



CHESTERMERE

OLDER ADULTS'

RESOURCE HANDBOOK 2023

Chestermere Older Adults' Resource Handbook

IN CASE OF EMERGENCY, CALL 911

Ambulance • Fire • Police

EMERGENCY SERVICES

Chestermere Emergency Management Agency 403-207-7050
CHEMA coordinates disaster assistance and relief efforts in the event of a city-wide emergency.

Chestermere Utilities Emergency Numbers

- Gas - ATCO 24/7 **1-800-511-3447**
If you smell natural gas or have no heat in your home.
- Electricity - FortisAlberta 24/7 **403-310-9473**
Check the outage map on the website first. fortisalberta.com/
- Water/sewer - EPCOR Trouble line **1-888-775-6677**

Fire Emergencies - Hearing Impaired 403-233-2210

Poison Centre (Alberta Health Services) 1-800-332-1414

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Call, text or chat **211** for community, social, health & government services. A 211 Community Resource Specialist who is trained to assess your needs will refer you to the most appropriate service or services. 211 is available across Alberta, in over 170 languages.

Distress Centre (Calgary) phone or text **403-266-4357**
✉ help@distresscentre.com **24/7 crisis line 211**
distresscentre.com/need-help/

Mental Health Help Line (AHS) 24/7 1-877-303-2642

Talk Suicide (previously Centre for Suicide Prevention)
(Calgary) 24/7 help line: **1-833-456-4566**
or text **45645** (2-10 pm)

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CITY OF CHESTERMERE - HANDY NUMBERS

City Hall 403-207-7050

105 Marina Road chestermere.ca/

For concerns on enforcement, roads or parks, see website, Resident Services.

For communications or website issues, email comms@chestermere.ca.

Ambulance & Fire Call 911 in an emergency

- Ambulance 403-261-4000
 - Hearing impaired 911
- Fire 403-272-9878
 - Hearing impaired 403-233-2210

Chestermere RCMP

- Non emergency 403-204-8777
- Complaint line..... 403-204-8900
- Strathmore Regional Victim Services..... 403-934-6552

Chestermere Bottle Depot 403-248-1117

101, 260 Marina Drive, Chestermere

Chestermere Eco Centre Recycle Depot 403-207-2807

281107 Township Road 243 ✉ curbside@chestermere.ca
chestermere.ca/982/Eco-Centre

The City offers recycling drop-off at the Eco Centre. Miscellaneous, electronics, paper, cardboard, glass. This service is free for residents. Fees apply for non-residents.

Utilities 403-207-7070

✉ utilities@chestermere.ca chestermere.ca/977/Utilities

- Gas - ATCO 24/7 1-800-511-3447
- If you smell natural gas or have no heat in your home.

- Electricity - FortisAlberta 24/7 **403-310-9473**
Check the website's [outage map](https://www.fortisalberta.com/outage-map) first.... [fortisalberta.com/](https://www.fortisalberta.com/)
- Water/sewer - EPCOR Trouble line **1-888-775-6677**

Social Services

Chestermere Addictions & Mental Health 403-365-5400
288 Kinniburgh Blvd (Chestermere Community Health Ctr)
Appointments: call Access Mental Health at 403-943-1500

Chestermere Community Services 403-207-7050
chestermere.ca/265/Community-Support-Services
Provide social support and programs in Chestermere to foster an active, healthy, and connected community.

Community Social Development (CSD) 403-207-7050
✉ csinfo@chestermere.ca
The CSD team provides support to community development initiatives that encourage social connections, capacity building, grant information, resident programs like Block Parties and Community Gardens, and mental health counselling or any other identified community issue.

Community Support Services (CSS) 403-207-7079
✉ crcinfo@chestermere.ca **text option: 403-826-2611**
Free, confidential programs and services related to social support, information, and referrals to resources to enhance the wellbeing of individuals, families, and communities.

Parent & Caregiver Support (PCSS) 403-207-7050 ext 7130
✉ pcssinfo@chestermere.ca
PCSS offers free, universal parenting support and education program for local parents/caregivers with children 0-13.

ADVOCACY & SUPPORT GROUPS FOR OLDER ADULTS

Government of Alberta

310-0000 / 780-427-2711

alberta.ca

[*Seniors Programs and Services Information Guide*](#) - July 2022 ed.

The *Seniors Programs and Services Information Guide* helps seniors and their families stay informed about available assistance for our seniors, through programs such as the Alberta Seniors Benefit. This important program provides a monthly cash benefit to eligible, low-income seniors.

Information about other programs is also available, including Dental and Optical Assistance, Alberta Aids to Daily Living, Education Property Tax Assistance, and Special Needs Assistance for Seniors.

In addition to providing information about provincial programs and services, this Guide includes details on federal and community-based programs and services that support seniors. See “Finance (Financial Assistance)”, “Wellness” and “Housing” for detailed program information.

Alberta Support Contact Centre

toll-free 1-877-644-9992

TTY 1-800-232-7215

Alberta Seniors Financial Assistance Programs

Safely and easily upload digital files of your applications, supporting documents and claims at

Seniors-housing.alberta.ca/submit-documents

Advocacy Groups

Advocacy groups, support groups and government departments communicate with seniors and speak on their behalf to political, economic, and social institutions to influence decisions and recommend programs and actions that support the health and welfare of older persons

Alberta Association on Gerontology (AAG)

P.O. Box 47022 City Center Post Office, Edmonton AB T5J 4N1

albertaaging.ca/

✉ info@albertaaging.ca

AAG is a province-wide interdisciplinary organization that seeks to enhance the lives of the aging population through support of persons involved in and concerned with gerontology. AAG provides a vehicle for networking among individuals and organizations in gerontology in Alberta and to stimulate the development of opportunities that enhance the knowledge and practice of people interested in Alberta. (membership required)

Alberta Council on Aging (ACA)

toll free 1-888-423-9666

PO Box 62099, Edmonton, AB T5M 4B5

1-780-423-7781

Abuse concerns? Call 310-1818

acaging.ca/

✉ support@aging.ca

Monday–Thursday from 9 am–5 pm

ACA works to improve the quality of life for older persons through education, advocacy, and inclusion. The ACA promotes the value of older people through dispelling myths, stereotypes, and ageism, and by promoting age-friendly policies, programs and communities.

Age-Friendly Community Programs

ACA shares presentations and resources at little or no cost, partnering with others to better reach members and older adults across the province. (Information and tool kits available for all.)

- Recognizing Fraud
- Pre and Post Retirement Planning
- Recognizing Abuse
- Living Strong
- Let's Talk Dementia
- Let's Stop Ageism

Camp Chestermere Association**403-272-6030**

1041 E Lakeview Road

campchestermere.com✉ campdirector@campchestermere.com

Camp Director: Shannon Dean, cell 403-483-0603

From September-April, Camp Chestermere hosts rental groups including weddings, birthday parties, family reunions, corporate events, local sports teams, youth groups, men's and women's retreats, conferences, etc. In addition, community events for all ages are run throughout the year! Come join in the fun!

Canadian Association for Retired Persons (CARP)carp.ca/

1-888-363-2279 Toll Free

✉ calgary@carp.ca (Calgary Chapter)

CARP is a non-partisan advocacy association for older Canadians, committed to working with government to advocate for better health care, financial security, and freedom from ageism.

Membership provides discounts from CARP's trusted partners on over 100 everyday products and services.

Older Adults' Coalition of Chestermere (OACC)✉ jumpmaster2@shaw.ca✉ shannon.fetterly@lakeshoremanor.ca

OACC is a partnership of community members, older adults, organizations and businesses working collaboratively to provide a credible and collective voice for older adults in Chestermere.

OACC identifies older adults' needs and proposes coordinating solutions. Everyone is welcome - seniors, their family, caregivers - anyone interested in shaping the future of our older adults.

Seniors United Now**780-449-1816 / toll free 1-855-786-6889**seniorsunitednow.com/

Non-partisan, non-profit society offering discussion and actions on needs, concerns and challenges affecting Alberta seniors.

ARTS, CULTURE & ENTERTAINMENT

City of Chestermere

403-207-7050

City Hall - 105 Marina Road

Chestermere.ca

City-sponsored annual festivals and events include:

Easter Egg Hunt

Canada Day

Water Festival

Remembrance Day

Music Festival

Winter Lights Festival

Chestermere Fine Art Guild (Call Ellen)

403-569-0516

201 W. Chestermere Dr.

✉ chestermereartguild@gmail.com

[Facebook - Chestermere Fine Art Guild](#)

Chestermere Historical Foundation

403-200-8046

105 Marina Road

chestermerehistoricalfoundation.org

Contact: Jen Peddlesden

✉ chestermerehistory@gmail.com

Enrichment and resources on Chestermere-area history. Monthly educational programs follow regular meetings (usually at the Whitecappers Senior Centre, 201 W Chestermere Drive).

Other programs are delivered to schools. New members are always welcome to help with projects, mounting displays, or providing their own information about the area, including both lakefront cabins and farming community.

Chestermere Public Library

403-272-9025

105B Marina Road

chestermerepubliclibrary.com

Partners with: Marigold Library System, TRAC, The Alberta Library (TAL), RISE Network. Borrow books, eBooks, Nordic poles, Wi-Fi Smart Hubs, iPads, an electricity usage monitor, video games, etc. Photocopy, print, and scan services are available.

Programs and events include Artist of the Month, Novel Book Club, Gentle Yoga, Loop Around the Lake, and more.

Lakeside Quilters Guild

Joyce 403-383-1940

201 West Chestermere Drive (CRCA)

Queen B Studio**403-815-3732**facebook.com/queenbencausticstudio✉ queenbencaustic@gmail.com

Queen B Studio is a local mobile studio teaching art classes to all ages - encaustic, alcohol ink, acrylic, multimedia and more.

BARBERS & HAIR SALONS

As well as the services below, try Google or rely on referrals.

Chestermere Barber Shop**403-387-0747**

300 Merganser Dr W

Diversion Hair Salon**587-470-5605**

205, 100 Rainbow Road

diversionsalon.ca**Luna Hair Salon****403-387-0116**

214, 175 Chestermere Station Way

lunahair.ca**Malek's Men's Hair Styling & Barber****403-569-0059**

175 Chestermere Station Way

Sharp Edge Barbershop**403-569-8183**

101, 320 West Creek Drive

vagar.com/sharpedgebarbershop**CHURCHES & RELIGIOUS ORGANIZATIONS**

These places of worship are in close proximity to Chestermere residents. A Calgary directory will have a more complete listing.

Chestermere Christian Fellowship**403-204-2079**

Rocky View County

✉ chestermerecf@gmail.com

245014 Conrich Road

chestermerechristianfellowship.ca

Affiliated with Evangelical Missionary Churches of Canada (EMCC)

Garden Road Seventh-Day Adventist Church**403-280-3500**calgarygardenroadab.adventistchurch.orgfacebook.com/GardenRoadSdaChurch

155 - 100 Street NE, Calgary AB

Hope Lutheran Ministries **403-235-4055**
134 Rainbow Falls Drive (Our Lady of Wisdom School)

House on the Rock Chapel **403-383-6949**
201 West Chestermere Drive rccgchestermere@gmail.com

Lake Ridge Community Church **403-901-9200**
lakeridgecommunity.com ✉ hello@lakeridgecommunity.com
134 Rainbow Falls Drive (Our Lady of Wisdom School)
Church Office: 101-340 Merganser Dr.

New Apostolic Church **1-866-622-7828**
133 Rainbow Falls Drive naccanada.org/imis_prod/CLE
✉ info@naccanada.org

Prince of Peace Lutheran Church **403-285-2288**
princeofpeace.ca/ ✉ church@princeofpeace.ca
400 Prince of Peace Way, Rocky View County

Saint Gabriel the Archangel Catholic Parish **403-455-0196**
197 Windermere Dr. (St. Gabriel School) saintgabrielparish.ca
Parish Office: 316 Windermere Drive

CRISIS RESOURCES

Addictions Helpline **1-866-332-2322**

Adult Bullying Help Line **1-888-456-2323**

Chestermere Women's Crisis Society (CWCS) **403-775-2927**
✉ info@cwcshelps.com cwcshelps.com/

CWCS is a community-based non-profit society, organized to collaborate and liaise with existing resources that provide emergency shelter, counselling services, legal resources, clothing, and food security to vulnerable women in the community who may be experiencing domestic abuse or who require assistance with providing basic needs for themselves and their children.

Distress Line (Calgary & area) **403-266-4357**

Elder Abuse Resource Line (Kerby Centre) **403-705-3250**
alberta.ca/get-help-elder-abuse.aspx

Information or resources pertaining to elder abuse. A team coordinates with police & social workers on allegations of abuse.

Family Violence Info Line (no area code) **310-1818**

Health Link (Alberta Health Services) (24/7) **Call 811**
Health professionals assess symptoms to determine next steps.

Help in Tough Times (Alberta Health Services)

Mental Health Helpline (toll free) **1-877-303-2642**
albertahealthservices.ca/amh/page16759.aspx
ahs.ca/virtualmentalhealth

Resources and services, such as [Text4Hope](#) or AHS' free virtual stress management workshops or online [Wellness Exchange](#) can help you or someone you know.

Indigenous Hope Line **1-855-242-3310**

Offers immediate mental health counselling & crisis intervention to all Indigenous peoples. Access by phone or online.

Mental Health Help Line **1-877-303-2642 or 211**

Poison & Drug Information Service **1-800-332-1414**
or padis.ca

Protection for Persons in Care Reporting **1-888-357-9339**
✉ health.ppc@gov.ab.ca

alberta.ca/protection-for-persons-in-care.aspx

Report the abuse of someone receiving care from publicly funded providers (hospitals, lodges, etc.) The PPC Act requires service providers to take steps to protect clients from abuse.

Talk Suicide Canada **1-833-456-4566**
or text 45645 (4 pm–12 am)

Shelters

Calgary Drop-In Centre **403-266-3600**

Calgary Women's Emergency Shelter **403-234-SAFE (7233)**

Discovery House **403-670-0467**

Kerby Shelter **403-265-0661**

Wheatland Crisis Society **403-934-6634**

Strathmore Regional Victim Services Society **403-934-6552**

✉ info@strathmorereginalvictimservices.com

500 Westlake Road, Strathmore Monday–Friday, 8am–5pm

SRVSS works in conjunction with RCMP detachments, supporting Strathmore, Chestermere & Gleichen with the following services:

- Crisis Response – Volunteer advocates provide immediate, on-scene, crisis support to victims of crime and tragedy.
- Court Preparation & Accompaniment – Provides information on the criminal justice system through court updates, court orientation for victims and witnesses subpoenaed to testify and court accompaniment during preliminary hearings and trial.
- Referrals – Provides information & referrals to community resources when dealing with certain safety, trauma or crisis.
- Financial Benefits – Violent crime victims may apply for financial benefits, as an acknowledgement of their suffering.
- Restitution – Once charges are laid, victims have a right to apply for restitution from the offender if they have suffered a financial loss as a result of a crime.
- Victim Impact Statement – Once charges are laid, victims may complete a Victim Impact Statement. It is intended to give crime victims a voice in the criminal justice process.
- Information & Support – Follow-up support via phone, providing case updates, emotional support, and referrals to agencies for counseling, bereavement, and other supports.

EDUCATION

Calgary Association of Lifelong Learners (CALL)

✉ info@calgarylifelonglearners.ca calgarylifelonglearners.ca

CALL is a member-led, not-for-profit organization, whose vision is to offer innovative and affordable learning opportunities. Engage in learning for the joy of it, and share knowledge, ideas, experience, and interests. Topics in art, culture, health, politics, science and more.

Chestermere Learning Centre

403-235-0294

133 Main Street, Chestermere

✉ RVSCLC@rockyview.ab.ca

Kerby Centre Education, Calgary

403-705-3233

kerbycentre23.wildapricot.org/events-education

✉ program@kerbycentre.com

Education and recreation programs in art, fitness, languages, travel, and more! Check the website for a full, current listing.

Rocky View Schools Adult Learning

403-463-7669

adultlearning.rockyview.ab.ca

✉ adultlearning@rockyview.ab.ca

104 1 Avenue NW, Airdrie, AB (Inside Bow Valley College)

Adult and family literacy

Basic digital skills

English language learning

Other languages

General interest

Community capacity building

University of Calgary

ucalgary.ca/pubs/calendar/current/p-2-12.html

The University of Calgary offers many free courses to adults 65+.

FINANCES

Financial Assistance - Chestermere Resources

Family & Community Resource Centre

403-207-7079

chestermere.ca/265/Family-Community-Resource-Centre

Assistance with accessing government support programs (income support, childcare subsidy, special needs, etc.) Will assist with the completion of forms and applications.

The [Community Access Program \(CAP\)](#) provides low-income residents with access to resources in and around the community (including Chestermere, Langdon, and SE Rocky View), ensuring the opportunity to participate in activities, programs & services.

Financial Assistance - Government of Alberta

Alberta Supports

1-877-644-9992

alberta.ca/seniors-financial-assistance.aspx

Alberta Seniors & Housing, Seniors Financial Assistance

P.O. Box 3100, Edmonton, AB T5J 4W3

Alberta Supports and the Government of Alberta provide financial assistance programs for Alberta seniors, such as:

Alberta Seniors Benefit: Additional support to federal benefits received under Old Age Security, Guaranteed Income Supplement, Federal Allowance, and the GST Credit. Monthly benefits are based on income. Alberta Seniors Benefit provides a monthly benefit to eligible seniors with low-income.

Assured Income for the Severely Handicapped (AISH)

alberta.ca/aish.aspx

310-0000

Financial and health benefits for those with a permanent medical condition that prevents them from earning a living.

Coverage for Seniors

Provides coverage for medical needs, such as prescriptions drugs, diabetes supplies, ambulance services, home nursing care, chiropractic services and clinical psychological services.

Dental and Optical Assistance for Seniors

1-800-642-3853

Provides financial assistance to eligible seniors with low to moderate income for basic dental and optical services.

Seniors' Health Benefits

alberta.ca/seniors-health-benefits.aspx

The Government of Alberta provides eligible seniors with premium-free coverage for prescriptions drugs and other health-related services not covered under the AHCIP.

Seniors Home Adaptation and Repair Program (SHARP)

alberta.ca/seniors-home-adaptation-repair-program.aspx

SHARP lets seniors use their home equity to apply for a low-interest home equity loan to cover repairs, adaptations, and renovations to their primary residence, allowing them to remain in their homes and maintain their independence.

Seniors Property Tax Deferral Program

1-877-644-9992

Eligible senior homeowners may defer all or part of their annual residential property tax through a low-interest home equity loan.

Special Needs Assistance for Seniors

Financial assistance to low-income eligible seniors toward the cost of some appliances and health and personal supports.

Supplementary Accommodation Benefit

Financial assistance to eligible low-income seniors who reside in a designated supportive living or long-term care facility.

Financial Assistance - Government of Canada

Federal Benefits (Canada & the U.S.)

1-800-277-9914

TTY: 1-800-255-4786

canada.ca/en/services/benefits/publicpensions.html

Allowance: A benefit available to low-income spouse or commonlaw partner (aged 60 to 64) of a GIS recipient.

Canada Pension Plan (CPP): Provides retirement benefits based on contributions as early as age 60.

Disability Benefit: A monthly benefit available to qualified CPP contributors and their dependent children.

Guaranteed Income Supplement (GIS): For low-income OAS pensioners.

Old Age Security (OAS): Provides benefits to 65+. Eligibility based on residency in Canada.

Retirement Planning: Help you plan, including where income may come from, and benefits you may be eligible for.

Survivor Benefits: Paid to a deceased contributor's estate, surviving spouse or common-law partner and dependent children. Benefits may include:

- **The Children's Benefit:** A monthly benefit for dependent children of a deceased contributor.
- **The Death Benefit:** A one-time payment to the estate of a deceased CPP contributor
- **The Survivor's Pension:** Paid to the surviving spouse or common-law partner of a deceased contributor

Banks

Royal Bank of Canada	403-204-5177
196 Chestermere Station Way	

CIBC	403-387-0890 or 1-800-465-2422
200, 100 Marina Drive	

TD Canada Trust	403-204-7940
200, 156 Chestermere Station Way	

Scotiabank	403-204-3600
175 Chestermere Station Way	

ATB Financial	403-731-3838
600, 100 Marina Drive	

Financial Advisors

[Count On It Consulting Inc.](#) **403-804-0717**

177 Springmere Road

[Edward Jones - Melodie L Kindret, CFP®](#) **403-235-4006**

203, 100 Rainbow Road

Parmar Financial Inc. **403-993-9896**

159 Kinniburgh Lane

Tax Preparation

[Isaac Achal Professional Corporation](#) **403-605-6887**

Unit 212, 175 Chestermere Station Way

Liberty Tax Service **587- 317-3284**

32, 140 E Chestermere Drive

[Synscape Solutions](#) **403-399-9588**

Accountant services include tax preparation for seniors.

Tartan Business Services Ltd. **403-239-6627**

312 Crimson Close

[Wise & Company Prof. Accountants](#) **403-930-3330**

102, 120 John Morris Way

FOOD

Chestermere Food Bank **403-273-0777**

105, 100 Rainbow Road

chestermereregionalfoodbank.ca

✉ chestermereregionalfoodbank@gmail.com

Hampers: Monday—Thursday 10am – noon. **By appointment**

Bread & Extras: Wednesdays & Saturdays 10am – noon. Drop in for bread and other items past their 'best before' date and other foods currently in abundance.

Arrangements can be made to meet after regular hours.

The Chestermere Food Bank supports the following programs:

Schools

- **Snack Attack** – Child-friendly healthy snacks
- **Food for Thought** – Breakfast items for vulnerable children.
- **After the Bell** – Healthy snack items when school support is not available during the summer months.
- **Backpack Program** – Backpacks and school supplies from June through August to families needing support.

Community

- **Community Garden:** Volunteers prepare, plant, maintain and harvest gardens throughout the growing season. Once harvested, fresh vegetables are provided to clients.
- **Good Food Box:** Open to EVERYONE in Chestermere and SE Rocky View. Buy fresh fruits and vegetables, at various price levels. Pre-order instructions, and details about payment and pick-up are on the Chestermere Food Bank website.
- **Hampers:** Perishable and non-perishable foods to an average of eight families per week. By appointment only. Hampers are designed to see a family through 2-3 weeks. Clients can access this program six times per year.
- **Jacket Racket:** Chestermere Food Bank arranges donations and distribution of new & gently used winter clothing in October.
- **Meals on Wheels:** No qualification or referral is needed. Chestermere Food Bank volunteers deliver heart-healthy, diabetic-friendly meals prepared by Meals on Wheels Calgary. Order on Monday for delivery on Thursday. Meals cost \$6.25 and must be paid by cash or cheque on delivery.

✉ chestermereregionalfoodbank@gmail.com or 403-273-0777

Grocery Stores

Bulk Barn 409 East Hills Blvd SE, Calgary **587-470-7076**
Monday–Saturday 9am–9pm, Sunday 10am–6pm
Discount: 15% off on first Tuesday of the month

Costco (East Hills) 75 East Hills Blvd SE, Calgary 587-470-4490
Monday–Friday 9am–8:30pm, Saturday & Sunday 9am–6pm

Fruiticana 26, 140 E Chestermere Drive 403-776-2576
Monday–Sunday 9am–9pm

Masala Meats 104, 272 Kinniburgh Blvd 587-470-4000
Tuesday–Thursday 11am–7pm • Friday & Saturday 11am–9 pm •
Sunday 11am–6 pm • Closed Monday

No Frills, 100 Rainbow Road 403-273-0111
Monday–Sunday 8am–9pm

Safeway 100, 135 Chestermere Station Way 403-410-9700
Monday–Sunday 7am–10pm
Discount: 15% off on first Tuesday of the month

Shoppers Drug Mart, 196 Chestermere Stn Way 403-207-1875
✉ asdm2308@shoppersdrugmart.ca
Monday–Sunday 6am–midnight
Seniors' Discount: 20% off for seniors every Thursday

Walmart, 225 East Hills Blvd SE, Calgary 403-387-0850
Monday–Sunday 7am–11pm

Meal Delivery Services

Order meals online and a box with the recipes and ingredients is delivered to your door. They usually require a subscription.

Chef's Plate chefsplate.com/

Fresh Prep freshprep.ca/

Heart to Homes hearttohomemeals.ca/

Hello Fresh hellofresh.ca/

FUNERAL SERVICES

Mountain View Funeral Home & Cemetery (by Arbor Memorial)

To book an appointment: 587-315-8278

1605 100 Street SE, Calgary

24-hour service: 403-879-4147

arbormemorial.ca/en/mountainview

GOVERNMENT REPRESENTATIVES

Federal

Martin Shields MP – Bow River Constituency **1-844-241-0020** or **403-793-6775**

martinshieldsbowriver.ca/

✉ martin.shields @parl.gc.ca

Hill Office: House of Commons, Ottawa, Ontario K1A 0A6

Phone: 613-992-0761

Main Constituency Office: 205A, 213-3 Ave, Strathmore T1P 1B9

Phone: 403-361-2980 or Toll Free 1-844-241-0020

Brooks Constituency Office: 2, 403-2 Ave W, Brooks AB T1R 0S2

Phone 403-793-6775

Provincial – Province of Alberta

Leela Aheer MLA - Chestermere-Strathmore Constituency

✉ chestermere.strathmore@assembly.ab.ca

403-962-0126

Office: 129 – 2 Avenue, Strathmore, AB T1P 1K1

Mailing: Box 2527, Strathmore, AB T1P 0H3

Municipal – City of Chestermere

Jeff Colvin, Mayor

403-207-7073

✉ jcolvin@chestermere.ca

COUNCILLORS

Shannon Dean

sdean@chestermere.ca

Mel Foat

mfoat@chestermere.ca

Blaine Funk	bfunk@chestermere.ca
Stephen Hanley	shanley@chestermere.ca
Sandy Johal-Watt	sjohal-watt@chestermere.ca
Ritesh Narayan	rnarayan@chestermere.ca

HOME SERVICES & BUILDING

Home and building services licensed to operate in Chestermere.

City of Chestermere Planning & Development 403-207-7075

chestermere.ca/175/Planning-Development

✉ planning@chestermere.ca

Info on development process, building permits, safety codes inspections, stamp of compliance, encroachment policy and procedure, and planning and engineering regulations.

Chestermere Business & Community Directory

chestermerebusinessdirectory.ca/

City of Chestermere Resource Directory

chestermere.ca/BusinessDirectoryii.aspx

Gas & Electricity Providers Listing (City of Chestermere website)

chestermere.ca/983/Gas-Electricity-Providers

Natural Gas

ATCO **403-310-5678**

atco.com/en-ca/for-home/natural-gas.html

Direct Energy Regulated Services **1-866-420-3174**

directenergyregulatedservices.com/

ENMAX Energy **403-310-2010**

enmax.com/home

Just Energy **1-855-387-6071**

justenergy.com/locations/canada/alberta

Electricity**ATCO Energy****1-844-687-2826**atco.com/en-ca/energy.html**ENMAX Energy****403-310-2010**enmax.com/home**EPCOR****403-310-4300**epcor.com/Pages/Home.aspx**Fortis Alberta****403-310-WIRE (9473)**fortisalberta.com/**Landscaping & Snow Removal****Scapeforce Corporation****403-389-3000**✉ help@scapeforce.ca

Providing snow removal, landscaping & property maintenance services for residents of Chestermere.

Real Estate Services**EXP Realty****Don Montpetit 403-473-1564**✉ drmoutpetit@shaw.cagreateryycgroup.com/

301 East Chestermere Drive, Chestermere, AB

Don joined the Greater YYC Group as a certified SRES Realtor and assembled a team of associates to assist older adults as they transition from their homes to the next step in their journey.

Stonemere Real Estate Solutions Karen Gonzales 403-803-7234✉ Karen2yyc@gmail.comchestermerhomes.ca/

302, 4014 MacLeod Trail SE, Calgary, AB

Specializing in the sale of pre-owned homes.

HOUSING

Chestermere & Area Older Adults & Seniors' Housing

Lakeshore Manor

587-349-7444

200 Marina Drive

lakeshoremanor.ca/

✉ shannon.fetterly@lakeshoremanor.ca

The first and only independent retirement living community in Chestermere — a resource and asset to retirees who want to stay or relocate close to families moving to our growing city.

Situated in a lovely community, Lakeshore Manor is the central hub of senior living, only a short stroll to John Peake Park, restaurants, entertainment, grocery stores, and much more.

Residents stay active and social with fun group activities, and utilizing amenities that include a library, garden boxes, fitness room, mail service, private gathering family rooms, custom dining service, health care aides, housekeeping and so much more.

Lakeshore Manor lets seniors feel included, safe & independent.

Prince of Peace Manor and Harbour

403-285-5080

verveseniorliving.com/prince-of-peace/

285030 Luther Rose Blvd. NE, Calgary (12km w of Chestermere)

Different levels of care are available: personalized, assisted living, memory care within the Harbour, and short-term stays.

24-hour security system, barrier-free showers, pharmacy services, AHS partnership health services programs, physician access on site, assisted living services.

Calgary Prince of Peace Village

403-285-5080

✉ inquiries@popvillage.ca

popvillage.ca

285030 Luther Rose Blvd. NE, Calgary (12km w of Chestermere)

Prince of Peace Village is a 55+ community on the eastern outskirts of Calgary. It operates autonomously as a condominium corporation without any connection to EnCharis, Sage Properties, the Lutheran Church, or the Prince of Peace Campus project.

Residents enjoy the open spaces of country living with city life and amenities right next door. Within the Village, there are 175 two-bedroom semi-detached villas that range in size from 1003-1550 square feet.

Government of Alberta Assistance

Affordable Housing Programs

alberta.ca/affordable-housing-programs.aspx

Community Housing: Subsidized rentals for low-income families, seniors and individuals who can't afford other housing options.

Seniors Apartment: Apartment-style housing for seniors who can live independently with or without assistance of community-based services (AKA the Seniors Self-contained Housing Program)

Seniors Lodge: This program offers rooms, meals, services, and recreational opportunities for independent seniors. Community-based services may help offer these amenities and opportunities.

Special Needs Housing: Available for individuals who have special housing needs, including:

- people with developmental disabilities
- people with physical challenges
- victims of family violence
- wards of the provincial government
- the hard-to-house
- any other group with special housing needs

Rent supplement programs

Direct to Tenant Rent Supplement

Subsidies are paid to eligible tenants to help with rental costs.

Private Landlord Rent Supplement

Local housing providers pay landlords a supplement to subsidize the difference between market rent and 30% of income.

Residential Access Modification Program **1-877-427-5760**

alberta.ca/residential-access-modification-program.aspx

RAMP provides grants to assist in modifications to improve wheelchair access into and within residences.

Standards of Accommodation **1-888-357-9339**

alberta.ca/protection-for-persons-in-care.aspx

Monitors compliance of accommodations and accommodation services in long-term care facilities.

Government of Canada Assistance**Canada Mortgage and Housing** cmhc-schl.gc.ca

Various programs including Emergency Repair Program (ERP), Home Adaptations for Seniors' Independence Program (HASI), and Rental Residential Rehabilitation Assistance Program (RRAP).

Emergency Repair Program (ERP) **1-800-668-2642**

Minor home adaptations to help homeowners on reserves with emergency repairs required for safe living.

Home Adaptations for Seniors Independence **1-800-668-2642**

HASI provides financial assistance for minor home adaptations that will help low-income seniors perform daily activities in their home independently and safely.

Homeowners Residential Rehabilitation Assistance Program (RRAP) **1-800-668-2642**

For people with disabilities, this is an income-based forgivable loan for modifications (wheelchair, sight, hearing disabilities, etc.). Home must be at least five years old and need at least one major repair for health and safety of homeowner.

Other**Alberta Seniors & Community Housing Assoc.** **780-433-3717**

ascha.com

Lawyers

BEAB Personal Injury Law

100 Rainbow Road

587-600-2521

beabinjurylaw.ca/chestermere

Chestermere Law LLP

401, 320 W Creek Drive

587-470-7373

chestermerelawyer.com

Legal Services

Calgary Legal Guidance (CLG)

403-234-9266

✉ clg@clg.ab.ca

Free advice for vulnerable populations. The Elder Law Program (clg.ab.ca/index.php/programs/elder-law/) helps seniors understand their legal rights and empowers their independence. Power of attorney, personal directive, wills, elder abuse, etc.

Legal Aid Alberta

1-866-845-3425

legalaid.ab.ca

Often the first contact point for people requiring assistance in resolving legal issues. If eligible, legal representation is available.

Legalshield Independent Associate

587-435-6425

Serena Pawluk

teampawluk.wearelegalshield.com

✉ teampawluk@legalshieldassociate.com

Will preparation, power of attorney and personal directives. Commissioner of Oaths. For a low monthly rate, LegalShield lets you talk to a lawyer without worrying about high hourly costs.

Save My License

Cathy - 403-963-7843

174 W. Lakeview Passage, Chestermere

Paralegal services provider, traffic ticket defense, driver's license suspension appeals, Albert TRS suspension appeals

Commissioner for Oaths & Notary Public

Commissioner for Oaths: ensures that evidence is in the form of a draft affidavit and establishes that the person before them has

read the draft affidavit and understands its contents.

Notary Public: can administer oaths or take affidavits, affirmations, or declarations; attest the oaths, affidavits, affirmations, or declarations; certify and attest a true copy of a document.

A commissioner for oaths cannot act as a notary public; however, a notary public can act as a commissioner for oaths.

These services are provided (for a fee) by the following firms:

Chestermere Lake Registry **403-207-5510**
 402, 100 Marina Drive chestermerelakeregistry.ca/
 Vehicle registration/transfers, driver's license, road tests, personal property, corporate registry, land titles, alberta health registration and changes, vital statistics, etc.

Chestermere Law LLP **587-470-7373**
 401, 320 W Creek Drive

Edward Jones - Melodie Lalonde, CFP® **403-235-4006**
 203, 100 Rainbow Road edwardjones.ca

MEDICAL & WELLNESS

Calgary Rural Primary Care Network (CRPCN) **587-333-3751**
 102-320 West Creek Drive crpcn.ca/

The CRPCN's team - with your family doctor - works to improve primary health care through:

- disease and injury prevention
- care of patients with chronic disease and medically complex health concerns
- overall promotion of good health habits

A team of health care professionals offers chronic disease management, nutritional counselling, medication reviews, blood pressure monitoring, tobacco cessation, weight and lifestyle management, health screening, and hospital discharge planning.

Your local team consists of nurses, a dietitian, a diabetic educator, mental health support, and community development.

Doctor's Clinics

East Hills Clinic **403-273-4401**
255 East Hills Blvd SE, in Walmart

LakeMed Clinic **403-235-3343**
300 Merganser Drive West

My Health Center **403-984-0355**
U111, 272 Kiniburgh Blvd my@myhealthcenters.ca
Prescribing pharmacists and pharmacy, medical clinic with primary care doctor, and physiotherapy services.

Oasis Medical Centre **587-774-3132**
201, 175 Chestermere Station Way

Rainbow Falls Clinic **403-248-4488**
104, 100 Rainbow Road

Chestermere Resources

Chestermere Community Health Centre **403-365-5400**
104, 288 Kinniburgh Blvd.

Chestermere Community Health Centre is the collective hub for Alberta Health Services offerings.

The centre houses:

- Community Addiction and Mental Health Services - Rural (Note: this is a non-urgent service)
- Community Health Centres
- Laboratory Services (see below)
- Nutrition Counselling - Pediatric
- Preschool Speech and Language Services
- Well Child Services

Information, consultation, referral, and appointments to those experiencing moderate to severe mental illness or addiction.

Clinicians work via phone to help people navigate the Addiction and Mental Health system. Being familiar with both AHS and community-based programs, they will explore options, direct, or refer people to the best resource, and possibly book them into Addiction and Mental Health services.

Laboratory Services**403-770-5136**

288 Kinniburgh Blvd. (In Chestermere Community Health Centre)

Book appt. online albertaprecisionlabs.ca/Page13728.aspx

Provides collection of blood and body fluids for tests ordered by your health care provider. Sample drop-off is also available.

Government Resources**ACCESS Mental Health****toll free 1-844-943-1500****Calgary Zone & Area 1-403-943-1500**albertahealthservices.ca/services/Page11443.aspx

Monday to Friday 8 am–5 pm

Access Mental Health, a non-urgent service, provides information, consultation, and referrals for individuals with addiction and/or mental health concerns. Mental health clinicians (psychologists, registered nurses, social workers, etc.) complete a clinical interview over the telephone to assess the individual's needs. These clinicians are familiar with both Alberta Health Services and community-based programs, and will explore all options to refer individuals to the most appropriate resources.

Alberta Aids to Daily Living**310-0000 then 780-427-0731**alberta.ca/alberta-aids-to-daily-living.aspx

Cost subsidy assistance for individuals with a chronic disability or illness, or who are terminally ill. Basic medical equipment and supplies, including hearing aids, medical and surgical supplies, rehab, and respiratory equipment.

Alberta Blue Cross Coverage**403-234-9666**bluecross.ca

Programs offer health-related benefits not covered by Alberta Health Care Insurance, including:

- Ambulance
- Prescription medications discounts
- Diabetic supplies
- Chiropractic services
- Clinical psychological services
- Home care nursing

Note that this program has a cost vs the Alberta Blue Cross Plan for Alberta Seniors. The only program that is a government resource is the ABC plan for seniors.

Alberta Health Care Insurance 310-0000 then 780-427-1432albertahealthservices.ca/about/Page5767.aspx

Albertans are required to have an AHCIP card and present it at all medical appointments. There is no cost.

In-Home Care albertahealthservices.ca/cc/Page15488.aspx

AHS provides health care services or providers to support clients to continue living in the community. Care teams may include a nurse, social worker, occupational therapist, physiotherapist, etc. The client and family are active partners of the care team.

[Green Sleeve \(AHS\)](#)

A Green Sleeve is a plastic pocket that holds your most up-to-date advance care planning forms, and legal documents.

In an emergency, first responders will look for your Green Sleeve on or near your fridge.

Your agent, family, and health care provider should get a copy.

Get a Green Sleeve from any AHS provider, your family doctor, or primary care network. Or google Alberta Health Green Sleeve.

HealthLink 24/7 (Alberta Health Services)**Dial 811**ahs.ca/healthlink

Phone advice & health information, 24 hours/day, 7 days/week

MyHealth.alberta.camyhealth.alberta.ca/

Created by the Alberta Government and Alberta Health Services to give Albertans one place to go for health information they can trust. Health care experts across the province ensure the information is correct, up-to-date, and written for Albertans.

Addictions Support Groups**Addiction Help Line****1-800-665-9676 or 1-866-332-2322**

(Drugs/Alcohol/Gambling /Smoking)

Alcoholics Anonymouscalgaryaa.org/

Closest to Chestermere is Clayburn Centre, 1830 52 St SE, Calgary

Tuesdays at 7:30 pm

Please see website for online meetings, or additional locations.

Calgary Al-Anon Information Service**(24 hrs.) 403-266-5850**

For people who are, or have been, affected by another's drinking.

For more information or to subscribe to the newsletter, email

calgarychairperson@al-anon.ab.ca**Chestermere Addiction & Mental Health****403-365-5401****SMART Recovery Alberta****403-880-5305**smartrecoveryalberta.org✉ info@smartrecoveryalberta.org

SMART is a free self-help program for recovery from addictive behavior, whose purpose is to support individuals who have chosen to abstain or are considering abstinence from any type of addictive behavior. It is not a 12-step program. It teaches how to change self-defeating thinking emotions, and actions, and to work towards long-term satisfaction and quality of life.

Audiology

Alberta Hearing Centre (in Oasis Medical Clinic) 403-668-7776
201, 175 Chestermere Station Way albertahearingcenter.ca/

Amplifon Clinic (formerly Chestermere Hearing) 587-975-6291
106A - 300 Merganser Drive West amplifon.com/ca/

HearingLife 1-833-827-5958
hearinglife.ca/centers/alberta/chestermere
211, 175 Chestermere Station Way

Chiropractic, Massage & Physio

Chestermere Family Chiropractic and Massage 403-235-3717
124 East Chestermere Drive chestermerfamilychiro.com

Chestermere Medical Clinic Physiotherapy 587-355-7427
Kinniburgh

Chestermere Mobile Massage 403-813-8294
Chestermeremassage.com

Lake Physio ✉ lakephysio@shaw.ca / 403-235-3343
203, 300 Merganser Dr W lakephysio.janeapp.com

LifeMark Physio (physio, massage, chiropractic) 403-476-1900
201 West Chestermere Drive lifemark.ca

Lifepath Physiotherapy 587-349-6327
102, 260 Marina Drive physiotherapy.lifepathwellness.com

Lifepath Wellness 403-235-6208
175 Chestermere Station Way lifepathwellness.com/

Palms of Paradise 403-455-9092
Dr. Taryn Zest TCMD, R.AC, RMT palmsofparadise.ca

✉ palmsofparadise@outlook.com

Acupuncture, cupping, massage, and herbal recommendations.

Revital Physiotherapy and Massage 403-455-5275
106, 100 Rainbow Road revitalhealth.ca

Vantage Integrative Health and Wellness 403-569-1141
102, 288 Kinniburgh Blvd vantageintegrativehealth.com/
✉ info@vantageintegrativehealth.com

Dental Offices

Chestermere Dental 403-263-8512
104, 300 Merganser Drive W.

Chestermere Smiles (formerly Ellis Dental) 403-235-2282
22, 140 E Chestermere Drive chestermeresmilesdental.com/
✉ info@chestermeresmilesdental.com

Chestermere Station Dentistry 587-349-5858
chestermerestationdentistry.com

East Chestermere Dental 403-910-3835
103, 288 Kinniburgh Blvd. eastchestermeredental.ca/

Lifepath Dental & Wellness 403-235-6208
175 Chestermere Station Way lifepathwellness.com/

Rainbow Falls Dental 587-470-1447
214, 100 Rainbow Road rainbowfallsdental.ca

Optometry Services

Chestermere Optometry 587-318-0085
110, 175 Chestermere Stn Way chestermereoptometry.com

Jaffery Optical 403-454-7681
105, 300 Merganser Drive W. jafferoptical.com
✉ jafferopticalchestermere2@gmail.com

Pharmacies**Chestermere Medical Clinic Pharmacy** **587-333-0009**

Kinniburgh

These are prescribing pharmacists who can treat mild infections like UTIs, ear infections, strep throat, fungal infections. They can also adjust diabetic and cardiac meds, and send patients for some lab work. No narcotics and no chemo meds.

Guardian - Universal Health #5 **403-453-6685**

103, 100 Rainbow Road

ida-pharmacy.ca

(Beside Rainbow Falls Clinic). Independently owned & operated.

No Frills (Loblaw) Pharmacy **403-273-3010**

301, 100 Rainbow Road

nofrills.ca/pharmacy

Delivers in Chestermere.

Pharmasave West Creek **403-454-0020**

104, 320 West Creek Drive

pharmasave.com/chestermere**Remedy's Rx** **403-719-8270**

106B, 300 Merganser Drive W

remedys.ca

Delivers in Chestermere.

Safeway Pharmacy **403-410-9626**

100, 135 Chestermere Station Way

safeway.ca/pharmacy

Prescribing pharmacists onsite. Diabetes, asthma, and travel health consultations available. FREE delivery.

Shoppers Drug Mart **403-207-1875**stores.shoppersdrugmart.ca/en/store/2308

300,196 Chestermere Station Way

Wellness**Alzheimer Society of Calgary** **403-290-0110**

800, 7015 MacLeod Trail SW, Calgary

Alzheimer's & Dementia Services**403-943-1920**

✉ info@alzheimercalgary.ca

Caregiver Connection**Online**recoverycollegecalgary.ca/course/caregiver-connections/

Learn about caregiver burnout and finding balance. Get info and support for your caregiver role.

Diabetes Canada 1-800-266-8464

✉ info@diabetes.ca

Health & SOLES Mobile Foot Care**587-727-0352**

Leah Julve - healthhandsoles@gmail.com

[On Facebook](#)

Certified foot care nurse provides basic, advanced, and diabetic foot care in your home.

Lifepath Wellness**403-235-6208**

175 Chestermere Station Way

lifepathwellness.com/

Wellness services include massage, physio, chiropractic, dietitian, acupuncture, naturopathy, counselling, foot care & more.

Red Cross Medical Equipment Loans**403-273-4426**

✉ abhealthprogram@redcross.ca

Calgary Help Depot

7, 3140 – 14 Ave NE, Calgary

Free loan of medical equipment if referred by a doctor, nurse, or similar professional. Donations in lieu of fees are appreciated.

Sagessesagesse.org/

Abuse prevention and intervention, and creating societal change through education, collective impact and advocacy.

- **Finding Our Voices:** A weekly self-esteem group where women address the impact of self-image, effective communication, shame and compassion, and healthy relationships.
- **Growth Circle:** Designed for women who have experienced domestic violence. Topics: the change process, anger, cycle of violence, family origin, effects of abuse, guilt, and denial.

MOVERS

Five Star Seniors' Relocators

403-233-7212

Unit O, 1003 – 55 Ave NE, Calgary AB

fivestarseniors.com

A range of seniors' moving, downsizing, and relocation services: packing, unpacking, cleaning, settling client in new home, etc.

NEWS & INFORMATION

Anchor Media Inc.

403-774-1322

theanchor.ca/

✉ stephen@anchormedia.ca

P.O. Box 127, Chestermere, AB T1X 1K8

News, community events, community news, mental health news.

CFTR Radio - The Rogue

chestermereradio.ca

Chestermere Directory

chestermeredirectory.ca

Chestermere Today

chestermeretoday.com/

City of Chestermere

chestermere.ca/

403-207-7050

✉ info@chestermere.ca

105 Marina Drive, Chestermere, AB

The City of Chestermere connects with citizens via:

Connect With Us chestermere.ca/745/Connect-with-Us

Subscribe to receive news and information updates that can be personalized to your interests. Sign up at: Municipal information is included in the monthly City utility bills.

Social Media chestermere.ca/721/Social-Media

For inquiries and requests regarding the website or media.

✉ comms@chestermere.ca or 403-207-7050 ext. 7036

PET SERVICES

Boarding Services

Search Yelp or Google for pet-sitting services, or use [Rover](https://www.rover.com).

The Cat's Meow Inn**403-606-4044**thecatsmeowinn.com/✉ tara@thecatsmeowinn.comfacebook.com/thecatsmeowinn

A range of accommodation packages and individualized services for cats. Seniors rates and emergency boarding rates available.

Walkn Dog walkndog.ca/**587-228-6362**

Professional & experienced dog walking and pet sitting services

Bylawschestermere.ca/205/Animal-Services

Dog licenses are required and must be renewed annually. Expiry is December 31, with renewal due January 31. Off-leash area is along the northwest side of the lake. It is the law to pick up after your dog. Report lost or runaway pets to Bylaw at 403-207-7058.

Grooming Services**Cardinal Grooming**chestermerегrooming.ca/

Paradise Meadow Drive, Chestermere

Tickled Pink**403-998-9814**

275005 Township Road 240

Wags to Whiskers and Global Groomers TV**403-248-1212**

243100 Rainbow Road

Pet Stores**[Pet Planet](#)****403-452-6640**

502, 175 Chestermere Station Way

[PetSmart](#)**403-248-1656**

70, 145 East Hills Blvd, Calgary

Veterinary Clinics

Chestermere Veterinary Clinic **403-272-3573**

34, 140 East Chestermere Drive

VCA Canada Forest Lawn Animal Hospital **403-272-0115**

2002 – 36 Street SE, Calgary

VCA Canada Marlborough Animal Hospital **403-273-4664**

#186, 1440 52 Street NE, Calgary

POSTAL SERVICE – DELIVERY & COURIER SERVICES

Canada Post - Chestermere **1-866-607-6301**

300, 196 Chestermere Station Way (in Shoppers Drug Mart)

Delivery & Courier Services

Lake City Delivery **403-702-3400**

Kennedy Senior Services **403-701-1885**

FedEx / Purolator / UPS 300 Merganser Dr. W (Gas Plus)

FedEx / Purolator 1-800-463-3339

UPS 1-800-742-5877

RECREATION & ACTIVE LIVING

Boats, Beaches & Parks

Anniversary Park **403-207-7050**

208 West Chestermere Drive

Sandy beach, lakeside promenade, picnic, washrooms.

Boat Launch Chestermere **403-207-7050 ext. 7127**

121 Chestermere Station Way chestermere.ca/109/Boat-Launch

To purchase a pass call Community Operations 403-207-2807

Boat launch: \$25/season for residents; \$25-65/use non-residents.

Chestermere Regional Community Association 403-272-7170
201 West Chestermere Drive chestermerecrca.com/
Contact: Jody Nouwen ☒ manager@chestermerecrca.com
Recreation events, ice rinks, curling, baseball, dance, playschool,
seniors centre, and more.

Calgary Yacht Club 403-272-3300
635 East Chestermere Drive calgaryyachtclub.wildapricot.org
☒ manager@cyc.ab.ca
Sailing, paddle boards, kayaks, races, regattas, social events.

Cove Park and Beach
259 Cove Road (NE Chestermere)
Sandy beach, playgrounds, tennis court, basketball and a gazebo.

John Peake Memorial Park 403-207-7051
100 John Morris Way
Boat launch, gazebo, picnic area, lakefront walkway. Site of many
festivals & events. Dock for non-motorized water recreation.

Rainbow Falls Park 301 Rainbow Falls Drive
Walkway, benches among a creek setting.

Sunset Park 421 East Chestermere Drive
Picnic area, BBQ pits, sailboard, paddle board, kite board, beach
volleyball. Dock for non-motorized water recreation.

Fitness

Abstract Dance Academy 403-726-0122
☒ abstractdance@gmail.com abstractdanceacademy.com
408, 320 West Creek Drive
Recreational adult hip hop and tap classes, as well as monthly
ballroom dance date night.

Alberta 55 Plus–Big Country Senior Sports Society 403-830-3580
☒ zone2president@alberta55plus.ca alberta55plus.ca

Alberta 55 Plus promotes a variety of recreational & competitive activities for Albertans 55+ — sports, card games, arts & crafts, and provincial games leading up to Canada games.

Of the eight provincial zones, we are zone 2, encompassing the area from Banff to Oyen and Olds to Cayley (not Calgary).

Anytime Fitness, 24 hours

1-888-261-8758

303, 100 Marina Drive

anytimefitness.com

Harmony Health

Courtney Cassidy, 403-710-0394

✉ info@harmonyhealthandfitness.ca

harmonyhealthandfitness.ca

555 Lakeside Greens Drive (Lakeside Golf Club)

Yoga, meditation, and fitness — all levels.

Golf

Canal at Delacour Golf Course

403-590-4515

253200 Range Road 280, Delacour

thecanalatdelacour.com

✉ proshop@thecanalatdelacour.com

Heather Glen Golf Club

403-236-4653

234024 Range Rd 285, Rocky View County

heatherglengolf.com

Lakeside Golf Club

403-569-9111

555 Lakeside Greens Drive

lakesidegreens.com

✉ info@lakesidegreens.com

The Track Golf Course (formerly Boulder Creek GC) 403-936-3644

333 Boulder Creek Drive, Langdon

golfthetrack.com/

SENIORS' GROUPS

City of Chestermere

403-207-7050

chestermere.ca/658/Programs-for-Seniors

Older adults and seniors programming, events, and information.

Chestermere Whitecappers Association**403-235-2117**

201 West Chestermere Drive

whitecappers.ca

✉ chestermerewhitecappers@shaw.ca

Open to 50+. Coffee mornings, potlucks, game night, pool, bridge, exercise/yoga programs, volunteering, socializing, sports, travel, & educational programs. Visit website for news & events.

Older Adults' Coalition of Chestermere (OACC)

✉ jumpmaster2@shaw.ca ✉ shannon.fetterly@lakeshoremanor.ca

OACC is a partnership of community members, older adults, organizations and businesses working collaboratively to provide a credible and collective voice for older adults in Chestermere.

Provides a voice for Chestermere seniors, identifying seniors' needs in the community and proposing/coordinating solutions. Everyone welcome - seniors, their family, caregivers - anyone interested in shaping the future of senior living in Chestermere.

TRANSLATION & IMMIGRATION SERVICES**Association of Translators and Interpreters of Alberta (ATIA)**

780-434-8384 or toll-free 1-888-434-2842

atia.ab.ca**Chestermere Senior Service Ltd.****403-472-1490**

Kiran Randhawa, ✉ Randhawa_gurkiran@yahoo.com

Providing all type of immigration assistance including form completion, computer services, passport renewal forms or PR card application services, and translation services. Languages spoken include Punjabi, Hindi, and Urdu.

Immigrant Services Calgary**403-265-1120**immigrantservicescalgary.ca

The Language Bank at Immigrant Services helps with document translation aid or an interpreter to go with you to appointments. Translation and interpretation services are offered to individuals and organizations in 70+ languages. User fees apply.

International Qualifications Assessment

alberta.ca/iqas-overview.aspx

The International Qualifications Assessment Service (IQAS) is an Alberta government service. It does assessments, and issues certificates that compare educational credentials from other countries to educational standards in Canada.

Rocky View Immigrant Services

403-926-7842

ccisab.ca

Providing free support services for immigrants & refugees.

TRANSPORTATION

Chestermere Taxi

403-714-8294

info@chestermeretaxi.com

chestermeretaxi.com

City of Calgary Public Transit

calgarytransit.com

Purple Line — commuter service between Calgary & East Hills.

Kennedy Senior Services Inc.

Desiree Kennedy 403-701-1885

✉ kennedyseniorservices@gmail.com

[Facebook](#)

Transportation & assistance for seniors of Chestermere, Langdon, and Strathmore. Desiree is a certified Health Care Aide, who can accompany seniors to appointments and errands such as doctor, hospital, eye, denture/dental, hearing, blood work, hair appointments, grocery shopping and errands.

You must be mobile (cane and walker are fine). Please allow 48 hours' notice to book your appointment. Fees apply.

Rocky View Regional Handi Bus Society

403-948-2887 or 1-877-389-2887 (Toll Free)

✉ info@rockyviewbus.ca

rockyviewbus.ca/bookings.htm

Anyone who is unable to use regular transit facilities with safety and/or dignity is eligible to use the handi bus. Fares depend on distance travelled (subsidies may be available from municipality). Book trips at least 24 hours in advance, Mon-Fri from 8 am-3 pm.

VETERANS SERVICES

Veterans Services – Government of Canada

Toll Free: 1-866-522-2122

TDD/TYY: 1-833-921-0071

✉ information@veterans.gc.ca

veterans.gc.ca

1-866-522-2122

Monday – Friday: 8:30 am – 4:30 pm

Calgary Office: 470-220 4th Avenue SE, Calgary, AB T2G 4X3

Services and benefits to qualified veterans, and their dependents or survivors, including disability pensions, economic support allowances, health care benefits, home help, funeral and burial.

Veterans Affairs Canada (VAC) Assistance Service

Toll Free: 1-800-268-7708

TDD/TYY: 1-800-567-5803

Psychological support 24/7/365. Veterans, former RCMP, their families, and caregivers are supported at no cost. You do not need to be a client of VAC to receive services. Search Health programs and services at veterans.gc.ca.

Veterans Association Food Bank

403-367-8387

820 28 St NE #10, Calgary

veteransassociationfoodbank.ca/

More than a food bank, the VAFB recognizes currently serving or honourably served in the Canadian Armed Forces, as well as Commonwealth Allies, members of the RCMP, Peacekeepers, Merchant Marines, or Ferry Command (Coast Guard). Support is extended to spouses, widows, widowers, and any dependent children in need. Proof of military service or affiliation required.

Veteran Programs:

Food hampers

Peer support

Soup Thursdays

Veteran dinners

Quilt presentations

Emergency Veteran assistance

Intake support

VA Claims & medical referrals

Emergency VA Costs

Veteran advocacy services

Veterans outreach

Wills and estate planning

Taxes

Pet promise program

Thrift store

Assistance and support

Referrals and navigation to community partners

Veterans Food Bank of Calgary (VFBC) 403-277-83874619 6 St NE #1, Calgary theveteransfoodbankofcalgary.ca/

The Veterans Food Bank of Calgary ensures food security and other resource needs of veterans from Calgary and area. VFBC supports veterans and first responders. 100% of donations are invested in providing veterans assistance and services.

Veterans Independence Program 1-866-522-2122

The Veterans Independence Program provides annual funding to help cover the cost of home care services, helping you remain independent in your own home. Search Veterans Independence Program at veterans.gc.ca.

Hoggin Alberta Veterans Ranch (a service of VFBC)

South of Caroline, 142 beautiful acres of serenity provide a space for veterans to get back to nature, refreshing mind, body & spirit. Cabins, a memorial path (4 km), trails and roads developed to facilitate safe movement, hunting, fishing, camping, and more. Always free of charge to veterans and their families.

Last Post Fund 1-800-465-7113✉ info@lastpost.calastpostfund.ca

Ensures no Veteran is denied a dignified funeral and burial.

VOLUNTEER & NON-PROFIT ORGANIZATIONS**Camp Chestermere Association 403-272-6030**1041 E Lakeview Road campchestermere.com✉ campdirector@campchestermere.com

Camp Director: Shannon Dean cell 403-483-0603

A wide variety of volunteer opportunities include helping in the kitchen or office, driving boat, maintenance, gardening, and more. Please contact if you are able to volunteer.

Chestermere Lions Club201 West Chestermere Drive e-clubhouse.org/sites/chestermere

✉ chestermerelc@gmail.com

Fundraises and provides volunteer services. Very active in the community with special events and ongoing initiatives.

Community Services (City of Chestermere) 403-207-7050

✉ grants@chestermere.ca (inquiries) ✉ csinfo@chestermere.ca

The CSD team provides support to community development initiatives that encourage social connection and capacity building, grant information, community resident programs like Block Parties and Community Gardens.

Knights of Columbus 14492 403-455-0196

Catholic Men's Service Organization

kofc.org

Older Adults' Coalition of Chestermere (OACC)

✉ jumpmaster2@shaw.ca / shannon.fetterly@lakeshoremanor.ca

OACC is a partnership of community members, older adults, organizations and businesses working collaboratively to provide a credible and collective voice for older adults in Chestermere.

OACC identifies seniors' needs in the community and proposes and coordinates solutions. Everyone welcome - seniors, their family, caregivers - anyone interested in shaping the future of senior living in Chestermere.

Rocky View Chestermere Agricultural Society (RVCAS)

✉ chestermereagsociety@gmail.com

rvcagsociety.ca

RVCAS encourages improvements in agriculture to enhance the quality of life for our community. RVCAS develops educational programs, services, facilities, and events - such as May's Family Fun Fair, September's Country Fair, and Saturday Farmers' Market from May to October.

Rotary Club of Chestermere rotarychestermere@gmail.com

1041 East Lakeview Road

rotarychestermere.org

Rotary is an international network, giving back & providing aid to our community. Non-denominational, non-political, non-gender.

Synergy Youth & Community Dev. Society

101-340 Merganser Drive W.

403-212-0242yoursynergy.ca✉ terry@yoursynergy.ca

Synergy focuses on youth, and provides resources for families.

Seniors enjoy volunteering here. A lot of inter-generational work.

OTHER SOURCES OF INFORMATION/PUBLICATIONS**Gov't of Canada** canada.ca**Gov't of Alberta** alberta.ca**211 Alberta** ab.211.ca**Call toll-free 211**

211 is a helpline and website that provides information on and referrals to Alberta's community, social, health-related and government services. Services include:

Caregivers

Health

Community Programs

Homelessness/Shelter

Disability Supports

Indigenous Peoples

Emergency/Crisis

Legal

Financial Supports

Mental Health/Addictions

Food/Basic Needs

Violence/Abuse

Better Business Bureau**403-531-8784**bbb.org/ca/ab/calgary**Inform Alberta**InformAlberta.ca

Online searchable directory of community, health, social, and government organizations and services.

Kerby Centre, Calgary**403-265-0661 ext. 230 or 231**kerbycentre.com

The Kerby Centre assists older people to live as well as possible, for as long as possible, as residents in the community, offering activities, support, and programs such as:

Academic programs

Housing referrals

Active living programs

Information services

Elder abuse hot line

Recreation programs

Chestermere: for all the seasons of our lives



Many thanks must be conveyed in the making of the 2023 edition of this resource for older adults in Chestermere.

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For the tireless compiling and editing, we thank the volunteers from the Older Adults' Coalition of Chestermere – residents, businesses and organizations that form the membership.

Directory content is ever-changing, and updates or suggestions for future editions are welcomed through the Older Adults' Coalition of Chestermere. Please know that no one was intentionally missed or omitted, and we hope that you will provide updates and additions that will make our third edition even better!

Thank you, from the Older Adults' Coalition of Chestermere.

