@magiccitychorus.com or Louise 306-371-0654

Magic City Chorus is a place to grow – as a singer, as a person, as a leader, and as a friend. Find your voice, find yourself, and find a lifelong community. Singers of all ages are welcome.

Performance Bookings: bookings@magiccitychorus.com or Margaret @306-291-6032.

Magic City would like to sing at your event. Fees vary depending on the length of performance.

Website: www.magiccitychorus.com

Facebook: www.facebook.com/magiccitychorus

Details:

- Rehearsals - Tuesdays @ 6:30-9:30pm
- Women's A Cappella (Barbershop) Chorus
- Auditions required

■■■ RECYCLING AND SECOND HAND RETAIL ■■■

Community Living

Address: 3031 Louise St Saskatoon SK S7J 3L1

Phone: 1-877-477-2171 **Fax:** 306-664-9292

Email: info@theyellowbin.com

Website: www.theyellowbin.com

Hours of Operation: Mon-Fri 10am-4pm

Details

- We accept clothing and household items in good condition (small items, no furniture), call to arrange for pick-up
- Drop-off depot: 108 103rd Street
- Home pick-ups: phone or email to schedule

CWL Clothing Depot

Address: 619-20th St W Saskatoon SK S7M 0X8

Phone: 306-242-5042

Website: <http://www.cwlsk.ca/pages/clothingdepot.html>

Hours of Operation:

- Donations may be dropped off Mon-Fri from 10am to 3pm
- The Depot is open Tue-Fri 12:30pm to 3pm and Sat 9:00am to 12:30am

Details

- The CWL Clothing Depot is located in the heart of Saskatoon's core neighborhood, accepting quality used clothing, jewelry, footwear, small household items and linens and sold at affordable prices to those in need.
- Volunteers and donations needed
- CWL Clothing Depot is a non-profit organization; proceeds from sales are directed to local and provincial charities and organizations.

Diabetes Canada – Household Items & Clothing Pick-Up

Toll Free: 1-800-505-5525

Website: <https://declutter.diabetes.ca/pickup>

Details:

- We pick-up gently used clothing, small household items (dishes, cutlery, knickknacks, etc.)
Please call to arrange pick-up or visit our website to schedule a date and time
- We don't take any type of furniture

Habitat for Humanity Restore

Address: 122 Ave D S Saskatoon SK S7M 1P7

Phone: 306-343-7763 **Fax:** 306-343-1068

Website: www.habitatsaskatchewan.ca/restore

Hours of Operation:

ReStore Hours: Tues-Sat 9:30am-6pm

Donation Centre Hours: Tues-Sat 10am-4pm

Details:

- We accept gently used and new home improvement products
- We build homes for low-income working families
- Donations accepted during business hours

Library of Things YXE

Address: 209 Avenue D South, Saskatoon, SK

Email: info@libraryofthingsyxe.com

Website: <https://libraryofthingsyxe.com/>

Hours of Operation: Tuesdays & Thursdays 5:30 to 7:30 pm, Saturdays 1 to 4 pm

- Volunteer-powered library filled with tools, kitchen gadgets, board games, sports equipment, camping accessories and more
- People in transition, who have less money, less storage space, or who just want less stuff in general, shouldn't have to miss out on opportunities and experiences.
- Sign up as a member to borrow items

Reroute

Phone: 639-295-4393

Email: hello@reroutesk.ca

Socials : @reroutesk (Instagram) and Reroute Saskatchewan (Facebook)

Website: www.reroutesk.ca

Hours of Operation: Monday-Friday 9 am-5 pm

Details:

Hassle-free, convenient pickup service in Saskatoon for:

- Recyclables: blue bin recyclables and hundreds of items that aren't accepted in the blue bin
- Household hazardous waste
- Yard waste
 - Sarcan refundable beverage containers (keep your refund or donate it to a community organization)

- Donations (taken to organizations supporting people in need)

Fees: Starts at \$20

Great for seniors that are downsizing, cleaning out a house, without a vehicle or the physical ability. We take your things where they need to go and save you time.

Salvation Army Thrift Store

Address: 410 42nd A St E Saskatoon SK S7K 0V3

Phone: 306-956-4685

Hours of Operation: Mon-Fri 10am-8pm; Sat 10am-6pm

Details:

- Clothing, household items, and furniture at affordable prices

SARCAN Recycling

Locations:	3803 Kochar Avenue	Phone:	306-975-0650
	2900 Jasper Avenue S		306-975-7188
	#7 – 2305 22nd St W		306-384-5699
	350B - 103rd St E		306-373-3386
			306-933-0616

Website: <https://sarcana.ca/>

Hours of Operation: Mon-Sat 9am-5pm

Details:

- SARCAN Recycling provides environmental protection, employment creation and economic development through a province-wide network for recycling beverage containers, paint and electronics. For more information on the products we recycle, please visit www.sarcana.ca or call us at 306-933-0616.

Saskatchewan Waste Reduction Council (SWRC)

Address: #208 220-20th St W Saskatoon SK S7M 0W9

Phone: 306-931-3242 **Fax:** 306-955-5852

Email: info@swrc.ca

Website: www.swrc.ca

Hours of Operation: Mon-Fri 10am-4pm

Details:

- A non-profit organization working toward a waste-free Saskatchewan; provide information in the community about recycling, composting and other waste minimization topics
- SWRC maintains an online search tool on how to recycle a wide variety of materials. Call their office at 306-931-3242 with your recycling questions or visit their website at: www.swrc.ca to view the online search tool

Value Village Stores

Store #1: Address: 2115 Faithfull Ave Saskatoon SK S7K 1T8

Phone: 306-668-6161

Store #2: Address: 302 Cope Ln Saskatoon SK S7T 0G3

Phone: 306-955-8702

Website: www.valuevillage.ca

Hours of Operation: Mon-Sat 9am-9pm, Sun 10am-7pm

Details:

- Quality used, household items, jewelry, clothing, shoes, books, and miscellaneous items at excellent prices
- Donations in good condition accepted on premises or through pick-up by Community Living and Diabetes Canada
- Seniors Day every Tuesday 30% off for 60 and over

Village Green - MCC Thrift

Address: 60 33rd St E Saskatoon SK S7K 1V3

Phone: 306-665-0102

Email: villagegreenmcc@thrift.mccsk.ca

Website: www.mcc.org

Hours of Operation: Mon-Sat 10am-5pm; Thurs 10am-7pm; donation hours 10am-5pm. Closed on statutory holidays

Details:

- Volunteers and donations accepted (donations hours 10am-5pm)
- Items in stores sold at reasonable prices
- Proceeds help those in need locally and internationally
- Free furniture pickup service call: 306-665-0102

YXE Opportunity Shop

Address: 1-511 1st Ave N Saskatoon SK S7K 1X5

Phone: 306-242-8002

Facebook: <https://www.facebook.com/OppShopYXE/>

Hours of Operation: Tues-Sat 10am-4:30pm; Closed Monday and Sunday

Details:

- Quality used clothing, small household items and linens sold at affordable prices
- Volunteers and donations needed

■■■REHABILITATION SERVICES■■■

Coronary Artery Rehabilitation Group (CARG)

Address: Saskatoon Field House, 2020 College Drive, Saskatoon S7N 2W4

Email: info@carg.ca

Website: www.carg.ca

Details:

- Provision of medically approved cardiac rehabilitation program including supervised physical exercise activities, counselling on use of exercise equipment, diet and social activities for participants take place at the Saskatoon Field House and Saskatoon Shaw Centre
- The program is closely coordinated with the Saskatchewan Health Authority and the City of Saskatoon Recreation Dept

Lifemark Health Group

Address: 304-3907 8th St E Saskatoon SK S7H 5M7

Phone: 1-866-266-1780

Email: 8thstreet@lifemark.ca

Website: www.lifemark.ca

Hours of Operation: Monday-Thursday 7:30am-8:00pm; Friday 7:30am-7:00pm

Details:

- Services offered include Physiotherapy, Massage Therapy, Chiropractic Care, Occupational Therapy, Kinesiology, Vestibular Rehabilitation, Pelvic Health, Bracing, Acupuncture, and Dry Needling, Temporomandibular Joint (TMJ) disorder

Fees: Please contact this clinic for cost of services and further information.

LiveWell Cardiac Exercise Program

Address 1: Saskatoon Field House 2020 College Dr Saskatoon SK S7N 2W4

Address 2: Shaw Centre 122 Bowlt Cr Saskatoon SK S7M 0L1

Phone: 306-655-4595 (Field House) or 306-655-4051 (Shaw Centre)

Email: live-well@saskhealthauthority.ca

Website: www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/chronic-disease-management/livewell-saskatchewan

Hours of Operation:

Field House:

- Mon, Wed, Fri 8am-11:30am, 12:15pm-2:30pm
- Tues and Thurs 8am-11:30am
- Mon-Thurs 4:30-7:30pm

Shaw Centre:

- Mon, Wed, Fri 8am-12:30pm, 1:30pm-3:30pm

Details:

- Trained medical and rehabilitation professionals provide education, exercise and support for individuals/families following a heart attack/bypass operation/angioplasty/stent

Fees: First month: \$30.00 for patient (subsequent months to be decided on) - \$20.00 for support person

McKerracher Center

Address: 2302 Arlington Ave Saskatoon SK S7J 3L3

Contact: Access through Centralized Intake Assessors

Phone: 306-655-4590

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

Details:

- **Rehab Program:** Offers a variety of education skill building, social and recreational groups for persons affected by mental illness and addiction issues.
- **Residential Services Program:** Residential Services facilitates the Mental Health Approved Homes program in the Saskatoon Health Region. The residents are adult persons who face serious challenges as a result of mental illness. The approved home provides a supportive environment based on mutual respect.
- **Adult Family Program:** Provides educational groups and individual support for families affected by mental health and addiction issues.

Rehabilitation Services, Saskatoon Health Authority

Address: Saskatoon City Hospital (7th Floor) 701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-8175 **Fax:** 306-986-7222

Website: http://www.saskatoonhealthregion.ca/locations_services/Services/Rehabilitation

Hours of Operation: Mon-Fri: 8am-4:30pm (closed over noon hour)

Details:

- Physical, occupational, recreation and Speech/language therapy
- Social worker, psychologist Inpatient/outpatient service

Saskatchewan Association for the Rehabilitation of the Brain Injured, SARBI

Address: 5-501 45th St W Saskatoon SK S7L 5Z9

Phone: 306-373-3050 **Fax:** 306-373-3925

Email: saskatoon@sarbi.ca

Website: www.sarbi.ca

Hours of Operation: Mon-Thurs 9am-3pm

Details:

- Rehabilitation program, individually designed for moderate to serve acquired Brain Injuries for adults and families
- Each client requires a physician's referral to the program

Saskatoon Pulmonary Rehab Program- Saskatoon Field House

Address: Saskatoon Field House 2020 College Dr Saskatoon SK S7N 2W4

Brent Friesen, Exercise Therapist & Certified Respiratory Educator

Phone: 306-655-2480 **Email:** brent.friesen@saskhealthauthority.ca

Hours of Operation: Mon, Tues, Wed, Thurs, Fri 8am-11:30am; 12:30pm-3:45pm; Mon-Thurs 4:30pm-7:30pm

Details:

- A multidisciplinary treatment method designed to help chronic lung patients
- Involves all aspects of patient care from exercise, medication, education

Fees: \$30/month for participants; \$20/month for support

Saskatoon Pulmonary Rehab Program- Shaw Centre

Address: Shaw Centre 122 Bowlt Cres Saskatoon SK S7M 0L1

Tristan Etcheverry, Exercise Therapist & Certified Respiratory Educator

Phone: 306-655-4051 **Email:** tristan.etccheverry@saskhealthauthority.ca

Hours of Operation: Mon, Wed, Fri 8am-12pm; 1:30pm-3:30pm and Tues/Thurs 8-11am from the beginning of Sept until the end of June

Venture Rehabilitation Sciences Group

Rehabilitation and Physiotherapy Clinics

Address: 109-294 Venture Cr Saskatoon SK S7K 6M1

Clinic Locations: Saskatoon - **4 locations:**

1. 90-220 Betts Ave
2. 414-750 Spadina Cr
3. 109-294 Venture Cr
4. 2811 Estey Dr

Provincial Clinics: 10 locations

1. Rosthern- located in the Sask Valley Health Centre

2. Biggar -113 3 Ave W Biggar SK
3. Kindersley 205 Main St SK
4. Kyle 119-409 Centre St Kyle SK
5. Lanigan 104 Main St Lanigan, SK
6. North Battleford : 982 102 St North Battleford, SK
7. Rosetown :305 Highway 4 N Rosetown, SK
8. Unity: 210 Main St Unity, SK
9. Watrous: 403 Main St Watrous, SK
10. Wynyard: 218 Bosworth St Wynyard, SK

Phone: 306-665-1962 **Fax:** 306-975-0109 **Toll Free:** 1-866-340-0109

Email: info@venturerehab.ca

Website: www.venturerehab.ca Book online at www.venturerehab.ca

Book by phone : 306-665-1962 Book by text : 833-747-0858

Hours of Operation (Venture Cr): Mon-Fri 9am-5pm (other locations clinic hours may vary please contact us at 306-665-1962)

Details:

- Multidisciplinary facility with services in Physical Therapy, Occupational Therapy, Exercise Therapy, medical bridging & specialist consultation
- Orthopedic conditions: muscle & joint pain, post-surgery including joint replacements , arthritis, osteoporosis, treatment of spinal injuries,
- Temporal Mandibular Joint (jaw)
- Neurological Rehabilitation: Strokes, Brain Injuries, Concussions, Parkinson's and other
- (Vestibular Rehabilitation) Physical Therapy assessment and treatment of dizziness and balance
- Pelvic Health: male and female for treatment of pelvic pain and incontinence
- Acupuncture, IMS dry needling,
- Exercise programming
- Cancer care including post mastectomy programs
- Fall and Fracture Prevention Program, treatment of balance and dizziness
- Pain Reprocessing Therapy
- Occupational Therapy, home visits

Fees: Please contact the clinic for cost of services and further information-Senior discount (70+) offered

■■■ RESOURCE CENTRES ■■■

Caregiver Information and Support, Saskatoon Council on Aging (SCOA)

Address: 2020 College Dr Saskatoon SK S7N 2W4

Phone: 306-652-4411 **Toll Free:** 1-888-652-4411

Email: admin@scoa.ca

Website: www.scoa.ca

Hours of Operation: Mon-Thurs 8:30am-4:30pm (closed over noon hour) Fridays office closed - Staff work remotely, please phone 306.652.2255 to leave a message.

Details:

- Resources and information for caregivers and their families, SCOA Aging Positive Resource Centre
- Compassionate listening over the phone

- Workshops and presentations on caregiver information
- Major caregiver forum annually (Caregiver Week)

Fees: No fees, prices to be determined for special events

OUTSaskatoon

Address: 201-245 3rd Avenue South, Saskatoon SK S7K 1M4

Phone: 306-665-1224 **Fax:** 306-665-1280

Email: hello@outsaskatoon.ca

Website: www.outsaskatoon.ca

Hours of Operation: Mon-Thurs 10am-4pm and Friday 10am-1pm

- **Summer Hours:** Mon-Fri 10am-4pm
- **Phone Line:** Mon-Fri 9am-5pm

Details:

- Counselling services
- Community Advocacy
- Youth Groups
- Indigenous & Cultural Projects
- Education & Resources
- Pride Home for 2SLGBTQ+ Youth

Saskatchewan Seniors Association Ltd.

Address: Box 455, Vanscoy, SK S0L 3J0

Phone: 306.493.3023 [no texts]

Email: info@saskseniors.com **Website:** www.saskseniors.com

Details:

- Bring seniors together in one strong association that will work for the welfare of senior citizens in Saskatchewan
- Offer programs and activities that benefit seniors
- Work with other organizations with similar objectives

Saskatchewan Seniors Mechanism

Address: 112-2001 Cornwall St Regina SK S4P 3X9

Phone: 306-359-9956

Email: SSM@skseniormechanism.ca **Website:** www.skseniormechanism.ca

Hours of Operation: Mon-Fri 9:30am-4:30pm

Details:

- Research and advocacy about issues affecting older adults
- Coordination of resources and projects for older adults including Age-Friendly Saskatchewan, Social Prescribing, and Celebrating Seniors Provincial Volunteer Awards
- Publishes quarterly magazine "Gray Matters"

Saskatoon Council on Aging (SCOA)

Address: 2020 College Dr, Saskatoon SK S7N 2W4

Phone: 306-652-2255

Email: admin@scoa.ca

Website: www.scoa.ca

Hours of Operation: Mon-Thurs 8:30-4:30pm (closed over noon hour) Friday office is closed - Staff work remotely, please phone 306-652-2255 to leave a message.

Details:

- Non-profit organization and a community leader in the promotion of dignity, health and independence of older adults through programs, services, Seniors Neighbourhood Hub Clubs, and policy advocacy.
- Positive Aging Resource Centre (information and referrals), Lifelong Learning Opportunities, Spotlight on Seniors (booths/entertainment), Publications, Speakers Bureau, Volunteer Opportunities, Age-friendly Saskatoon Initiative, Century Club, Caregiver Information & Support, and the SCOA Globe Walk
- Technology Training

Fees: \$25.00/yr for One full member, \$35.00/yr Two full members, \$25.00 Non-Profit membership, \$250/yr Corporate membership

Saskatoon Indian and Métis Friendship Centre

Address: 168 Wall St Saskatoon SK S7K 1N4

Phone: 306-244-0174 **Fax:** 306-664-2536

Email: reception@simfc.ca

Website: www.simfc.ca

Hours of Operation: Office hours: Mon-Fri 8:30am-4:30pm closed from 12pm-1pm for lunch

Details:

- Recreational facilities (can be booked for functions)
- Functions: Holiday parties, Elder's Christmas and Easter dinners, National Aboriginal Day, Native Recognition Night for high school graduates, Folkfest
- Mental health support and therapies for status/treaty peoples
- Sixties Scoop Sharing Circle starting in the fall

Fees: \$2/yr membership

Saskatoon Tribal Council, Wellness Program & Treaty Office

Address: 335 Packham Ave Saskatoon SK S7N 4S1

Phone: 306-956-6100

Website: <https://sktc.sk.ca/wellness/>

Hours of Operation: Mon-Fri 9:30am-4:30pm

Details:

- The Wellness Program is supported by talented and highly qualified health staff, supported by STC Program Managers. Our services have been shaped and guided by the communities we serve.
- Wellness is supported within communities through ceremonies and the incorporation of traditional medicines, guided by community Elders and knowledge keepers.
- The treaty office offers employment opportunities, events, programs, and services.

■■■RESPITE SERVICES■■■

Refer to **Home Support section** for agencies providing these services

■ ■ ■ SOCIAL CLUBS ■ ■ ■

Century Club of Saskatchewan, Saskatoon Chapter, Saskatoon Council on Aging (SCOA)

Address: 2020 College Dr Saskatoon SK S7N 2W4 (Saskatoon Field House)

Phone: 306-652-2255

Website: www.scoa.ca

Hours of Operation: Mon-Thurs 8:30-4:30 (closed over noon hour) office closed Friday, staff work remotely

Details:

- A social group for older adults 90 years and over
- Free membership
- You will have an opportunity to attend 5-6 Century Club Events throughout the year where all costs are covered including transportation
- Free copy of the collected stories memory book – A Walk Down Century Lane
- Receive 6 “Century Club Connections” Newsletters throughout the year from the Saskatoon Council on Aging

Cosmopolitan Senior Centre

Address: 614-11th St E Saskatoon SK S7N 1G3

Phone: 306-373-8693

Email: cosmocentreseniors@gmail.com

Website: <https://www.cosmoyxe.com/>

Program Times: Beginning of September to end of May,

- Yoga and exercise classes – Monday- Friday mornings, \$5.00 per attendance
- Kaiser and Bridge - Monday to Thursday afternoon. \$3 (Kaiser) and \$2 (Bridge) per attendance.

Please visit our website for more specific details and schedule

Details:

- Qualified instructors have extensive training
- Non-members invited to check out program, encouraged to join
- Activities offer socialization and friendship. Light refreshments provided

Fees:

- Annual Membership \$10.00

Fairfield Senior Citizens Association

Address: 103 Fairmont Court Saskatoon SK S7M 5T6

Phone: 306-382-1689

Details:

- Dances every Friday from 8pm-11pm
- \$10 admission for members; \$12 admission for non-members
- Everyone is welcome

Forest Grove Community Church Seniors

Address: Forest Grove Community Church 502 Webster St Saskatoon SK S7N 3P9

Phone: 306-933-2266

Email: office@forestgrovecc.com

Program Times: Please call for program dates and times

Details: Age 55+, fellowship, entertainment, caring

Mayfair Lawn Bowling Club

Address: Bowling Greens-923 Ave D N (not a mailing address)

Phone: 306-652-3152 from May-Sept only

Email: mayfairlawnbowling@gmail.com

Website: <https://mayfairlawnbowlingclub.ca/>

Details:

- Welcomes all ages and all abilities
- Welcomes new beginners anytime! Try it twice for free!
- Learn to bowl offered throughout the year
- Club and Provincial tournaments played
- Group bookings available with instruction provided
- Accommodates ability issues—has specialized equipment to help with mobility issues

Fees: New members \$125.00 per year membership or drop-in \$10.00 per hour

Nutana Lawn Bowling Club

Address: 320 7th St E Saskatoon SK S7H 0X3

Phone: 306-241-5431

Email: nlbcsaskatoon@gmail.com

Website: www.nutanalawnbowlingclub.ca

Details: (May-September)

- Club bowling
- Tournaments and special events throughout season
- Learn to bowl classes

Fees: \$160/year

Nutana Legion #362

Address: 3021 Louise St Saskatoon SK S7J 3L1

Phone: 306-374-6303

Email: dancingwiththere@gmail.com

Website: nutanalegion.com

Program Times:

- Barbeque Thursdays 5:30 pm (all year long)
- Beginner line dancing Tues and Thurs 11am-1pm (Sept-June)
- Dance Saturdays (start 7pm)
- Jam Sessions Wednesdays 7pm (All year long)
- Happy Hour Fridays 2:00pm – 7pm (All year long)
- Meat Draw Wednesdays x2 at 8:30pm & x1 at 9pm (Sept – June)

Hours of Operation:

- Office hours: Tues, Wed, Fri 12pm-4pm
- Lounge hours: Wed 2pm-11pm; Fri and Sat 2pm-7pm or later
- Museum hours: Thurs 1pm-4pm and Sat 3pm-5pm

Fees: Membership fee \$75.00/year

The Probus Club of Saskatoon

Fellowship, Friendship and fun for retired/semi-retired seniors.

Address: Nutana Royal Canadian Legion, 3021 Louise Street, Saskatoon

Email: lin.whitworth@sasktel.net

Website: <https://www.probuscanada.ca/>

Meetings the first Wednesday of the month from Sept. to June.

Details:

- We are a non-profit, non-political, nonsectarian, and volunteer-based organization.
- We have guest speakers, organized tours, and several different activity groups to participate in. Join us for a meeting.

Saskatoon Community Clinic

Address: 455-2nd Ave N Saskatoon SK S7K 2C2

Phone: 306-652-0300 **Fax:** 306-664-4120

Website: saskatooncommunityclinic.ca/seniors/

Details:

- Services available to clinic patients and/or members
- Community Clinic Volunteer Program with the elderly
- Volunteers support for isolated and disabled elderly community clinic patients and members who wish to remain independent through visitation, monitoring well-being and assisting with group programs

Saskatoon Heritage Society

Address: Box 7051 Saskatoon SK S7K 4J1

Website: www.saskatoonheritage.ca

Email: saskatoonheritagesociety@gmail.com

Details:

- Works to preserve Saskatoon's historic places and architectural treasures and encourage an appreciation of Saskatoon's history
- See website for programs and events
- Board meetings the third Wednesday of each month – call 306-652-9801 for more information

Fees: \$10.00 for seniors, \$15.00 for individuals, \$20.00 for family, \$30.00 for corporate

St. George's Senior Citizens Club

Address: 1235-20th St W Saskatoon SK S7M 5B6

Phone: 306-384-4644

Contact for Hall Rentals: 306-716-0204 (Ed)

Details:

- Music Jam Sessions (first and third Thursday of the month at 1pm)
- Socializing, bingo, cards, pool tables
- Two lanes, five pin bowling (runs weekly from September-end of April)
- Line dancing Wednesday afternoons at 1pm from September-end of April
- Will cater lunches for funerals and visit nursing homes
- Parking lot attached to the facility
- Hall is accessible and has a projector and screens

Fees: \$10.00/year; Bowling: \$96.00 per 33 sessions, Line Dancing \$90.00

St. Peter and Paul Senior Citizen Club

Address: 1202 11th St E Saskatoon SK S7H 0G3

Phone: 306-934-8058

Email: sspp@sasktel.net

Program Times: Programs start in September, call for dates and details

■ ■ ■ **SUICIDE** ■ ■ ■

Mobile Crisis Service

Phone: 306-933-6200 **Fax:** 306-664-1974

Email: info@saskatooncrisis.ca

Website: www.saskatooncrisis.ca

Hours of Operation: 24 hours daily

Details:

- 24-hour mobile crisis service
- Crisis counseling and intervention, conflict management and referral dealing with suicide intervention, child abuse and neglect, marriage and family problems, drug and alcohol abuse, relapse of a mental illness, problem gambling and older adults/seniors in distress

Suicide Grief Support Saskatoon

Phone: 306-249-5666

Email: suicidegriefsupport@gmail.com

Facebook: @suicidegriefsaskatoon

Hours of Operation: 24-hour Phone Service

Details:

- Left Behind by Suicide; Meets the 1st Tuesday of each month at the WA Edwards Family Centre, 7:30pm-9:00pm, facilitated by survivors
- A survivor's group for those who have lost someone close through suicide
- Sharing of coping skills
- Personal outreach, 10–12 week support groups facilitated by survivors, one-on-one visits, support groups

■ ■ ■ **TRAVEL / TRANSPORTATION** ■ ■ ■

Access Transit

Address: 226 23rd St E SK S7K 0W9

Phone: 306-975-3555 **Fax:** 306-975-3572

Email: accesstransit@saskatoon.ca

Walk in Centre: Mon- Fri 8am-5:30pm, Sat 9am-12, 11pm-5pm, closed on Sun and statutory holidays

Customer Service Centre Info Line: Mon-Fri 7am-7pm, Sat 9am-12pm, 1pm-5pm, Sun & statutory holidays 9am-1pm, 2pm-6pm

Website: www.transit.saskatoon.ca

Booking Hours: Trips can be booked up to 3 days in advance. For 3-day advance bookings, our phone lines open at 9am-7 days a week. If less than 3 days in advance or same day booking requests, our phone lines open Mon-Sat from 6:30am-10pm, on Sundays from 8:30am-10pm

Details: *(New users must register for the service)*

- For people who are unable to use the regular transit system with safety and dignity due to mobility or cognitive impairment.
- First accessible door means that we will come to the door to get the person and escort them to the door of their destination. All customers must be waiting at the door for the bus and watching it.

Fees: *(Monthly and annual passes available)*

Regular transit service fares apply.

CAA Saskatchewan

Address: Administration Offices 200 Albert St N Regina SK S4R 5E2

Phone: 1-800-564-6222

Email: notify@caask.ca

Website: caask.ca

Details:

- CAA Saskatchewan serves approximately 184,000 Members, from across the province who trust CAA for their everyday lifestyle needs including travel, insurance, automotive, roadside assistance, and safety.
- There are many savings, advantages, and valuable discounts available, just by having a CAA membership. The professional and friendly staff working at the 11 CAA Stores in 9 Saskatchewan communities, plus the CAA Car Care Centre at Regina Battery Depot, are available to help.

Fees: CAA (Canadian Automobile Association) Saskatchewan is member based, with varying membership styles and costs available.

Canadian Snowbird Association (C.S.A.)

Address: 180 Lesmill Rd Toronto ON M3B 2T5

Phone: 1-416-391-9000 **Toll Free:** 1-800-265-3200 **Fax:** 1-416-441-7007

Email: csastaff@snowbirds.org

Website: www.snowbirds.org

Hours of Operation: Mon-Fri 9am-5pm EST

Details:

- Travel information, auto club, news magazine
- Prescription drug and policies for seniors who are traveling
- Travel insurance, currency exchange program

Fees: \$25.00 annual membership per household

Driver Evaluation Program (DEP)-

Address: Saskatoon City Hospital, 8th Floor 701 Queen St Saskatoon SK S7K 0M7

Phone: 306-655-8612 **Fax:** 306-655-8951

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

Details:

- Provides a standardized objective assessment to determine a person's ability to safely operate a motor vehicle

- May benefit any person with cognitive, perceptual, physical, or medical limitations that impact their functional ability to drive
- Referrals are accepted from various sources: Health care professionals, family members, third parties such as SGI or WCB

Fees: \$250.00 unless otherwise funded

55 Alive Mature Driving Refresher Course

Saskatoon and District Safety Council

Address: P.O. Box 8562 Saskatoon, SK S7K 6K6

Phone: 306-955-4003 **Toll Free:** 1-877-955-4003

Book Courses: 306-260-6557

Email: SDSC@gmail.com

Website: <https://saskatoonsafety.ca/courses/55alive/>

My Personal Driver

Phone: 306-382-3737

Email: mypersonaldriver@shaw.ca

Hours of Operation:

- Services Offered Mon-Fri 7am-5:30pm. Please call if you require service outside of these times
- Office Hours: Mon-Fri 8am-4:30pm. Please be aware, office is not regularly staffed, please leave a detailed message for a return call

Details:

- We are a small home-based business, specialized in “Standing Bookings” such as recurring weekly or monthly appointments
- We serve independent older adults (55+ years of age) and/or passengers that require special transportation services
- Please contact us a minimum of four (4) to eight (8) hours prior to your desired service time; if possible, prefer to be contacted at least 24 hours in advance
- There is no meter – just an hourly fee, charged in 15-minute increments (a minimum 15-minute booking is required)
- Monthly billing to your credit card is available. Prepaid punch cards are also available, with slightly lower per-trip rates
- Can transport a folded wheelchair if client can transfer

Radio Cab

Address: 2124 22 St W, Saskatoon, SK S7M 0V3

Phone: 306 242-2626

Email: info@saskatoonradiocabs.ca

Website: <https://saskatoonradiocabs.ca/>

Hours of Operation: 24-hour service

Details:

- Drivers fully licensed, insured, background checks
- Airport taxi service
- Wheelchair access

Fees: Regular metered taxi fees

Riide

Address: 225 Avenue B N Saskatoon SK S7L 1E1

Phone: 306-652-2222 (call center/dispatch) 

Hours of Operation: 24-hour service

Details:

- Wheelchair accessible vans (5 passenger) new MV-1 and Ford Connects provide a smooth ride
- Arm service provided
- Sedans and larger vans also available
- Booking app

Fees: Regular metered taxi fees

SaskAbilities – Accessible Parking Program

Address: 2310 Louise Ave Saskatoon SK S7J 2C7

Phone: 306-385-7213 **Fax:** 306-373-2665

Email: parkingprogram@abilitiescouncil.sk.ca

Website: www.saskabilities.ca

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

Details:

- Eligible applicants (based on medical documentation of mobility impairment) can receive a permit to park in designated areas
- Wheelchair signs for businesses that need them are available for purchase

Fees: \$10.00 charge for each permit

Saskatoon Transit System Services

Address: 226-23rd St E Saskatoon SK S7K 0J4

Phone: 306-975-3100

Email: transit.services@saskatoon.ca

Website: www.transit.saskatoon.ca

Hours of Operation: Please see details below

Details:

- Regular bus services; low floor accessible service
- Phone & Go: 306-975-7500
- Customer Service: 306-975-3100
- Walk-In Service Centre: Mon-Fri 7am-5:30pm, Sat-Sun 10am-5:30pm, closed statutory holidays
- Customer Service Centre Info-line: Mon-Fri 7am-7pm, Sat 9am-5pm, Sun and statutory holidays 9am-1pm & 2pm-6pm

Fees:

- Adults - \$3.00, Seniors - \$3.00, Students (Gr.9-12) - \$2.75, Children (Kindergarten-Gr.8) - \$2.25, Children under 5 free, exact fare required
- Senior bus passes - \$313.30/ year (July-June), \$168/ six months (July-Dec or Jan-June), \$87.00/ three months, \$29/ month (\$5.00 charge for new card)
- Fares subject to change

SGI - Saskatchewan Government Insurance

Address: 623 2nd Ave N Saskatoon SK S7K 2C7

Toll Free: 1-844-855-2744

Website: www.sgi.sk.ca

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

Exams:

- Road tests: Mon-Sat 8am-5pm
- Written Tests: Mon-Sat 8am-4pm

Details: Vehicle insurance, driver abstracts, driving examinations, permits, vehicle registrations, driver's license

Via Rail Canada Inc.

Address: P.O. Box. 8116 Station "A" Montreal QC H3C 3N3

Toll Free: 1-888-842-7245 or TTY 1-800-268-9503 (hearing impaired)

Website: www.viarail.ca

Hours of Operation: Mon-Sun 8am-9pm Eastern Time.

Wheels of Hope Transportation Services – Canadian Cancer Society

Address: Canadian Cancer Society, 55 St Clair Avenue West, Suite 300, Toronto, ON, M4V 2Y7

Toll Free: 1-888-939-3333

Email: transportation@cancer.ca

Website: www.cancer.ca

Hours of Operation: (office hours) Mon-Fri 9:00am-5:00pm ET

Details:

- Volunteer drivers provide transportation to cancer treatment appointments for patients in need.
- Passengers must be able to enter and exit a vehicle independently, and those who require assistance in the vehicle and at their appointments must bring a travel escort (18 years of age or older) with them on each ride.
- Patients who wish to access the service must be referred to the program by a member of their treatment team at their hospital treatment location.

■■■ VISION ■■■

CNIB- Vision Loss Rehabilitation

Address: 1149 8 St E Saskatoon SK S7H 0S3

Phone: 306-374-4545 **Toll Free:** 1-844-887-8572 **Fax:** 306-955-6224

Website: <https://sk.visionlossrehab.ca/en>

Hours of Operation: Mon-Thurs 8:30am-4:30pm (Office is closed on Fridays but calls are still accepted)

Details:

- Individual and family counseling relating to vision loss
- Rehabilitation teaching helps an individual adjust and maintain independence
- Orientation and Mobility Training: working on a 1 on 1 basis to help an individual develop independent travel skills and white cane techniques

- Sight Enhancement: assists partially sighted people in using their remaining vision more effectively
- Assistive Technology: professional consultations and demonstration of a variety of high and low-tech devices
- Career development and employment, lending library services, sales room with different aids for the visually impaired
- Independent Living Skills

FYI Doctors

Website: www.fyidoctors.com

Address 1: 30-2325 Preston Ave Saskatoon SK S7J 2G2

Phone: 306-477-7776 **Fax:** 306-477-7782

Hours of Operation: Mon-Fri 9am-5pm closed holidays

Address 2: 308-3907 8th St E Saskatoon SK S7H 5M7

Phone: 306-931-3937

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

Address 3: 242 21st St E Saskatoon SK S7K 0B9

Phone: 306-244-7959

Hours of Operation: 8am-5pm closed 12pm-1pm Mon-Fri

Address 4: 407 1st Ave N Saskatoon SK S7K 1X5

Phone: 306-652-4374

Hours of Operation: 8am-5pm Mon-Fri, Sat 8:30am-4:30pm

Address 5: 3301 22nd St W Saskatoon SK S7M 0W1

Phone: 306-683-4374

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

■■■ WALK IN CLINICS/MINOR EMERGENCY ■■■

Bridge City Mediclinic

Address: #101-3333 8th St E Saskatoon SK S7H 4K1

Phone: 306-700-5252 **Fax:** 306-700-3721

Website: <https://bridgcitymediclinic.com/>

Hours of Operation: Mon-Fri 8am-8pm, Sat 9am-6pm, Sun 9am-4pm, Closed statutory holidays

Lakeside Medical Clinic

Address: 215 Joseph Okemasis Dr Saskatoon SK S7N 3A8

Phone: 306-374-6884 **Fax:** 306-374-2552

Website: www.lakeside.ca

Hours of Operation: Mon-Fri 8am-10pm, Sat-Sun, holidays 9am-9pm

Switchboard hours: Mon-Fri 8am-5pm

Details:

- Along with regular patient visits and scheduled appointments, the physicians at LMC provide walk-in services to patients requiring more urgent care and to patients who are unable to access their own physicians in a timely manner

Laurier Drive Medical Clinic

Address: 3110 Laurier Dr. Saskatoon SK S7L 5J7

Phone: 306-978-2200

Hours of Operation: Mon-Sun 8am-8pm and closed on statutory holidays

Lenore Medical Clinic-Lawson Heights

Address: 4-123 Lenore Dr. Saskatoon SK S7K 7H9

Phone: 306-242-6700

Hours of Operation: Mon-Fri 9am-8pm, Sat-Sun 9am-4pm

■ ■ ■ YARD WORK ■ ■ ■ ■ ■

Arborscapes Tree and Landscape Service Ltd

Address: 8-3111 Millar Ave Saskatoon SK S7K 6N3

Phone: 306-222-6494

Email: info.arborscapes@gmail.com

Website: <https://www.arborscapesltd.com/>

Details:

- Landscape maintenance
- Tree services: assessments, pruning, removals & spraying
- Landscape design
- Snow removal, both residential and commercial

Crocus Co-op

Address: 135 Avenue B S Saskatoon SK S7M 1M2

Phone (Director of Operations and Programs): 306-477-2969

Phone (Executive Director): 306-477-2961

Fax: 306-477-2962

Website: www.crocuscooperative.org

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

Details:

- Yard waste removal, dump hauls, snow removal, fall & spring clean-up, rototilling, lawn aeration & vacuuming, power raking, window washing and tactile work

EGADZ

Address: 485-1st Ave N Saskatoon SK S7K 1X5

Phone: 306-931-6644

Website: <https://www.egadz.ca/>

Details: EGADZ provides youth-directed programs and services to children and their families that improve their quality of life and meet their needs

Services for Seniors-Saskatoon

Address: 103 115-19th St E Saskatoon SK S7K 7Y8

Phone: 306-668-2762 or 306-668-2763

Email: saskatoonservices4seniors@sasktel.net

Website: www.saskatoonservicesforseniors.ca

Hours of Operation: Mon-Fri 9am-5pm

Details:

- Home Helper: housekeeping, organization, laundry
- **Yard Work: grass cutting, raking, gardening, snow shoveling**
- Home Maintenance for minor home repairs and light handyman jobs
- Volunteer Tax Preparation: over the phone or drop off
- Grocery shopping and delivery

Fees: Service fees ranging from \$20/hr. to \$35/hr. depending on the services required. Membership: \$10.00/yr. (expires April 30th each year)

WEBSITES

<http://www.scoa.ca>

Saskatoon Council on Aging (SCOA)

<http://www.carp.ca>

Canadian Association of Retired Persons

<http://www.todaysseniors.com>

Information to help simplify your life and maximize retirement

<http://www.alcoa.ca>

Active Living Coalition for Older Adults

<http://www.caqacq.ca>

Canadian Association on Gerontology

<http://www.hc-sc.gc.ca>

Health Canada Information Resource

<http://www.pensionersconcerned.ca>

Canadian Pensioners Concerned

<http://www.caregiving.com>

Resources and links related to caregiving

<http://www.cra-arc.gc.ca/seniors>

Canada Revenue Agency: topics for seniors 55+

<http://www.ccsa.ca>

Canadian Centre on Substance Abuse

<http://www.cihi.ca>

Canadian Institute for Health Information

<http://www.unionretiree.ca>

Congress of Union Retirees of Canada

<http://www.road scholar.org>

Non-profit travel organization for older adults

<http://www.eldernet.com>

A seniors' guide to health, housing, legal, financial, retirement, lifestyles, news and entertainment information on the internet

<http://www.extendedcare.com/>

Information resource for seniors on-line services and information

<http://www.fifty-five-plus.com>

Fifty-Five Plus Magazine

www.rcmp-grc.gc.ca/scams-fraudes

Fraud Information RCMP Site

<http://www.fsna.com>

National Association of Federal Retirees

<http://www.gov.sk.ca>

Government of Saskatchewan on-line services and information

<http://www.grandtimes.com>

Grand Times, a unique weekly internet magazine for seniors

www.homefamily.net

Living Simply Site

<http://www.legion.ca>

Royal Canadian Legion

<http://www.nia.nih.gov>

National Institute on Aging

<http://www.safety-council.org>

Canada Safety Council

<http://www.saskatoonhealthregion.ca>

Saskatoon Health Region

<http://www.senior.com>

Online community for seniors

<http://www.seniorscentre.ca>

An interactive website for seniors

<http://www.seniors.gc.ca>

Government of Canada

<http://www.seniornet.org>

Free internet/computer tutorials

<http://www.rcmp-grc.gc.ca/is-si/>

Internet Safety/Protection

<http://www.theseniortimes.com>

Online senior newspaper

<http://www.vac-acc.gc.ca>

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