

Seniors' Resources in Fredericton 2025



Home Support

Meals/Food

Meals on Wheels

Meal delivery for seniors 506-458-9482
www.frederictonmealsonwheels.ca

Community Food Smart

A bulk buying food club: \$15 bag of produce each month through specific distributors
www.communityfoodsmart.com

Home Care Agencies

Bayshore Home Health fredericton@bayshore.ca
506-458-9934

Triple C Comfort Keepers

tripleccomfortkeepers16@gmail.com
506-474-1390

Integrity Home Health Services

michelemercer@integrityhhs.com 506-454-1273

Kindred Home Care

brittanyhood@kindredhomecare.com 506-260-3246,
1-877-999-6602

Adult Day & Respite Programs

York Care Centre Adult Day Program

ewright@yorkcarecentre.ca
506-444-3880 ext. 2522

York Care Centre Respite Program

rchase@yorkcarecentre.ca
506-444-3880 ext. 2198

Hospice House Day Programs

arichard@hospicefredericton.ca
506-472-8185

Nursing Homes without Walls

York Care Centre

cpurcell@yorkcarecentre.ca
506-444-3880

Shannex

nhwwfredericton@shannex.com
506-247-4041

Healthcare

811 Tele-Care

Patient Connect, in-person and virtual appointments

e-VisitNB

www.evisitnb.ca

NB Drug Plan

1-855-540-7325

Walk-In Clinics

Skipthewaitingroom.com

Downtown Community Health Centre
506-452-5689 for appt.

Queens North Community Health Centre (Minto)
506-327-7800 for appt.

Recreation

Tourism Fredericton Events Calendar

<https://www.frederictoncapitalregion.ca/see-do/festivals-events/calendar-events>

Stepping Stone Seniors Centre

506-450-7849
15 Saunders Street

Directories

Aging in New Brunswick: A User's Guide

A comprehensive guide to navigate resources and services in NB, Google: "Aging in NB"

Let's Get Connected

Senior Services and Activities in the Fredericton Area, 2024
Google: "Let's Get Connected Fredericton NB"

506-455-0936, 346 Queen St. Ste. 102

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Dial 2-1-1 or 1-855-258-4126, a 24 hour Info helpline to connect you to all local services