

Learning

- New Brunswick Community College (Saint John).....506-460-6222
- READ Saint John.....506-633-2011
- Saint John Learning Exchange.....506-648-0202
- Senior Watch Inc./CARE-ED Learning.....506-634-8906
- University of New Brunswick, Saint John.....506-648-5500

Legal Supports

- Elizabeth Fry Society.....506-635-8851
- Family Law Information Line.....1-888-236-2444
- John Howard Society.....506-657-5547
- Legal Aid Saint John.....506-633-6030
- New Brunswick Human Rights Commission.....1-888-471-2233
- Public Legal Education and Information Service of New Brunswick
.....1-888-236-2444

Medical Alert

- Canadian MedicAlert Foundation.....1-800-668-1507
- Saint John Regional Hosp. Auxiliary, Lifeline Program 506-648-6692
- Security Pro.....1-866-266-1072
- Vial for Life (Saint John Fire Department).....506-658-2962

Recreation/Leisure

- Canada Games Aquatic Centre.....506-658-4715
- Carleton Community Centre.....506-658-2920
- City of Saint John, Growth and Community Services, Seniors
Programming/Events.....506-658-4455
- Libraries:
 - East Branch.....506-643-7250
 - Main Branch (Market Square).....506-643-7220
 - West Branch.....506-643-7260
 - Kennebecasis Valley.....506-849-5314
 - Samuel de Champlain.....506-658-4610
- Market Place Wellness Centre506-674-4335
- Nick Nicolle Community Centre.....506-658-2980
- Recreation/Leisure, Municipal Departments
 - Hampton.....506-832-1565
 - Quispamsis506-848-5900
 - Rothsay.....506-848-6600
 - Saint John.....506-658-2908
- Royal Canadian Legion, NB Command.....506-634-8850
- Saint John Arts Centre.....506-633-4870
- Seaside Lawn Bowling Club.....seasidelawnbowling@gmail.com
- Seniors Shuffleboard League.....506-672-8666
- Seniors' Resource Centre.....506-633-8781
- Walks n' Talks506-672-8601
- YMCA.....506-693-9622

Social Supports

- Centenary Queen Square Centre.....506-693-8080
- Loch Lomond Villa, Seniors Outreach Program....643-7175 ext 6949
- Saint John and Fundy Region Seniors Inc.....506-647-8872/652-2180
- Salvation Army Family and Community Services.....506-634-1633
- Seniors' Resource Centre.....506-633-8781
- The HIVE Seniors Resource Centre (KV).....506-799-9240

Transportation

- A2B Transportation.....506-631-0968
- Handi-Bus.....506-648-0609
- Saint John Transit Commission.....506-658-4700

Thank you to our sponsors:



Call: (506) 634-8906 / 1-800-561-2463

Senior Watch provides compassionate, personalized in-home and in-hospital Senior Care, 24/7 in the Saint John area. We are committed to meeting the physical and emotional needs of clients and families ensuring the highest level of care. This is achieved by employing compassionate caregivers who have been trained to the highest standards using a gerontology-based curriculum.



Seniors' Resource Centre
(506) 633-8781

"We offer a variety of services to assist seniors in concerns of daily living."

SAINT JOHN & FUNDY REGION SENIORS INC.



Jean Stevens, President
(506) 608-3318
melbo2012@outlook.com

David O'Toole, Vice-President
(506) 674-1639
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2024-2025 Seniors' Directory



Produced By:



HUMAN DEVELOPMENT COUNCIL



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Abuse/Assault

Domestic Violence Outreach.....506-566-5960 / 506-632-5616
Emergency.....911
Hestia House.....506-634-7570
Police (Non-Emergency):
 Kennebecasis Regional Police.....506-847-6300
 Saint John Police Force.....506-648-3333
Sexual Assault Response Team.....506-634-8295 ext. 214

Advocacy and Counselling:

Alzheimer Society, New Brunswick Info Line.....1-800-664-8411
 Saint John Branch.....506-634-8722
Arthritis Society, Info line.....1-800-321-1433 ext. 3307
Canadian Cancer Society.....506-634-6272
Canadian Mental Health Association, Saint John.....506-633-1705
CHIMO Suicide Crisis Line Inc.....1-800-667-5005
CNIB (Vision Loss Rehabilitation).....506-634-7277
Community Mental Health Services, Saint John.....506-658-3737
Compassionate Grief Centre.....506-696-0202
Diabetes Canada (New Brunswick Branch).....1-800-505-5525
Family Plus/Life Solutions.....506-634-8295
Gentle Path Counselling.....506-652-7284
Heart and Stroke Foundation.....506-634-1620
Horizon Health Mobile Crisis Services.....1-888-811-3664
Multiple Sclerosis Society of Canada.....1-800-268-7582
NB Deaf and Hard of Hearing Services.....506-633-0599 ext. 4
NB Office of the Ombud.....1-888-465-1100
NB Office of the Seniors' Advocate.....1-888-465-1100
Osteoporosis Canada.....1-800-463-6842
Parkinsons Canada.....1-800-565-3000
Ridgewood Addiction Services (Saint John).....506-674-4300
Seniors Information Line.....1-855-550-0552
Seniors' Resource Centre.....506-633-8781
St. Joseph's Community Health Centre.....506-632-5537

Financial Assistance

Income Tax Assistance (Year-Round):

Nick Nicolle Community Centre.....506-658-2980
PULSE.....506-632-6807
Salvation Army.....506-634-1633
Seniors' Resource Centre.....506-633-8781

Canada Revenue Agency:

Canada Pension Plan-Old Age Security.....1-800-277-9914
.....TTY-1-800-926-9105
GST/HST.....1-800-387-1193
.....TTY..1-800-665-0354
Income Tax Enquiries.....1-800-959-8281
.....TTY 1-800-255-4786

Credit Counselling Services of Atlantic Canada.....506-652-1613
Financial and Consumer Services Commission.....1-866-933-2222
Saint John Police Fraud Unit.....506-648-3333
New Brunswick Justice and Consumer Affairs.....1-866-933-2222
New Brunswick Prescription Drug & Seniors' Health Benefit
Programs.....1-800-332-3692
Office of the Public Trustee.....1-888-336-8383
Veterans Emergency Transition Services (VETS).....1-888-228-3871

Food

Food Banks:

Community Food Basket.....506-652-2707
Kennebecasis Valley Food Basket.....506-847-5854
Lakewood Headstart Association.....506-696-6164
North End Food Bank.....506-634-7403
Saint John East Food Bank.....506-633-8298
West Side Food Bank.....506-635-1060

Food Purchase Clubs/Produce Packs:

Carleton Community Centre.....506-658-2920
Crescent Valley Resource Centre.....506-693-8513
Nick Nicolle Community Centre.....506-658-2980
PULSE.....506-632-6807
St. Joseph's Community Health Centre.....506-632-5537
St. Mary's St Bartholomew's Church.....506-696-1347

Meals on Wheels:

Community Meals on Wheels Saint John Inc.....506-658-1888
Sobeys Home Delivery.....506-652-4470
Romero House.....506-642-7447
Other Food/Clothing:.....Contact Local Churches

Government Departments

Department of Social Development1-833-733-7835
Residential Tenancies Tribunal.....1-888-762-8600
Service Canada.....1-800-622-6232
Service New Brunswick.....1-888-762-8600
Veterans Affairs Canada.....1-866-522-2122

Health/Home Care

Assessments Plus.....506-847-7577
Bayshore Home Care Solutions.....506-633-9588
Canadian Red Cross, Saint John.....506-674-6200
Extra Mural Programs.....1-888-862-2111
Integrity Home Health Services.....506-657-1273
Kindred Home Care.....506-651-4726
NB Drugs and Prescription.....1-833-733-7835
Quality Respiratory Care Inc.....506-638-8401
Senior Watch Inc/CARE-ED Learning.....506-634-8906
Tele-Care.....811

Prescription Delivery:

Jean Coutu (University Ave).....506-696-0000
KV Guardian Drugs/Pharmacy.....506-847-7581
Lawtons Home Health Care.....1-866-990-1599
Rexall Pharmacy, Saint John.....506-674-4444
Shoppers Drug Mart (Crown Street).....506-636-9610

Clinics/Hospitals:

After Hours/Walk-In Clinics:

KV Medical Clinic.....506-849-2273
University Avenue After Hours Medical Clinic.....506-657-9355
West Side Medical Clinic.....506-693-2273
Loch Lomond Villa, Seniors Wellness Centre.....506-643-7139
Market Place Wellness Centre506-674-4335
New Brunswick Heart Centre.....506-648-7782
North End Wellness Centre (NEW-C).....506-649-2704
Ridgewood Veteran's Health Wing.....506-635-2420
Saint John Regional Hospital.....506-648-6000

St. Joseph's Community Health Centre.....506-632-5537
St. Joseph's Hospital.....506-632-5555
Willow Grove Health Care.....506-721-1962

Health Equipment:

Metro Health Services.....506-648-6150
Red Cross Seniors Specialized Equipment Program.....506-674-6200
Tango Medical.....1-877-854-8842

Foot Care:

Integrity Home Health Service.....506-657-1273
Jackie's Foot Care.....506-696-7672
Orthopaedics Plus.....506-633-1312
Senior Watch Inc.....506-634-8906
Thera-Ped Foot and Ankle Clinic.....506-632-9397

Housing

Home First Program.....1-855-550-0552
Home Insulation Energy Saving Program, NB Power 1-800-663-6272

Independent Living:

Carleton Kirk Lodge Inc.....506-643-7040
Chateau de Champlain.....506-633-1195
Hillcrest Village.....506-858-7870
Parkland Saint John.....506-633-7275
Kings Way Care Centre.....506-847-1131
Loch Lomond Villa.....506-643-7100

Nursing Homes:

Dept. of Social Development for application...1-833-733-7835

Subsidized Housing:

NB Housing.....1-833-733-7835

Emergency Shelters and Community Housing Supports:

Coverdale Centre for Women.....506-634-1649
Fresh Start Services for Women.....506-638-1409
Housing Alternatives.....506-632-9393
Outflow Men's Shelter.....506-658-8050
Saint John Non-Profit Housing.....506-658-1925
Residential Tenancies Tribunal.....1-888-762-8600

Other

AVENIR Hearing (KV).....506-847-3030
Avenue B Harm Reduction (substance use).....506-652-2437
Bobby's Hospice.....506-632-5593
Breast Screening (St. Joseph's Hospital).....506-632-5555
Centenary Queen Sq. Care Centre, Adult Outreach Centre.....
.....506-657-6681
St. Luke's Anglican Outreach Programs.....506-693-4152
Lifemark Total Ability Inc. (Occupational Therapy and Speech
Language Pathology Services).....506-847-0677 / 1-877-784-5353
Medicare NB.....1-888-762-8600
New Beginnings Relocation Services.....506-333-1554
Public Health, Saint John Office.....506-658-2454
RECAP (Hepatitis C prevention and treatment).....506-657-5699
Sexually Transmitted Infections Info Line.....811

