

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. | 233 3rd Avenue West, Central Butte, SK. | Always Open | cbcommunitypantry@gmail.com |
| Add food banks from outlook and davidson | | | |
| 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 |

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

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

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| Spiritual Care Needs (Churches and groups) | Bethel Lutheran – Elbow United – Elbow Skudesnes Church – hwy 19 Catholic – Elbow | Sundays Sundays Sundays Wed/Sun | Ashley Starnes |
| 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) | Loreburn Lions Loreburn/Elbow Legion | | Grant Abbott Marcelle Savidan |
| 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.) | Based out of MooseJaw. Participate via telephone. | Varies (register for details). Cost: Free | 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.ca Call: 306-644-2026 |

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| Other: | | | |
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| Community Supports | Location | Hours/Time | Contact |
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| 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 | | |

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| 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.