



TRANSCONA BIZ

# NEWSLETTER



## COMMUNITY CLEAN-UP MAY 12-18

Let's come together to keep Transcona looking clean! Join us for Community Clean-Up Week, happening May 12 to 18.

Whether it's your street, local park, or a nearby sidewalk, every little bit helps make a big difference.

Free clean-up kits are available for pick-up at our office at 309B Day Street. Grab a kit, gather your friends, family, or coworkers, and take a little time to help tidy up our neighbourhood.

Don't forget to snap a photo of your clean-up crew in action and post it on social media using #transconacleanup for a chance to win a \$100 gift card to a local member business of your choice!

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## JUNE 2025

| SUN                   | MON | TUE                       | WED | THU | FRI | SAT |
|-----------------------|-----|---------------------------|-----|-----|-----|-----|
| 1                     | 2   | 3                         | 4   | 5   | 6   | 7   |
| 8                     | 9   | Bike to<br>Work Day<br>10 | 11  | 12  | 13  | 14  |
| Father's<br>Day<br>15 | 16  | 17                        | 18  | 19  | 20  | 21  |
| 22                    | 23  | 24                        | 25  | 26  | 27  | 28  |
| 29                    | 30  |                           |     |     |     |     |

## WELCOME RED EYE APPAREL TO THE ZONE!

We're excited to welcome Red Eye Apparel to the Transcona business community! Conveniently located at 129 Regent Avenue West, this locally owned business specializes in custom clothing, offering everything from personalized apparel to unique designs that help you stand out.

What makes Red Eye Apparel even more special is their commitment to giving back. A portion of their proceeds is donated to Lillie's Light Foundation, an organization dedicated to supporting individuals living with rare diseases such as Schaaf-Yang Syndrome, Septo-Optic Dysplasia, Polymicrogyria, and other complex medical conditions including epilepsy, cerebral palsy, and vision loss.

With a strong community focus and a passion for making a difference, Red Eye Apparel is a welcome addition to our neighbourhood. Be sure to stop in, say hello, and support local!



## OTHER FAMILY DOCTORS IN THE ZONE



### CHANGES AT TRANSCONA MEDICAL

Exciting changes are happening at Transcona Medical Clinic (701 Regent Avenue)! The clinic is now part of IMD, offering psychotherapy services and walk-in appointments.

Renovations are underway, and new physicians will be joining the team soon. Stay tuned for more updates on our social media!

#### Plessis Medical Centre

12-801 Regent Ave W R2C 3A7  
204-222-4200  
Family practice medical office. Dr. D. Caners, Dr. C. Pachal, Dr. S. Visch



#### Prana Family Medical Centre

208 Regent Ave W R2C 1R2  
204-222-6771  
Fax: 204-777-1728  
Facebook.com/pranapharmacy  
Dr. Iresha Edi (CCFP, MD)  
Dr. Majid Shariati (CCFP, MD)  
Female family doctor accepting patients  
Walk-in clinic with longer hour service. Full-Service Pharmacy.  
Monday – Friday  
8:30 am – 7:00 pm  
Saturdays  
9:00 am – 1:00 pm

