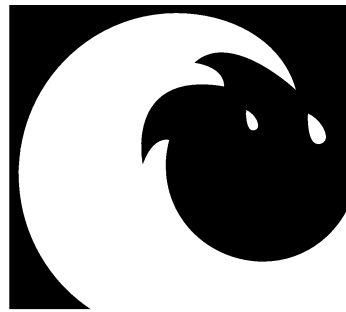


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Planning for Personal Freedom

RESOURCE GUIDE



Resources

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SENIORS NEWSLETTERS

ACA News

Alberta Council on Aging
210, 14964 - 121A Ave.
Edmonton, AB
T5V 1A3

(888) 423-9666
(780) 423-7781
info@acaging.ca
www.acaging.ca

MAGAZINES

Canadian Money Saver

P. O. Box 370
Bath, ON
K0H 1G0

(613) 352-7448
moneyinfo@canadianmoneysaver.ca
www.canadianmoneysaver.ca

Good Times Magazine

100, 25 Sheppard Ave. West
Toronto, ON
M2N 6S7

(800) 465-8443
editor@goodtimes.ca
www.goodtimes.ca

SERVICES FOR SENIORS

*Services For Seniors
Guide*

Seniors Canada

(800) 622-6232
www.seniors.gc.ca

*Seniors Programs & Services
Information Guide Alberta*

Seniors Information Line

(780) 427-7876
(800) 642-3853

Seniors Advisory Council for Alberta
600 Standard Life Centre
10405 Jasper Avenue
Edmonton, AB
T5J 4R7

(780) 422-2321
saca@gov.ab.ca
www.seniors.gov.ab.ca



Canadian Association of
Retired Persons (**CARP**) Suite 300 (416) 363-8748
27 Queen Street East, #702 (800) 363-9736
Toronto, ON support@carp.ca
M5C 2M6 **www.carp.ca**

Association of Mature
Canadians 7th Fl., 366 Bay Street (800) 667-0429
Toronto, ON (416) 601-0429
M5H 4B2 **www.maturecanadians.ca**

TRAVEL REFERENCES

American Association of
Retired Persons (**ARPA**) 601 E. Street NW (888) 687-2277
Washington, DC (202) 243-3525
20049 member@aarp.org
 www.aarp.org

Elder Treks 597 Markham Street (416) 588-5000
Toronto, ON (800) 741-7956
M6G 2L7 **www.eldertreks.com**

Walking The World P.O. Box 1186 (970) 498-0500
Fort Collins, CO *info@walkingtheworld.com*
80522 **www.walkingtheworld.com**

Mountain Travel 1266 - 66 St., Suite 4 (510) 594-6000
Emeryville, CA (888) 831-7526
94608 *info@mtsobek.com*
 www.mtsobek.com

Freighter World Cruises 340, 180 South Lake Avenue, (626) 449-3106
Pasadena, CA (800) 531-7774
91101- 2655 *info@freighterworld.com*
 www.freighterworld.com



Worldwide Quest	491 King St. East Toronto, ON M5A 1L9	(416) 633-5666 (800) 387-1483 <i>travel@worldwidequest.com</i> www.worldwidequest.com
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HOME EXCHANGES

Intervac Canada	606 Alexander Crescent NW Calgary, AB T2M 4T3	(403) 210-2625 <i>info@intervac.ca</i> www.intervac.ca
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Intervac International		<i>rr@intervac.ca</i> www.intervac.com
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Homelink International	1707 Platt Crescent N. Vancouver, BC V7J 1X9	(604) 987-3262 <i>info@homelink.ca</i> www.homelink.org
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TRAVEL AND LEARNING

Elderhostel	11 Avenue de Lafayette Boston, MA 02111	(800) 454-5768 www.elderhostel.org
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GRANDTRAVEL (GRANDPARENTS & GRANDCHILDREN)

Grandtravel	1920 N Street NW, Suite 200 Washington, DC 20036-1601	(800) 247-7651 <i>grandtravel@academic-travel.com</i> www.grandtrvl.com
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CAREER CHANGE/JOB OPPORTUNITIES (CHECK DIRECTORY FOR REGIONAL OFFICES)

Government of Alberta

www.alberta.ca/home/programs_services.cfm

BDC Consulting Group (to medium & small businesses)	1st Edmonton Place 200, 10665 - Jasper Ave. Edmonton, AIB T5J 3S9	(780) 495-2277 (877) 232-2269 www.bdc.ca
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Bow Valley College	332 - 6 Avenue SE Calgary, AB T2G 4S6	(403) 410-1400 (866) 428-2669 <i>info@bowvalleycollege.ca</i> www.bowvalleycollege.ca
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Norquest College	104, 10215 - 108 Street Edmonton, AB T5J 1L6	(866) 534-7218 (780) 644-6000 <i>info@norquest.ca</i> www.norquest.ab.ca
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Agriculture Financial Services	5718 - 56 Avenue. Lacombe, AB T4L 1B1	(877) 899-2372 (403) 782-8200 www.afsc.ca
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Canada Business	#100, 10237 - 104 Street NW Edmonton, AB T5J 1B1	(780) 422-7722 (800) 272-9675 www.canadabusiness.ca
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	#250, 639 - 5th Avenue SW Calgary, AB T2P 0M9	(800) 272-9675
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<i>Creating A New Future: The Job Loss Workbook; Career Planner</i>	Learning Resources Centre 12360 - 142 Street NW Edmonton, AB T5L 4X9	(780) 427-2767 <i>lrccustserv@gov.ab.ca</i> www.lrc.learning.gov.ab.ca
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PERSONAL (CHECK PHONE DIRECTORY FOR LISTING IN YOUR AREA)

Government Of Canada Human Resource Development
Income Security Branch (CPP/OAS)
Veteran Services Branch

Canadian Mental Health Regional Office

Government of Alberta Alcohol & Drug Abuse Commission
Mental Health Services
Public Trustee
Social Services

Municipal Government Widowed Support Services
Singles Educative/Social Organizations
Counselling Services
Senior Citizens Programs/Services

VOLUNTEER OPPORTUNITIES

CUSO Canadian University Students Overseas (888) 434-2876
44 Eccles Stree *questions@cuso-vso.org*
Ottawa, ON **www.cuso-vso.org**
K1R 6S4

CESO Canadian Executive Services Overseas (416) 961-2376
700 Bay Street, Suite 800 (800) 268-9052
Toronto, ON *information@ceso-saco.com*
M5G 1Z6 **www.ceso-saco.com**

Volunteers For Peace International Workcamps (802) 259-2759
1034 Tiffany Road *info@vfp.org*
Belmont, VT **www.vfp.org**
05730



FINANCIAL PLANNING RESOURCES

Planning For Retirement Canadian Bankers Assoc. Publications (800) 263-0231
P.O. Box 348 inform@cba.ca
Commerce Court West **www.cba.ca**
30th Floor, 199 Bay Street
Toronto, ON
M5L 1G2

Canada's Retirement Income System Service Canada (800) 622-6232
Canadian Enquiry Centre **www.hrsdc.gc.ca**
Ottawa, ON
K1A 0J9

INSURANCE

A Guide To Life Insurance; Canadian Life and Health (800) 268-8099
A Guide To Travel Health Insurance Association (416) 777-2221
Insurance Consumer Assistance Centre **www.clhia.ca**
#1700, 1 Queen Street East
Toronto, ON
M5C 2X9

WELLNESS INFORMATION

Canada's Physical Activity Div. of Aging and Seniors (866) 225-0709
Guide to Healthy Active Public Health Agency of Canada (613)952-7606
Living for Older Adults Address locator 1908A1 seniors-aines@phac-aspc.gc.ca
Ottawa, ON **www.paguide.com**
K1A 0K9