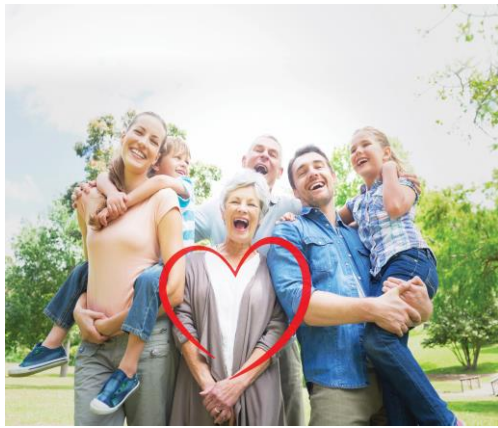


East Beaches Resource Centre



3 Ateah Road
Victoria Beach, Manitoba, R0E 0A2
Phone: 204-756-6471
FAX: 204-756-3087
Email: ebresourcec@mymts.net

Community Resource
Coordinator
Nancy Kelly
Office Hours:
Mon/Wed/Fri 8:00am-4:00pm



PROGRAMS AND SERVICES

NO CHARGE SERVICES

- Health Information & Referrals
- Friendly Phone Calls
- Form Completion
- Home Visits
- Ladies Coffee Group
- Workshops and Events

FEE-FOR-SERVICE ASSISTANCE

- Transportation
- Housecleaning
- Yard Work
- Foot Care
- Victoria Lifeline
- Adult Day Program

OTHER EBRC INFORMATION

- Volunteering
- Donations
- E.R.I.K. Kits

SERVING AREA

- Albert Beach
- Bear Paw Estates
- Belair
- Hillside Beach
- Lester Beach
- Traverse Bay
- Victoria Beach



Visit our Facebook page
East Beaches Resource
Centre

The Flu Clinic is by Appointment Only!

2020 FAMILY FLU CLINIC

Monday, November 2/20 12-6pm

Call 1-877-979-9355
to make an
appointment!



EVERYONE WELCOME!

**DON'T LET THE
FLU GET YOU!**

Bring your Manitoba
Medical Card and a
Face Mask

- EVERYONE 6 MONTHS OF AGE AND OLDER SHOULD GET A FLU VACCINE EVERY YEAR.
- VACCINATION IS THE MOST EFFECTIVE WAY TO PROTECT YOURSELF AGAINST INFLUENZA.
- INFLUENZA VACCINES HELPS PROTECT THOSE WHO ARE VULNERABLE TO SERIOUS ILLNESS.

EAST BEACHES RESOURCE CENTRE
3 Ateah Road, Victoria Beach
204-756-6471

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Senior Centre Without Walls

Senior Centre Without Walls (SCWW) provides educational and recreational programming in a fun and interactive atmosphere where all programming is provided over the phone.

Free Telephone Group Activities for Manitobans

Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups.

How does SCWW work?

- You may register for programs anytime during the term.
- You will be mailed any materials related to a program such as pictures and presentation handouts.

Who can participate in SCWW?

- Individuals 55+
- Living anywhere in Manitoba
- Groups of older adults may also join

There is no cost to join – all programming is free of ch:

For more information or to register, visit <https://www.aosupportservices.ca> or call 1-888-333-3121.



Support Services for Older Adults