

Line 19 Community Resource Guide

Nutrition and Food	Location	Hours/Time	Contact
Food Bank	MooseJaw Food Bank: 305 fairford street west, Moose Jaw, SK S6H 1V8	Mon, Tues, Thurs, Friday: 10 am-1 pm	306-692-2911
Central Butte Community Pantry: neighbors who help neighbors experiencing food insecurity in Central Butte and surrounding communities. Add food banks from outlook and davidson	233 3rd Avenue West, Central Butte, SK.	Always Open	cbcommunitypantry@gmail.com
Grocery Delivery Service			
Meal Preparation Services			
Other:			
Fire Department Pancake Breakfast	Loreburn Senior Centre	Every other Saturday 8:30 am-10 am	\$7.50 per person (money goes to Loreburn FD)

Exercise	Location	Hours/Time	Contact
Exercise Therapy Groups (Forever in Motion, etc.)	HGCC Elbow		Marnie Forsberg
Walking Programs	HGCC Elbow	8 am-10 am Weekdays	Marnie Forsberg
Exercise Facility (gym, yoga studio, hall etc)	HGCC Elbow	24/7	Marnie Forsberg
Recreation Centre/Services schedule	Skate – Loreburn Rink	Winter	Vanessa Tastad

(Skating, bowling, curling, swimming, parks)	Curling-Strongfield Rink Swim Lessons-Elbow	Winter July	Holly Vollmer Marnie Forsberg
	Harbor Golf Community Centre (HGCC)	(contact for details)	Email: recreationelbow@gmail.com Call: 306-860-8023
	Club Pickleball	Weekly (contact for details)	Email: mlbialowas@gmail.com Call: 306-860-7544
	Community Walking and Wellbeing Group	8:30 am - 10 am	Website: villageofelbow.com (click the calendar event for details)
	Floor Shuffleboard Farms Fitness Centre (Located in HGCC)	(contact for details) (contact for details) \$35/month or drop in \$10.	Call: 306-860-8773 Call: 306-860-8023 or email: recreationelbow@gmail.com
Other:			

Community Groups	Location	Hours/Time	Contact
Coffee Row	Lunch Box Café – Loreburn Back Home Bakery – Elbow Harbor Golf Club - Elbow Mugs Coffee - Elbow	Seasonal	Harvey Haugen Donna Daniluk Jason Wong 306-860-8260

Spiritual Care Needs (Churches and groups)	Bethel Lutheran – Elbow United – Elbow Skudesnes Church – hwy 19 Catholic – Elbow	Sundays Sundays Sundays Wed/Sun	Ashley Stamnes
Senior Centre	Lakeview Friendship Club – Elbow HGCC Loreburn Town & Country Centre	Tuesdays?	Deb Stevenson/Laurie Niska Village of Loreburn
Seniors Groups (Lions, Legion, Red Hat Society) Seniors Centre Without Walls (SCWW) (A free telephone--based program for older adults aged 55+ anywhere in Saskatchewan. It offers group activities, educational sessions, wellness discussions, brain-games, and social connection opportunities - all from home. Participants can call in, making it especially helpful for seniors who have limited mobility, or live in rural areas.)	Loreburn Lions Loreburn/Elbow Legion Based out of MooseJaw. Participate via telephone.	Varies (register for details). Cost: Free	Grant Abbott Marcelle Savidan Phone: 306-692-2242 Email: scwwakku@gmail.com Website: Seniors Centre Without Walls Moose Jaw Support Services for Seniors
Social Clubs (Quilting, Cards, Car, Scrapbooking)	Quilting		Sylvia Harms
Public Library (including Library programming)	Loreburn Library (Palliser Regional Library) - 528 Main st Loreburn, SK Elbow Library	Wed and Thurs 12:30pm-5:45 pm Wednesdays: 12:30pm-5:30 pm, Thurs 2-7 pm and Saturdays 9-2 pm.	Email: loreburn@palliserlibrary.c a Call: 306-644-2026

Other:			
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Community Supports	Location	Hours/Time	Contact
Private snow and ice removal			
Yardwork assistance	Loreburn Travel Club Lawn Mowing Services	Varies (contact for details) Contact for details.	loreburntc@gmail.com Oscar Garrioch. Email: oscargarrioch@gmail.com or call: 306-420-5309 Or Lake Dreams Property Management (business in Elbow) Call: 306-860-9977 or email: 101200435saskltd@sasktel.net
Private housekeeping services	Pelican Sands: Residential Cleaning service in Elbow, Mistusinne and Loreburn Area	Business hours: Mon-Friday 8 am-4:30 pm (special rate offered for seniors)	Book online: pelicansands.ca Call: 306-260-9005 Email: Pelicansands245@gmail.com
In-home hair dressing or accessible hair dressing options	Jody Sanden – Loreburn		

Transportation (Private or funded)	Loreburn Travel Club Elbow, SK	Contact For Details	Trish Depok 306-641-5538
Other: Prescription Pickup	Midway Pharmacy (Davidson SK)	Every other Wednesday (Next is Sept 3/2025)-Biweekly from there on. Subject to change.	Trevor Dament: 306-290-3702 Note: Must have payment method set with Midway and be at home or have a safe drop off location for the same day.

Community Support Groups	Location	Hours/Time	Contact
Caregiver Support			
Grief Support	Drop in – Elbow – HGCC		June Evans
AA			
Dementia or Alzheimer's			
Autism Support			
Diabetes Support			
Other: Wellness Clinic: blood pressure checks, blood glucose checks and foot care etc.	HGCC: Ector Family Farms Boardroom	(details) hosted every 6 weeks throughout the year. Schedule is posted at ELbow library and on the village calendar.	See the calendar on villageofelbow.com for details.

Non-SHA Health Services	Location	Hours/Time	Contact
Massage	Elbow		Jody Stevenson Kelly Brown
Chiropractor			
Reflexology			
Naturopathy			
Private Foot Care			
Counsellor/Mental Health			
Other:	Physiotherapy: Davidson Physiotherapy in Davidson, SK	Open: Tues and Thurs 11 am-7pm Wed and Friday 8 am-5pm	Phone: 306-561-7390 (or can book online)

Village of Elbow Community Calendar: villageofelbow.com/recreation_attractions/calendar_of_events.html

Line 19 Health & Community Numbers *Fridge Magnets*: Free for all Line 19 residents. Pick up at your local village or RM office.