

Contact Us

21 Merrymeeting Road,
St. John's, NL A1C 4J2
(709) 726-8781

www.jimmyprattcentre.ca
contact@jimmyprattcentre.ca



About Us

Established in 2002, the Jimmy Pratt Centre was founded through the generosity of Kathy LeGrow in memory of Jimmy Pratt. What began as a weekly meal program has grown into a community hub offering nutritious meals, support services, and inclusive programs for individuals facing the challenges of everyday life. We are committed to creating a welcoming environment where all people are treated with dignity, kindness, and respect.

Our Mission

We are dedicated to providing hot, nutritious meals and other support services to those in need while treating our patrons with kindness and respect. We strive to improve the spiritual, physical, and emotional well-being of those who serve.



SUPPORTS FOR SENIORS

HEALTH & WELLNESS

Aging Research Centre NL

- Research and information on healthy aging.
mun.ca/grenfellcampus/research/aging-research-centre-nl/

Aging Well at Home Grant

- Funding program that supports initiatives helping seniors age safely and independently in their homes and communities.
nlhealthservices.ca/key-information/the-aging-well-at-home-grant/

Health Care Action

- healthcareaction.ca

Life Unlimited for Older Adults

- (709) 673-2777

NL Health Services Health Information

- (709) 752-4747
nlhealthservices.ca/documents/

Well-being NL Link Library

- Directory of health and community resources.
wellbeingnl.ca/resources/link-library/

CONNECT WITH OTHERS

Connections for Seniors

- (709) 699-0006
107 Lemarchant Rd, St. John's, NL
9:00 AM - 5:00 PM Monday to Friday

Digital Seniors NL

- +1 877-527-3646
info@digitalseniorsnl.ca
digitalseniorsnl.ca/about

SUPPORTING A LOVED ONE?

Alzheimer's Society of Newfoundland and Labrador

- (709) 576-0608
835 Topsail Rd Unit 107, Mount Pearl, NL
8:30 AM - 4:30 PM Monday to Friday

Canadian Caregiver Assessment and Resources Tool

- c-cart.baycrest.org/

Canadian Hard of Hearing Association

- (709) 753-3224
1081 Topsail Rd, Mount Pearl, NL
9:00 AM - 4:30 PM Monday to Friday

KNOW YOUR RIGHTS & FIND ADVOCACY

Office of the Seniors Advocate NL

- (709) 729-6603
seniorsadvocate@seniorsadvocatenl.ca
www.seniorsadvocatenl.ca/

SeniorsNL

- (709) 737-2333
243 Topsail Rd, St. John's, NL
8:30 AM - 4:30 PM Monday to Friday
www.seniorsnl.ca/

SENIORS INCLUSION PROGRAM

Join us for weekly social gatherings at the Jimmy Pratt Centre! Enjoy fitness activities, guest speakers, games, educational sessions, and opportunities to connect with others in a welcoming and inclusive environment.

11:00 - 3:00 PM every Thursday

