



TRANSCONA
BUSINESS IMPROVEMENT ZONE

T R A N S C O N A B I Z B U L L E T

VOL 18 No. 2

June 2021



COMMUNITY
SUMMER
EVENT
DETAILS
INSIDE

MESSAGE FROM THE EXECUTIVE DIRECTOR



Another summer is upon us! I know it is not what we had hoped with continuing health restrictions, but we are going to do our best to move forward and offer a variety of programming and events that everyone can enjoy.

We are excited to bring back the Community Markets. We listened to the comments last year and are happy to say we have expanded our offerings. Public Health Guidelines permitting, this year will see more than 60 different vendors take part over the eight market days, and two night markets! See Page 7 to get all the details.

We will be offering Fitness in the Square! This year will include single classes so that you can try

Yoga, Zumba, and even a Bootcamp. More information can be found on Page 6.

Although this year doesn't allow for Movies and Concerts in the Square, we have partnered with our local Entertainment venues to offer some online shows. We hope that you will enjoy this Friday night special and maybe even grab some local take out to complete the night. See page 5 and watch our social media pages for more details.

We know that the Canada Day celebration has always been a staple in the community. This year's Scavenger Hunt will offer a way to still get out in the community in a safe and fun way

for people of all ages. Great Prizes to be won! See Page 3 for all the details.

All these events and programming is made possible by the businesses in the Transcona Business Improvement Zone. In order to continue to make all this possible, we need you to continue to support and shop local. These business owners are dedicated to our community, thank you for being dedicated to them.

We hope you enjoy all the events and activities we have planned this year as much as we have enjoyed organizing them.

- Leila

Please note all events are subject to public health guidelines.

Social Media

The Transcona BIZ has stepped up their social media presence. We want you to have the most current information about what is going on in the Transcona BIZ Zone as quickly as possible.

You can find us at:

Facebook - www.facebook.com/TransconaBiz

Twitter - twitter.com/transconabiz

Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)

Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

February: Janice Ostrowski, Ron Dudar, Grant Gibson

March: Kathie Tetreault, Darren Hadden, E. Lilley

April: Candace Weselowski, M & B Kolodka, Fay Berard

Transcona BIZ Bullet is published quarterly. For more information contact:

204-222-8566 or admin@transconabiz.ca

2021 Board of Directors

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CANADA DAY CELEBRATIONS

**All events will be subject to public health guidelines.*

Calling all Transconians, be you snowbirds, rink rats, puck bunnies, or hosers, we are inviting all Canucks to get off their chesterfields and go 'oat and aboat' this Canada Day!

Grab some clean gitch, down a double double and give'er for the Great Transconian Canada Day Scavenger Hunt! Walk, bike, or drive (just don't get a booter!) around downtown Transcona on your quest to find answers hidden better than salami on shoulder at a social. Teams that answer all questions correctly will be entered into a draw to win prizes including gift cards to local businesses!

Official rules, questions, and the answer submission form will be available online at transconabiz.ca during the week surrounding Canada Day July 1st, 2021. Pre-register your team online to pick up a free Canada Day Celebration Kit at the Thursday, June 24th Community Market Day at Transcona Centennial Square, or from the Transcona BIZ Office at 108 Bond St. between June 28th -30th.



Kits are limited, so be a keener and register early to score one of these beauties while supplies last, eh?!

Transcona BIZ is also inviting all community members to create a masterpiece for the Canada Day Walls of Fame Community



Artwork Competition! Artists of all ages are encouraged to submit an entry inspired by the theme of 'Celebrate Canada' on an A4 (11" x 8.5") portrait-oriented sheet of paper.

Submissions can be delivered to the Transcona BIZ office at 108 Bond St. by 3 pm Friday, June 18th, 2021 and must include the artist's name, phone number, email and title and description of the artwork.

Winning entries will be laminated and proudly displayed at the Wyatt Dowling / Wawanesa Community Walls of Fame at Transcona Centennial Square as part of the 2021 Canada Day celebrations and throughout the summer.

P

Parking Spots Available

108 Bond Street Phone: 204-226-3636
Between Regent and Pandora. Paved with electrical.

Perfect for businesses that require employee parking. Save your parking for your customers or condo owners with multiple vehicles. Near CN main employee entrance!

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MECHANICAL SERVICES LTD
REFRIGERATION AIRCONDITIONING HEATING

FULL 24 HOUR SERVICE

MB Hydro Financing Available

COMPLETE SERVICING OF ALL COMMERCIAL/INDUSTRIAL/ RESIDENTIAL AIR CONDITIONING AND HEATING

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- Heat Pumps • Boilers

24 Hour Service

204-226-3636

www.nexstarmechanical.com

Enter by June 30, 2021
to Win \$50 BIZ Bucks*!
(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

*To be spent at one the businesses listed in the BIZ Bullet Directory starting on Page 11 of this publication. Winners will be notified by phone.

Drop off or mail your entry form to:
Transcona BIZ
108 Bond Street
Wpg, MB R2C 2L2

Keep reading to find next months BIZ Bucks ballot.

JUST WHAT THE DOCTOR ORDERED

Dr. Eugene Capitano is a Chiropractor who specializes in the prevention of chronic lifestyle related disease and is also the owner of the newly opened SquareONE Rehabilitation at 138 / 701 Regent Avenue West. Located in the Regent Park Strip Mall, the clinic is ideally situated near Transcona Medical and Dynacare, serving to expand the patient experience.

Recognizing the benefits of a multidisciplinary care clinic, Dr. Capitano set out to ensure Transcona locals had access to a wealth of services under one roof. These include chiropractic, physiotherapy, massage therapy, acupuncture, counselling services, dietetic services and numerous exercise and occupational programs. Experienced health care practitioners share a common goal of helping people and facilitating the restoration and wellbeing of each patient.

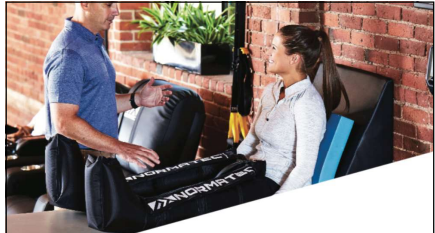


"We believe assisting in a more holistic way... a patient can enter the clinic and be involved with different disciplines under one roof to achieve very powerful results in a very short period of time."
- Dr. Capitano



Opening a new business during the COVID-19 pandemic and attracting new clients has been challenging but offering a one-stop shop might be just what the Doctor ordered. The team is taking all precautions to keep the space clean and has suspended exercise programs until it is safe to resume them.

The team is offering 15-minute free consultations for dietetic services, acupuncture and soft tissue techniques such as Graston and Active release technique, as well as a free 30-minute session with either a NuCalm and NormaTec treatment when combined with a 60 minute massage treatment.



EXPERIENCE
The NormaTec Recovery Massage

Reduce swelling and increase circulation with NormaTec's patented dynamic compression technology.

SCHEDULE A TREATMENT TODAY

SquareONE Rehabilitation
Monday, Wednesday & Friday 8am - 6pm
Tuesdays & Thursdays 8am - 5pm
Saturdays 9am - 1pm
<https://squareonerehabilitation.com/>
204-560-4455

LEAVE A LEGACY



Due to an overwhelming response to our Buy-a-Paver Program story that ran in the March 2021 issue, we will be placing another order for engraved, personalized 8' x 8' paving stones and have them placed in the ground at the Transcona Centennial Square, around the New Flyer Peace Fountain.



Deadline for submission is July 15, 2021. For more information and to place an order, visit our website at <https://transconabiz.ca/community-programs/buy-a-paver/>

SUMMER CONCERTS

**All events will be subject to public health guidelines.*

The Transcona BIZ is excited to bring back our Summer Concert Series presented by Club Regent Casino & Event Centre. This year's event will be streamed virtually, and showcase local artists performing inside some of Transcona's iconic entertainment venues including The Royal George Hotel, The Silver Spike Saloon and The Central Hotel, as well as a special performance by musicians from the WSO! Pick up your favorite meal from each venue, grab your favorite drink and enjoy the show just as if you were there to enjoy it in person.



WSO performance in 2018

Watch our website and social media pages for all the event details.

**club
Regent**

CASINO • EVENT CENTRE

Friday June 25
Friday, July 2
Friday, July 9
Friday, July 16
Friday, July 23
Friday, July 30



WINNIPEG SYMPHONY ORCHESTRA

Working Hard for Transcona



NELLO ALTOMARE

MLA for Transcona

204-594-2025 | nello.altomare@yourmanitoba.ca

**Enter by July 31, 2021
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

*To be spent at one the businesses listed in the BIZ Bullet Directory starting on Page 11 of this publication. Winners will be notified by phone.

Drop off or mail your entry form to:

**Transcona BIZ
108 Bond Street
Wpg, MB R2C 2L2**

Keep reading to find next months BIZ Bucks ballot.

FITNESS IN THE SQUARE

**All events will be subject to public health guidelines.*

The Transcona BIZ has paired up with some local fitness gurus to give you the opportunity to try something new over the summer. Practice self-love with some yoga, dial up the heat with a Zumba workout, or kick some butt with a boot camp, there's something for everyone! Classes are free and will run on Tuesday evenings in June from 4:30 pm – 5:30 pm at Transcona Centennial Square, and online.

Head to our website today sign up at: <https://transconabiz.ca/events/fitnessinthesquare/>
Registration is required, and space is limited.



**EAST WINNIPEG
FIT BODY
BOOT CAMP**

We specialize in 30-minute fat loss sessions that challenge the body and deliver results in a positive, judgment-free, and supportive atmosphere.

**Transcona Square
2-620 Kildare Ave. East
431-998-0620
ewfbbc.info@gmail.com**

Tuesday, June 8 at 4:30 pm

Boot Camp with East Winnipeg Fit Body Boot Camp

A signature High Intensity Interval Training (HIIT) after-burn session that uses short bursts of activity to spike the metabolism and keep it running at an accelerated rate for up to 36 hours after the workout. That means the body burns extra calories even during sleep! Bring a bottle of water.



Soul Fitness
Body Positive
Fitness Programs


Specializing in accessible & adaptable fitness including Yoga, Zumba & more!

Bernadette Feakes
soulfitnessmb.ca

Tuesday, June 15 at 4:30 pm

Body Positive Yoga with Soul Fitness MB

A body positive, non-judgemental relaxed hatha vinyasa yoga class. This class is for every BODY! During class Bernadette offers variations to poses allowing the participants to choose which pose their bodies need. Please bring your yoga mat and a bottle of water. Yoga blocks and straps are optional.



ASHLEY VOTH
STROKE RECOVERY

Ashley Voth Stroke Recovery

Connect to your physical body, build mindfulness, and embrace your soul. Find balance within.

www.ashleyvoth.ca
Instagram: @ashley.voth
Facebook: Ashley Voth - Stroke Recovery

Tuesday, June 22 at 4:30 pm

Gentle Yoga Flow with Ashley Voth

Mindfully connect with inner peace and relaxation through a blend of seated, standing, and reclined postures as we allow the whole self to fully rest in this moment. No experience necessary, every body welcome. Students are encouraged to bring any props they may have - a yoga mat, strap or scarf, yoga blocks, and a blanket.



Hazel has been a Zumba Fitness Instructor for over 9 years in Winnipeg and is excited to bring her Zumba class to Transcona Centennial Square this summer!

Website: hazelzumbafitness.com
Facebook: Zumba Fitness with Hazel
Instagram: @hazelzumbafitness

Tuesday, July 6 at 4:30 pm

Zumba with Hazel

Hazel takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. No dance or fitness experience required. Just bring yourself, workout attire and water!

COMMUNITY MARKETS

**All events will be subject to public health guidelines.*

We are happy to announce that we had an overwhelming response to our vendor call out for the 2021 Transcona BIZ Community Markets. This year will include some of your all-time favorites as well as new vendors to discover across ten market dates!

Community Markets will run Thursdays from 10:30 am to 2:30 pm:



Shrugging Doctor Beverage Company

June 24th
July 8th
July 15th
July 22nd
July 29th
August 5th
August 12th
August 19th

Gettin' Thready



We are also pleased to announce the return of Night Markets from 5:00 - 8:00 pm:

Wednesday, July 14th
Wednesday, August 11th



Prairie Pickers Cafe



L'Arche Tova Cafe

Like last year, there will be additional COVID-19 protocols and safety measures in place to help keep our community healthy. Here's what you can expect, and how you can help make these markets the best yet:

- Dedicated entry and exit points will be located on Regent Avenue West, on either side of the clock tower.
- Everyone is encouraged to wear a mask, use hand sanitizer, and follow social distancing practices by staying 6 feet apart from others.
- With capacity limits reduced, be prepared to wait in line, limit the number of shoppers per household, and reduce the amount of time you spend at the markets by picking up the items you need and not lingering.
- Once in the Square, please follow the one-way arrows and walk in a clockwise direction.
- Check out our social media pages before each market date to find out what vendors will be attending, and research what you would like to buy ahead of time.
- If you are sick or vulnerable, please stay home and take care of yourself.
- For all the latest information from our provincial government, go here: <http://www.manitoba.ca/health/coronavirus/index.html>

2021 Vendors include:

**Subject to change.*

Barb's Crafts
Beverley Originals
BJK Paper Crafts
Boho Dreams
Brie's Botanicals
Brittany Rae Designs
Close to My Heart
CraftyCre8 Paper Creations
Crazy Hands
Diane Nichols Crafts
Eats & Sweets Wpg
Fat Iguana Hot Sauce Company
Fire and Ice Designs
Fred Simpson Glass Jewellery
Freedomswind
Furever James
Gettin' Thready
Herbs and Butters Skincare
Homemade Creations by Pat
Infinite Waters
Iren's Art
Jan's Tiber River
Jaya's Preserves
Jessica Canard Art
Jonathan and Liudmila's Family Veggie Market
Keenan's Kreations
L.D.B. Designs
L'Arche Tova Cafe
Laurie's Vegetables, Preserves & Baking
Macsbbyeth
MB River
Medical Socks and Insoles with David
Modere
My Valhalla Soaps
Norwex with Cynthia
Norwex with Teresa
Old Church Bakery
Palliser Avenue
Patent 5 Distillery
Pink Raindrop Designs
Pink Zebra Sprinkles with Rainy
Plant-based Cookbooks with Caroline
Prairie Beards
Prairie Pickers Cafe
Prairie Princess Creations
Riplees Ranch Winnipeg
Rlbuell
Scentsy with Shanda
Shrugging Doctor Beverage Company
Southside Creations
Sunset Gourmet
Sveppur Kingdom
SweetLegs Winnipeg with Benita
The Great Northeast
The Missing Ingredient
Trail Dog Treats
Tupperware
Watkins with Dave
We All Have Cravings Etc
Wenizhishing

MEET KIM FROM REGENT TAILOR

By Cornelius Thiessen

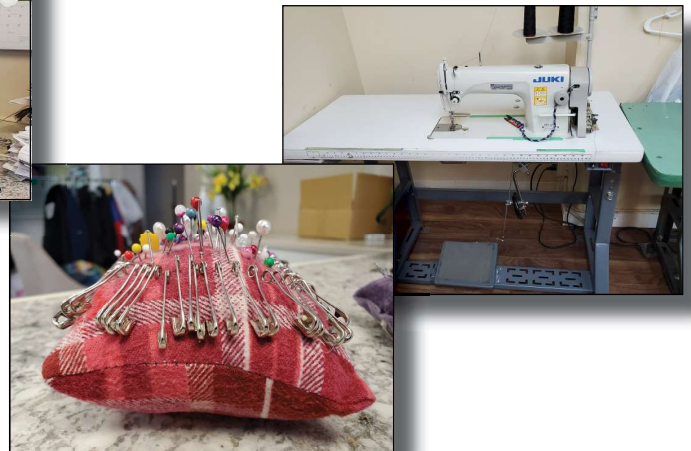
I went to visit my friend, Kim this past month at her business, Regent Tailor located at 107 Regent Ave, East. It was so good to see her back after her maternity leave. In all the years I have been taking her my hemming and mending she has done superb, reasonably priced work. A master on the sewing machine, Kim does alterations, jean hemming, designs and produces new wears, and repairs items you love.

We were visiting across her counter when she started telling me something that just amazed me. Kim has a YouTube channel, <https://www.youtube.com/c/VietLifeInCanada>, with a large following in the Vietnamese community, both in Canada and around the world. She broadcasts in Vietnamese about Transcona and the life she has built here. Kim speaks of the sense of community and the friendly people willing to lend a hand when needed.

I have never met anyone prouder of Transcona than this lady, and in turn, Transcona should be just as proud to have Kim amongst its business owners, residents, and ambassadors!



Kim Nguyen came to Canada from her home in Saigon, Vietnam in 2014, found her way to Transcona, and set up shop. Kim's amazing work combined with a sunny and kind attitude have helped her grow her business and develop a loyal customer base over the years. We all know that when you have repeat customers, you must be doing good work.



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Drop off or mail your entry form to:

**Transcona BIZ
108 Bond Street
Wpg, MB R2C 2L2**

**James
Teitsma**
MLA for Radisson

Constituency Office:
220-1615 Regent Avenue W.
Winnipeg, MB R2C 5C6

204.691.7976
office@jamesteitsma.ca

TRANSCONA IS BLOOMING

Each year, the Transcona BIZ membership budgets for thousands of dollars worth of flowers to be purchased to beautify the Transcona business zone. This includes over 90 ground planters and 60 hanging baskets. The summer students plant the flowers at the beginning of the season, watering and weeding throughout the season and then pulling everything out at the end of the season. This creates a bright and colourful landscape for all to enjoy.



We spoke with Maryann Sumka from Sumka Brothers Greenhouses about some of the beautiful flowers that you can find around the zone. Here are some Tips and Tricks to make your summer flourish:

1) Know your location! Be mindful of whether you are planting in full sun (sun from noon to 4), part-sun (sun before noon or after 4, but not really the hot mid-day sun), or in full shade (no sun or barely any early morning or late day sun); know the wind in your planting area – wind can be extremely cold, especially in the early weeks of gardening (and will freeze plants) and can be extremely drying in the hot summer months!



2) Be honest with yourself! Plants are living, breathing, growing things that rely on us to provide them with their necessities. It is our job to nourish them and tend to them. Be honest when you are choosing your plants – there are plants that require barely any help to survive, and some that need constant pruning and care. All plants need to be fed and watered regularly!!!



3) Choose plants that make you happy! Plants should appeal to all our senses – pick colours that make you smile, textures that entice your fingers, scents that draw you in, tastes that thrill you (add edibles to your containers – herbs, tomatoes, strawberries, whatever!), and lure singing birds and other pollinators into your summer space!

If you LOVE the plants you choose, you will choose to love them all summer, and they will love you back and flourish!

PLAQUE FINDS NEW HOME AT TCS

Next time you take a stroll through the Transcona Centennial Square (TCS), keep your eye out for the “Greatest Transconian” plaque.

Initially placed in the ground in front of the Transcona Museum in 2005, the plaque was later removed to allow for construction work and stored off-display inside the museum ever since. Finally, in March 2021, the plaque was rolled out into the sunshine and mounted to the side of Archambault Pavilion at Transcona Centennial Square, nestled inside a custom-built metal frame.

To learn more visit our website at:
<https://transconabiz.ca/transcona-centennial-square/greatest-transconian/>



Unit Amenities:

- Air Conditioning
- Balcony
- Individual Thermostat
- Kitchen Appliances
- In-Suite Laundry
- Window Coverings
- Walk-In Closet
- Internet & Cable Ready
- In-Suite Storage

Leola Village

You're already home at Leola Village!

Leola Village, brand new pet-friendly one and two bedroom apartments in the heart of Transcona are NOW RENTING!

These apartments are close to home... they're the perfect place for those moving out for the first time, those downsizing and those looking to stay close to family and friends in Transcona. Located on the corner of Leola Street and Harvard Avenue, Leola Village is near parks, shopping, and restaurants and are accessible by foot, vehicle and Winnipeg Transit.

Call, text or email to set up an appointment to view them in person.



Address: 615/685/695/715 Leola Street, Winnipeg | **Website:** www.leolavillage.ca
Phone: 431-588-7720 | **Email:** leolavillage@mccor.ca | **Facebook & Instagram:** @leolavillage



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Limited time only



Mary Jay **HEBERT**
204-510-5552
Royal LePage Dynamic Real Estate





Business Directory

Shop Local. Support Community.

www.TransconaBIZ.ca

Accounting

H & R Block Canada
3-801 Regent Ave W R2C 3A7
204-949-4110

LDF Consulting Services
114 Regent Ave E R2C 0C1
204-222-9373
Personal and Small Business Tax preparation and consulting, including e-filing, bookkeeping, and accounting for small to medium businesses. Consulting for new business setup, including setup of accounting systems with training. Located in Transcona for over 20 years, now offering contactless services.

Liberty Tax Services
309 Day St R2C 1B1
204-808-7835

RJ Accounting & Tax Service
314 Bond St R2C 2L5
204-224-5913
robert@rjaccounting.com
Twenty-five years of experience with personal income tax returns, monthly accounting, and corporate tax returns, deceased and estate returns, fast electronic filing and personalized service.

Automobile Services

D & S Auto Service Ltd
122 Regent Ave W R2C 1P9
204-222-1404
<https://www.bestprosinatown.com/mb/winnipeg/d-and-s/>
Full automotive repairs.

Ram Collision
345 Pandora Ave W R2C 1M6
204-222-7464
Collision repair specialist. We repair all makes and models.

RMK Auto Sales
351 Pandora Ave W R2C 1M6
204-230-3949

Spider Design Automotive
361 Pandora Ave W R2C 1M6
204-229-1932
Automotive repairs and service, vehicle safety inspections.

True-Way Muffler
1380 Plessis Rd R2C 4L1
204-663-3431
Specializing in mufflers, brakes, front ends and safeties, suspensions.

Banking

Casera Credit Union
1300 Plessis Rd R2C 2Y6
204-958-6300
Our mission is to fulfill our member's financial needs with trustworthy advice, market-leading products, and exceptional service that creates rewarding member experiences.

RBC Royal Bank
128-701 Regent Ave W
ATM only.

Beauty

Almond Nail Bar
4-1460 Plessis Rd R2C 5R5
204-667-4554
www.almondnailbar.com
A full menu of services for women and men to get your hands and feet looking their best from classic French manicures to proper pedicures. We take clean to a new level and don't use harsh products or tools.

Beautiful YOU
115 A Regent Ave W R2C 1R1
204-661-6086
Appointments for esthetic services Tue – Sat (including evening appts). Only quality skin products are used and are available for purchase. Women's apparel, purses, accessories, & more. Gift certificates are available.

Fabutan Suntan Studio
7-801 Regent Ave W R2C 3A7
204-224-8330
www.fabutan.com
North America's largest tanning company.

Hair Expansion
8-801 Regent Ave W R2C 3A7
204-222-9982
Hair salon offering highlights, colour, ear piercing and tanning.

Le Petit Barbier
B-130 Regent Ave W R2C 1P9
204-807-0056
lepetitbarbier@shaw.ca
Barber shop / beauty salon.

Lucky Nails
2-453 Regent Ave W R2C 1R3
204-224-5794
Excellent professional care, sculpted nails, overlay, gel nails, nail art, hand designs, manicure, and spa pedicure.

Night N Day Hair Studio
313 B Day St R2C 1B1
204-421-9321
Full service hair salon.

Rising Phoenix Hair Salon
120-701 Regent Ave W R2C 1P9
204-777-0647
<https://risingphoenixsalon.wixsite.com/hairsalon>
Hair salon

Romeo Bros Barber Shop
134 Regent Ave W R2C 1P9
204-222-8196
Men's hairstyling

Root 37 Hair Design
225 Regent Ave W R2C 1R3
204-222-3704
Hairstyling / Esthetics / Massage.

Tony's Barber Shop
118 Regent Ave W R2C 1P9
204-224-0283
Family owned business for over sixty years, by appointment only.

Creative Arts

Doreen Bissett School of Dance
120 Regent Ave E R2C 0C1
204-222-9368
www.dbsdance.com
dbsdoffice@gmail.com
Private dance studio operating in Transcona since 1966, offering a wide range of dance programs for ages 2 - adult. Instagram: @dbsd_official Facebook: DBSDLTD

Transcona Music Center
5-549 Regent Ave W R2C 1R9
204-777-6212
Private professional instruction in piano, guitar, bass, saxophone, flute, theory, voice and violin.

Dine In & Take Out

A&W
1450 Plessis Rd R2C 2X4
204-224-0686

Chicken Delight
453 Regent Ave W R2C 1R7
204-982-1370
<https://www.chickendelight.com/location/453-regent-ave-w>
Chicken, ribs and pizza for take-out and delivery.

Choy's Chinese Food Catering Services
110 Regent Ave E R2C 0C1
204-222-2005
www.choys.ca
Open 7 days a week, pickup and delivery. Lunch catering available.

Dairy Queen
100 Victoria Ave E R2C 0E2
204-222-9641
www.instagram.com/daystdq
Soft serve, cones, blizzards, sundaes, milkshakes. Customized cakes.

Dal's Restaurant & Lounge
122-126-701 Regent Ave W R2C 1S3
204-222-4255
Full service restaurant. Pizza, burgers, salads, chicken and more for takeout and delivery.

Domino's Pizza
1-233 Regent Ave W R2C 1R3
204-987-5557
<https://pizza.dominos.ca/winnipeg-manitoba-10207/>
Pizza, wings and more.

KFC
1470 Plessis Rd R2C 5G6
204-219-4852

L'Arche Tova Café
119 Regent Ave W R2C 0C1
204-421-9388
larchetovacafe@larchewinnipeg.org
www.larchewinnipeg.org/larche-cafe/
Building a more compassionate society one cup of coffee at a time.

Little Bones Wings
123 Regent Ave W R2C 1R1
204-777-2667

Little Caesar's Pizza

2-801 Regent Ave W R2C 3A7
204-953-8888

Hot-N-Ready pizza. Order non-contact pick-up and delivery online.

Little Pizza Heaven

101 Regent Ave E R2C 0C2
204-777-5575

info@alittlepizzaheaven.ca

Offering our signature garlic crust alongside all you're A Little Pizza Heaven favorites. Besides pick up and delivery, we offer catering and our Food Truck for private events.

Maggi's Restaurant

102 Victoria Ave E R2C 0E2
204-698-6813

Syrian and traditional drive-in food.

Mucho Burrito Fresh Mexican Grill

2-1510 Plessis Rd R2C 5R5
204 306 7810

<https://muchoburrito.com/>

Canada's largest premium fast casual Mexican restaurant, serving food that is mucho real and mucho fresh. It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.

Pizza Hotline

130A Regent Ave E R2C 0C2
204-222-2222

Pickup and delivery.

Pizza Hut

3-1510 Plessis Rd R2C 5G6
431-317-0589

Quinlan's Café

101 Regent Ave W R2C 1R1
204-421-2122

Red Chilli's East Indian Cuisine

11-801 Regent Ave W R2C 3A7
204-615-5550

redchillis.ca

East Indian cuisine. Dining area to accommodate up to 150 guests. Licensed bar. Good for business meetings and parties for a special occasion.

Royal Garden Chinese Food

139A Regent Ave W R2C 1R1
204-222-4726

Chinese food – pickup and delivery.

Santa Lucia Pizza

108 Regent Ave E R2C 0C1
204-888-5555

<https://www.santaluciapizza.com/108-regent-ave-east/>

SLPregent@gmail.com

Offering take-out, delivery, and catering services.

Spikes Grill

202 Bond St R2C 2L4
204-222-7329

Open from 7 am – 7 pm. Located in the basement of the Princess Hotel, fully licensed family restaurant (children welcome!). Serving home cooked meals.

Starbucks

101-1510 Plessis Rd R2C 5R5
204-899-5472

Subway

100 Regent Ave W R2C 2P9
204-222-8778

www.subway.ca

Dine-in or take-out restaurant with free delivery for catering platters and orders of more than 5 footlong sandwiches. Parties for lunches, dinners and funerals can be organized upon request.

Szeto Chinese Food

103 Bond St R2C 2L1
204-222-6868

Full service restaurant Chinese food - pickup and delivery.

Tasty Chinese Cuisine

129 Regent Ave W R2C 1R1
204-222-3245

Chinese cuisine and homemade features. Lunch Buffet.

Tim Horton's

107 Pandora Ave W R2C 1M4
204-222-0501

TOM YUM Thai Restaurant

3-233 Regent Ave W R2C 1R3
204-414-9144

Thai Restaurant offering authentic Thai cuisine.

Wendy's

808 Regent Ave W R2C 3B4
204-224-9289

www.wendys.com

Mobile ordering, drive-thru, and take out available.

Will's Tasty Food

201 Melrose Ave E R2C 0B1
204-489-8322

<http://www.willstastyfood.com>

Tues – Wed: 4:30 pm – 10:00 pm

Thurs – Sat: 4:30 pm – 12:00 am

Homemade artisan and gourmet pizzas, poutine, and hot and cold sandwiches.

Entertainment**Central Hotel**

201 Melrose Ave E R2C 0B1
204-222-4777

centralhotelevents@mymts.net

www.rookiesinsidethecentral.ca

Beverage vendor, VLTs, monthly rooms, Darts and Pool League, Off Track Betting (OTB) for Assiniboia Downs, WTF Restaurant.

Joe's Pandora Inn

103 Bond St R2C 2L1
204-222-0571

pandorainn@shaw.ca

Comfortable lounge with daily & weekly entertainment, 7 large screen TVs, VLTs, shuffleboard and pool, south facing patio, Transcona Railer Express sponsored Chase the Ace draw Thursdays, Szeto's Chinese Food and beer vendor. Buffet & a Bevy fundraiser events available for booking & sports team sponsorships available.

Princess Hotel

202 Bond St R2C 2L4
204-224-4885

Princess-Hotel@shaw.ca

Full service hotel with 350-seat beverage room, 165-seat banquet hall, drive-thru beer store, 41-seat restaurant, and 15 rental rooms. Banquet hall available for rent (seats 165).

Royal George Hotel

123 Regent Ave W R2C 1R1
204-224-1882

Open 7 days a week, Live entertainment music venue, 210 seat beverage room, VLTs, Vendor, Outdoor Patio, Hotel, Home of Little Bones Wings. Call us to book your special event.

Funeral Services**Bardal Funeral Home Arrangement Centre**

6-801 Regent Ave W R2C 3A7
204-774-7474

Transcona Funeral Chapel

3-549 Regent Ave W R2C 1R9
204-222-5516

www.korbanchapel.com

Gas Stations**7-Eleven**

104 Regent Ave E R2C 0C1
204-985-0188

1-801 Regent Ave W R2C 3A7
204-985-0130

Convenience, gas, lottery, hot food and grill items.

Fas Gas Plus

105 Pandora Ave E R2C 0A1
204-224-1600

Full service gas & propane, carwash, convenience store, samosas and Heffy's fried chicken.

Henry's Car Wash & Petro-Canada

107 Pandora Ave W R2C 1M4
204-222-4086

Gas, diesel, propane, convenience store, car wash, and Tim Horton's drive-thru and walk-in

Shell Canada

1440 Plessis Rd R2C 2X4
204-224-0074

609 Regent Ave W R2C 1R9
204-222-9431

www.shell.ca

Gas, car wash and convenience store.

Health Care**Clinics****Plessis Medical Centre**

12-801 Regent Ave W R2C 3A7
204-222-4200

Family practice medical office.

Prana Family Medical Centre

208 Regent Ave W R2C 1R2
204-222-6771 Fax: 204-777-1728

www.pranamed.ca

Facebook.com/pranapharmacy

Dr. Iresha Edi (CCFP, MD)

Dr. Majid Shaiati (CCFP, MD)

New lady family doctor accepting patients.

Walk-in clinic with longer hour service.

Full-Service Pharmacy.

Monday - Friday 8.30 am - 7 pm

Saturdays 9 am - 1 pm

Transcona Medical Clinic

200-701 Regent Ave W R2C 1S3
204-222-5221

Chiropractors

Moorhead Chiropractic

501 Regent Ave W R2C 1R9
204-222-2969
Dr. Lloyd Moorhead
Dr. Richard Moorhead
<https://www.moorheadchiro.solutions/>
moorheadchiro@shaw.ca
Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.

Regent Chiropractic Centre

705 Regent Ave W R2C 1S2
204-222-1571
Dr. C. M. Possia
Massage Therapist also available treatment and rehabilitation for sports, work and other injuries.

SquareONE Rehabilitation

138-701 Regent Avenue W R2C 1S3
204-560-4455
www.squareonerehabilitation.com
info@squareonerehabilitation.com
A multidisciplinary healthcare clinic that includes chiropractic, physiotherapy, massage therapy, counselling services, dietetic services and numerous exercise occupational programs.

Zaharia Chiropractic

509 Pandora Ave W R2C 1M8
204-224-9474
Dr. Livia Zaharia
Dr. Mark Zaharia
zahariachiropractic@gmail.com
www.zahariachiropractic.com
Open late Thursdays until 8pm. Health and injury care, pregnancy & children, auto & work accidents, neck & back pain, headaches, sports & muscle injuries.

Dentists/Denturists

Kontiki Dental Centre

C-212 Regent Ave W R2C 1R2
204-222-4238
Dr. Terry Wong
Dr. Nancy Auyeung
Comprehensive general dentistry. Offering a full range of general, cosmetic and implant dental services. New patients welcome.

Regent Denture Clinic & Implant Centre

1-549 Regent Ave W R2C 1R2
204-224-8800
www.regentdentureclinic.ca
Complete denture care & implant solutions.

Transcona Dental Centre

10-801 Regent Ave W R2C 3A7
204-222-8609
Dr. Charles Rubin
Dr. Ken Strong
Complete family dentistry. Offer a full range of general and cosmetic dentistry.

Equipment

Transcona Health & Safety Service

111B Regent Ave W R2C 1R1
204-414-7131
Transcona@shaw.ca
Medical equipment, garment fitter, compression legwear, diabetic & orthotic footwear. Safety supplies. Healthcare products, cryo care post-surgery.

Hearing Centres

Connect Hearing

130-701 Regent Ave W R2C 1S3
204-942-7646
T.T.Y. Deaf Access: 204-942-7691
www.connecthearing.ca
Hearing health, hearing testing, wide range of hearing aids for purchase, third party coverage, repairs & cleaning.

Massage Therapists

Advanced Massage Therapy Clinic

2-1460 Plessis Road
204-306-4747
advancedplessis@gmail.com
<https://advanced-massage.janeapp.com/>
Advanced Massage Therapy has knowledgeable therapists that offer a variety of treatments, from hot stone to deep tissue. We also offer direct billing.

Aruba Massage Therapy Clinic

112 Regent Ave E R2C 0C1
204-777-6222
arubamtc@mts.net
6 Licensed Massage Therapists. Open Mon. - Sat. with online booking available. Heated massage tables, relaxing environment. Massage therapy, deep-tissue, craniosacral, hot stone, pregnancy & children. We take care of your aches, pains, and reduce stress. Direct billing with Blue Cross. Gift certificates available.

Maryka's Massage Therapy Clinic

115 B Regent Ave W R2C 1R1
204-414-9392
marykasmassagetherapyclinic@gmail.com
Online booking: <https://marykamassagetherapy.juvonno.com/plogin.php>
Registered and Certified Practitioners. Therapeutic, relaxation and pregnancy massage, cupping therapy and reflexology, direct billing. Flexible hours of operation. Open 7 days a week.

Prairie Sage Massage Therapy

109 Regent Ave W R2C 1R1
204-691-9101
<http://www.prairiesagemassage.ca>
Registered massage therapists offering therapeutic and relaxation massage.

Steven Hanks Massage Therapy

(inside Miracle Health Network)
132 B Regent Ave W R2C 1P9
204-770-4414
www.TMHN.info
Our 25th year! Advanced Massage RMT, Medically Trained IASTM, STAT Certified, Emotional Release (ERT), Muscle NRG Therapy (MET), kid friendly, direct billing.

Medical Laboratories

Dynacare Laboratory and Health Services Centre

140-701 Regent Ave W R2C 1R1
204-222-4930
<https://www.dynacare.ca/specialpages/secondarynav/find-a-location/transcona.aspx>
Open Monday – Friday 8am - 4.30pm, closed on weekends.

Transcona Xray Clinic

140-701 Regent Ave W R2C 1R1
204-222-2482
Open Monday – Friday 8.30 am – 4 pm, closed daily between 12.15pm – 1pm, closed on weekends.

Optometrists

Transcona Optical

A-212 Regent Ave W R2C 1R2
204-224-2254
www.transconaoptical.ca
Dr. B. Rosner Dr. B. Chartier
Dr. A. Boroditsky Dr. E. Fiorentino
Dr. S. Malo Dr. K. Blackie
Optometric practice providing a full range of services from comprehensive eye exams to high quality frames and contact lenses.

Pharmacies

Plessis Pharmacy

15-801 Regent Ave W R2C 3A7
204-777-1468
Independent & locally owned community Pharmacy proudly serving Transcona & surrounding areas since 2009. We offer prompt, courteous, friendly service including free city-wide delivery, curbside services, blister packaging, blood pressure monitoring, medication review, auto-refill & sync prescription services. We are open 6 days a week and offer after hour service.

Prana Pharmacy

208 Regent Ave W R2C 1R2
204-777-3093
Full city-wide delivery and loyalty program. Walk-in clinic and family doctors accepting new patients. Monday through Friday: 9:00 am - 7:00 pm Saturday: 9:00 am - 1:00 pm Medscheck and Diabetes education program. Easy to administer program. Tailor-made medications compounding service. Sharps and medication disposal program.

Regent Park Pharmacy

118-701 Regent Ave W R2C 1S3
204-222-3257
Retail Pharmacy offering city-wide delivery, stamp shop and greeting cards.

Rexall Pharmacy

1-1490 Plessis Rd R2C 5G6

Physiotherapists

Plessis Physiotherapy

14-801 Regent Ave W R2C 3A7
204-222-2432
www.plessisphysiotherapy.ca
Private practice physiotherapy clinic.

Transcona Physiotherapy

C-230 Regent Ave W R2C 1S3
204-224-4015
transconaphysiotherapy@shaw.ca
www.transconaphysio.com/
Private physiotherapy clinic for workplace, sport and other injuries. Doctor's referral not required.



Indicates new businesses to the Transcona BIZ

Household Services & Trades

Creative Door Services

64 Hoka St R2C 3N2
204-224-1224
www.creativedoor.com
Commercial and residential garage door products.

Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2
204-226-3636
www.nexstarmechanical.com
Industrial, commercial, and residential heating, cooling, and ventilation systems. Service and installation.

RGC Plumbing & Mechanical

130 Regent Ave W R2C 1P9
204-415-3512
RGCPlumbing@gmail.com
www.rgcplumbingandmechanical.com
RGC Plumbing - Your Total Plumbing Contractor. RGC Radon - Leaders in Radon Mitigation.

Transcona Overhead Doors Ltd.

118 Melrose Ave W R2C 1N6
204-222-7943
www.transconaoverheaddoors.ca
Residential overhead garage doors, electric openers, and bug screens. Sales, service and installations serving happy homeowners since 1973.

Wach Window & Door Ltd.

521 Pandora Ave W R2C 1M8
204-222-9434
Residential window and door replacement, sales, service, installation Transcona business since 1967.

Government

Daniel Blaikie

MP, Elmwood—Transcona
201-1111 Munroe Ave R2K 3Z5
204-984-2499
Daniel.Blaikie@parl.gc.ca

Nello Altomare

MLA, Transcona
127 Regent Ave W R2C 1R1
204-594-2025
Nello.Altomare@yourmanitoba.ca

James Teitsma

MLA, Radisson
Room 227 Legislative Building
450 Broadway R3C 0V8
204-691-7976
james.teitsma@leg.gov.mb.ca

Shawn Nason

City Councillor, Transcona
510 Main St R3B 1B9
204-986-8087
snason@winnipeg.ca

Insurance

Ball Insurance Agency

112 Regent Ave W R2C 1P9
204-222-7771
sball.ballins@shaw.ca
Insurance sales and service for vehicles, home, cottage, business, travel, and health. CAA Broker Partner.

Clarke Financial Planning & Insurance Services

110 Regent Ave W R2C 1P9
204-487-6556
linda_clarke@clarkefinancialplanning.com
www.clarkefinancialplanning.com
The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. 100% First Nations owned and operated.

Medi-Quote Insurance Brokers

505 Pandora Ave W R2C 1M8
204-947-9210
www.mediquote.ca
Specializing in travel medical insurance for all ages. We have a plan for everyone.

Wyatt Dowling Insurance Brokers

136-138 Regent Ave W R2C 1P9
204-222-3221

4-801 Regent Ave W R2C 3A7

204-940-6552
www.wyattdownling.ca
General Insurance including Home, Auto, Business, and Life Insurance. 11 Locations in Winnipeg.

Law Offices

George & Tweed Law Corporation

4-549 Regent Ave W R2C 1R9
204-949-3080
Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.

Hilary C. Maxim Law Office

B-212 Regent Ave W R2C 1R2
204-224-2600
Lawyer dealing with residential real estate transactions, wills, and general Power of Attorney.

Lange Law

227 Regent Ave W R2C 1R3
204-272-0266
chrislange@clangelaw.com
www.clangelaw.com

Manufacturers & Industrial Trades

Burnbrae Farms Limited

615 Kernaghan Ave
204-222-2783
www.burnbraefarms.com
Egg grading and processing.

Canital Granite

100 – 100 Hoka St R2C 3N2
204-224-2286
Toll Free: 1-800-665-0045
www.canital.mb.ca
mail@canital.mb.ca
Granite and quartz countertops.

Clark Transport

770 Pandora Ave E R2C 3N1
204-453-6042

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
204-958-8068
www.dominionpallet.ca

Exceldor (Formerly Granny's Poultry)

750 Pandora Ave E R2C 4G5
204-488-2230
Wholesale only - no retail outlet or license to sell to the general public.

Final Step Limited

22-630 Kernaghan Ave R2C 5G1
204-222-8822

George Wakefield Foods Inc

B-1225 Plessis Road R2C 3L9
204-488-0716

Kent Welding Gun

1249 Plessis Rd R2C 3L9
204-667-7555
solutions@kentweldinggun.com
www.kentweldinggun.com
Manufacture, sell and service Kent welding guns. Repair service to MIG welding guns. Sales of most popular MIG gun parts. Custom/production CNC machining.

Martel Bros. Ltd.

359 Pandora Ave W R2C 1M6
204-233-2022
martelbrosLtd@shaw.ca
Freight handling.

National Tire Distributors Inc

64-630 Kernaghan Ave R2C 2L8
204-775-9321
www.ntdcanada.com

New Flyer Industries

711 Kernaghan Ave R2C 3T4
204-224-1251
www.newflyer.com
buses@newflyer.com
The leader in low-floor, heavy-duty buses. New Flyer has a complete line of vehicles operated in fleets across North America.

Polynt Composites Canada

84-84 Hoka St R2C 3N2
204-668-4900
https://www.polynt.com/en/

Praxair Canada Inc.

700 Pandora Ave E R2C 3A6
204-222-4269
Acetylene filling station.

Quick Transfer

200-766 Pandora Ave E R2C 3A6
204-786-6011
https://www.qtmoving.com/

Target Products

400 Pandora Ave W R2C 3A5
204-654-8320

Not-for-Profit

Community Groups

East End Community Club

517 Pandora Ave R2C 0A5
204-222-8013
eastendarena.ca

L'Arche Winnipeg

118 Regent Ave E R2C 0C1
204-421-9388
www.larchewinnipeg.org

Royal Canadian Legion Branch 7

117 Regent Ave E R2C 0C2
204-222-9951
transconalegion.ca

Transcona Historical Museum

141 Regent Ave W R2C 1R1
204-222-0423
www.transconamuseum.mb.ca

Transcona Public Library
1 Transcona Blvd R2C 5R6
204-986-3950
<https://wpl.winnipeg.ca/library/branch-pages/branch.aspx?tran>

Transconca BIZ
108 Bond St R2C 2L2
204-222-8566
transconabiz.ca

Churches

Abundant Life Baptist Church
1396 Plessis Road
204-222-7671

Cornerstone Community Church
133 Regent Ave E
204-222-4584

Grace Canadian Reformed Church
730 Pandora Ave W
204-661-6970

Powermine Ministries Church
127 Regent Ave E
204-813-7070

Slavic Evangelical Church
133 Regent Avenue East
204-381-2983

St. George's Anglican Parish
321 Pandora Ave W
204-222-1942

St. Michael's Ukrainian Catholic Parish
400 Day Street
204-222-4283

Transcona Christian Reformed Church
131 Victoria Ave W
204-222-4380

Transcona Seventh Day Adventist Church
133 Regent Ave E
204-222-2391

Pet Services

Pet Planet
4-1510 Plessis Rd R2C 5R5
204-222-8069
Pet Planet is a "natural grocer" for dogs and cats offering a wide range of healthy food, treats, supplements, a self-wash, and, of course, toys!

Shih Tzu's Forever Grooming Services
103 Regent Ave W R2C 1R1
204-221-2811
Where we treat your pet like family.

Transcona Veterinary Hospital
501 Pandora Ave W R2C 1M8
204-222-5251
www.transconaveterinaryhospital.ca
Primarily canine and feline veterinary hospital.

Printing

Bond Printing
130 Victoria Ave W R2C 1S5
204-222-7069
www.bondprinting.net
sales@bondprinting.net
*Serving the Community since 1986!
Commercial and retail printing/promo items/community news publication.*

Real Estate

Kehler Realty
132 Regent Ave W R2C 1P9
www.KehlerRealty.com
Art Kehler - 204-222-0149
Jeremy Kehler - 204-222-0001
Gus Miller - 204-224-0078
Robert Unger - 204-791-5145

McCreedy Knox Team
6-549 Regent Ave W R2C 1R9
204-989-7900
www.mccreedyknox.ca
mkteam@royallepage.ca
Jamie McCreedy - 204-479-4868
Jamie Knox - 204-470-9828
Ivan Paulic - 204-260-0858
April Swanson - 204-803-3149

Retail

431 Urban Street Wear
B-139 Regent Ave W R2C 1P9
204-222-0350

ABC Power Tools
201 Regent Ave W R2C 1R3
204-224-1760
www.abcpowertools.ca
*Winnipeg's number 1 STIHL Dealer.
Specializing in power equipment and handheld tools. Sales and service.*

All About Computers
C-130 Regent Ave W R2C 1P9
204-224-9285
www.regentcomputer.com
allabout@shaw.ca
Quality New & Used Desktop & laptop Computers, Fast Reliable Desktop & Laptop Repairs, Laser Toners & Inkjet Cartridges. "Always providing excellence in service and product."

Aunt Monica's Attic
111-A Regent Ave W R2C 1R1
204-615-5270
fun@auntmonicasattic.com
www.auntmonicasattic.com
*Battery-free toys, novelties, craft kits, jigsaw puzzles, supplies and more.
Kids' parties, story times and workshops too. For kids and adults alike.*

Brittany Rae Designs
127 Regent Avenue W R2C 1R1
204-960-8320
www.brittanyraedesigns.com
info@brittanyraedesigns.com
Designing custom gowns, princess inspired accessories and unique mask designs for purchase. BRD also offers in person sewing lessons.

DEFEHR Furniture (2009) Ltd.
770 Pandora Ave E R2C 3N1

DOLLARAMA LP
1460 Plessis Rd
204-260-9262

110-701 Regent Ave W R2C 1S3
204-222-3912
www.dollarama.com

Dulux Paints
2-100 Regent Ave W R2C 1P9
204-224-3134
pa8645@ppg.com
www.dulux.ca
Paint supplies, interior and exterior paint.

Eastend Meats & Sausage
123 Regent Ave E R2C 0C2
204-222-4888
www.eastendmeats.ca
Smoked sausages and homestyle deli meats, fine cuts, fresh beef, pork, chicken, delicacies, frozen foods, dry grocery, deli trays, meat packages, custom cutting

Fat Panda Vape Shop
2-233 Regent Ave W R2C 1R3
204-416-8333
www.fatpanda.ca
Vape shop here to help our customers make the transition from smoking to vaping.

Homerun Sports
(inside East End CC)
517 Pandora Ave E
204-999-5849

J L R Jewellers
118 Regent Ave W R2C 1P9
204-471-3632
All jewellery, watch, and clock repairs, watch batteries, custom work, vintage & estate jewellery, and unique giftware.

John Russell Honey Company
128 Victoria Ave W R2C 1S5
204-612-2337
Honeyb.ca
honeyb@mts.net
Producers and packers of Manitoba's finest pure, raw Honey. Pioneers of naturally flavored and infused honeys. Fundraising and wedding favour specialists. Co-packing services available, C.I.F.I / S.F.C Licensed

LumberZone
309 Bond St R2C 2L6
204-222-3281
www.thelumberzone.ca
Building supplies, hardware, paint, and tools for commercial and residential purposes.

Mission Thrift Store
701 Regent Ave R2C 1S3
204-667-5329



Northern Lights

129 Regent Ave E R2C 0C2
204-415-5106
Head shop and plant nutrients.

Palliser Furniture Outlet

79-630 Kernaghan Ave
204-988-0800
Furniture outlet for high quality upholstered furniture at less-than retail prices. Cash & carry. Delivery available. Hours: Wednesday - Friday: 10am - 7pm, Saturday & Sunday: 10am - 5pm, Closed Monday & Tuesday

PharSyde

117A Regent Ave W R2C 1R1
204-222-4753
A variety of convenience items, cat and dog food, lotteries, hemp products, and vape products.

Pop And Shop

132-701 Regent Ave W R2C 1S3
204-222-0904
Convenience store, lottery and game area, water supplies and refills, key cutting, dry cleaning, photocopying, Kinsmen Bingo, ATM inside.

Regent Pawn

105 Regent Ave W R2C 1R1
204-222-6501
Your friendly neighbourhood pawn. Buy, sell, and pawn. Licensed & bonded.

Sevala's Ukrainian Deli & Catering

126 Victoria Ave W R2C 1S5
204-224-4900
www.sevalas.com
sevalas@shaw.ca
We specialize in Ukrainian foods: perogies, cabbage rolls, meatballs, borscht, pyryshky, plus a wide selection of homestyle entrees ready to heat and serve.

Soccerland

3-453 Regent Ave W R2C 1R7
204-470-1316
www.soccerlandcanada.com
maco34@mts.net
Hours: Monday - Friday 1pm - 6pm, Saturday 1 - 5pm. We sell good quality custom soccer team uniforms and accessories. Brand names including Kappa, Lotto, Diadora, Sondico, Inaria, and Admiral.

Ted's No Frills Grocery

1500 Plessis Rd R2C 5G2
1-866-987-6543

The Joint Glass Gallery & Tobacconist

218 Regent Ave W R2C 1R2
204-615-5285
thejointcannabis.ca
Cannabis accessories.

Tony Fernandez Signature Shoe Repair & Key Cutting

B-134 Regent Ave W R2C 1P9
204-615-1245

Video King

309B Day St R2C 1B1
204-224-9521
Video Distribution.

Security**Oakley Alarms**

359 Pandora Ave W R2C 1M6
204-654-9982
info@oakleyalarms.ca
Sales and installation of home and commercial security systems.

Services - Other**Access Information Management Canada**

76 Hoka St R2C 3N2
www.accesscorp.com
Records management including storage, destruction, and recycling management services.

Blaze Ink Tattoo

107 Regent Ave W R2C 1R1
204-222-6668
blazeink@hotmail.com
www.blazeinktattoos.com
Custom Tattoo shop that caters to all styles.

Kildonan Tailor

736 Regent Ave W R2C 1S4
204-615-5857

Nichol Commercial Licensing Inc.

114 Regent Ave W R2C 1P9
204-777-6700
lnichol@nclnet.ca sbergen@nclnet.ca
www.nclnet.ca
NCL is a Transportation Consulting Firm that specializes in Commercial Fleet Licensing & Safety & Compliance needs for companies operating in Canada & U.S.

PCRenu.com

201 Bond St R2C 2L3
204-224-3483
www.pcrenu.com
kcarthy@pcrenu.com
Used PC systems, service & sales, laptops too!

RC Amusements, Inc.

128 Regent Ave W R2C 1P9
204-294-1110
Repair arcade games and pinball machines, supplier of jukeboxes to bars and hotels.

Red Door Property Management Services

2-549 Regent Ave W R2C 1R9
204-505-1334
reddoorproperties@shaw.ca
Specializing in condominium management.

Regent Park Banquet Centre

116-701 Regent Ave W R2C 1S3
204-222-2931
www.weddingswinnipeg.com
regentparkhall@shaw.ca
Great location for socials, weddings, banquets, meetings, special events. Capacity 450. Licensed. Chef on staff.

Regent Tailor

107 Regent Ave E R2C 0C2
204-221-6585
Clothing alterations and repairs.

Spike's Quick Silver Laundry

204 Bond St R2C 2L4
204-224-0108
Proudly servicing our great customers in Transcona, also providing laundry services for commercial clients all over the city of Winnipeg.

