

CELEBRATE CANADA DAY WITH US!
Fireworks & Farmer's Market pg. 4-5



2025 BOARD OF DIRECTORS

- Chair:** Keith Cruise
Bond Printing
- Vice-Chair:** Rob Geswin
Ball Insurance
- Secretary:** Jeanette Corpuz
Royal Bank of Canada
- Treasurer:** Donna Waslenko
Access Credit Union
- Directors:** Crystal Meade
Royal George Hotel
- Lisa Newman
Bayshore Home Care
- Rebecca Raynbird
Wyatt Dowling
- Russ Wyatt
City of Winnipeg
- City Liason:** Martin Pascieczka
City of Winnipeg

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

Transcona BIZ BUCKS Winners!

February- Kerri Bosc, Laura Tyndall
March- K Kruger, Jon Bosko
April- Marilyn Cameron, Elma Kisser



MEET OUR NEW EXECUTIVE DIRECTOR!

The Transcona Business Improvement Zone is excited to welcome Nicki Burbank as our new Executive Director.

A proud Transcona resident, Nicki returned to the community 17 years ago and has been an active volunteer for the past 9 years, supporting local organizations including her community centre and her children's schools. Her passion for Transcona and dedication to community growth are at the heart of her vision for supporting and showcasing local businesses.

Nicki officially joined the organization in mid-April and has already begun connecting with business owners and community members throughout Transcona. While she is eager to meet everyone in person over the coming weeks, she wanted to take a moment to introduce herself in the bullet and invite members to reach out if there is anything they need in the meantime.

Nicki can be reached at the Transcona BIZ office by phone at 204 222 8566 or by email at ed@transconabiz.ca.

Please feel free to connect with her with any questions or just to say hello. She is looking forward to working with all of you.

2025 COMMUNITY MARKETS

We are excited to announce that the Transcona BIZ Community Markets are returning to Transcona Centennial Square in 2025. Located at 135 Regent Ave W, in the heart of downtown Transcona. The Square is a great place to gather, shop local, and enjoy the community.

Since 2004, the Transcona BIZ has proudly hosted these weekly summer markets, which take place every Thursday throughout July and August. Each market features a rotating mix of locally grown produce, handmade goods, specialty foods, artisanal products, and more.

New for 2025, each market will feature a free special activity for attendees to enjoy. Highlights include a garden workshop, on-site bike repair, a coffee demo, and a few live Mad Science performances. Plus, we'll have giant board games set up at every market for everyone to enjoy.

Markets will alternate between daytime and evening hours to offer a variety of experiences throughout the summer. Follow us on social media @transconabiz for full schedules and updates.

Vendor list (As of May 1, 2025)

1882 Fruit-Based Hot Sauce, Alchemy on Ice, Anishinaa-Bakes, BakitWhy Granola, BB Tallow Skincare Co, Beader Believe It, Bear Essential Creations, Belvidere Soap Company, Bread Habits, Bubble Pups, Chico, CJ Bakes, Collection Sage, Country Chameleon, Croc Charm Kids, Edelweiss Family Garden, Fat Iguana Chef's Kitchen, Forest Mama, Fox n' Fuddle, Glass by Elaine, Goulet's Woodshop, Grey Haven Bath & Body, Homemade Creations by Pat, Hooked by K10, Jangle's Jelly, Jazzy Girl Glasworks, JD's Pets Meats & Treats, L'Arche Tova Café, Little White Bird Company, Loveable Handmade, Made by Kat, McHoney Wings, MicroGardens, ML Paintings, Moon And Stone Designs, Mrs. Sheep Crochet, Nessa Marie Jewelry, NorthStar Tea Co, Out of the Oven Treats, Paintings by Iren Kulcsar, Panda's Patches, Pet Toba, Pink Raindrop Designs, Posies Creations, Quick Silver Halo, Salo's Saw Dust, ShopnBake, Shrugging Doctor Beverage Company, Southside Creations, Straw and Rope, Tag Custom Art, That's Sew Manitoba, The Mud Puddle, The Pet Treat Wizard, Trail Dog Treats, Transcona Crystal Lady, Twila Cakes, Twin Flamingos, We all have cravings, Your Sirens' Call



2025 Market Dates

**July 1 – Canada Day Market
(1:00pm to 5:00pm)**

July 10 (4:00pm to 8:00pm)

July 17 (11:00am to 4:00pm)

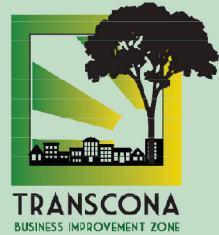
July 24 (4:00pm to 8:00pm)

July 31 (11:00am to 4:00pm)

August 7 (4:00pm to 8:00pm)

August 14 (11:00am to 4:00pm)

August 21 (4:00pm to 8:00pm)



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CANADA DAY CELEBRATION!

We're thrilled to bring Canada Day celebrations back to the center of our community! Join us for a full day of fun, family, and local pride as we kick off summer together.

Canada Day Market | 1:00 PM – 5:00 PM

Come spend the afternoon at Transcona Centennial Square (135 Regent Ave W), where the Canada Day Market is bringing together local makers, friendly faces, and all the fun of summer in one lively spot.

Enjoy:

A vibrant collection of local vendors

Games, face painting, balloon animals – fun for all ages!

FREE hotdogs – while supplies last

A sneak peek at our upcoming mural and garden, bringing even more colour and culture to the Square

Featured vendors include: **Vendors are subject to change*

Edelweiss Family Garden, Pet Toba, Transcona Crystal Lady, BB Tallow Skincare Co., BakitWhy Granola, Shrugging Doctor Beverage Company, Tag Custom Art, Country Chameleon, The Pet Treat Wizard, Nessa Marie Jewelry, Out of the Oven Treats, ShopnBake, Quick Silver Halo, Alchemy on Ice, Straw and Rope, Your Sirens' Call, Bread Habits, Glass by Elaine

Come shop, snack, and support your local makers!

Fireworks Show at Buhler Recreation Park

Location: Buhler Recreation Park (135 Murdoch Road)

Gates Open: 9:30 PM | Show starts after dusk

End the day in the most dazzling way! Join us for a spectacular fireworks show lighting up the night sky in celebration of Canada's birthday. Bring a blanket or a lawn chair and settle in for a truly unforgettable evening.



HIDDEN ROCKS IS BACK!

We're excited to bring back a favourite community tradition:

Hidden Rocks! Keep an eye out on July 1 as Canada Day-themed rocks will be carefully placed throughout the Transcona BIZ Zone. Rocks will be hidden by 12:00pm, so take a stroll through the neighbourhood and see what you can find. Each rock includes instructions on the back for how to claim a prize, and there are 10 chances to win this year. Happy hunting, and good luck!



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FREE GRAFFITI REMOVAL



The Transcona BIZ has worked extremely hard for over 15 years to help keep Transcona clean. If you see any graffiti in the area, please report it!

This is a FREE service to all community members!

We clean graffiti on residences, businesses, community mailboxes, hydro poles and light standards, garbage bins, fences and much more. If you see it – report it – and we will clean it!

Report online at: TransconaBIZ.ca
Email us at: admin@transconabiz.ca
Call us at: **204-222-8566**



DRAW YOUR DREAM GARDEN CONTEST



Draw
your dream garden

Name:

Phone Number:

Be creative! Submit your garden design by June 9th. Drop off your entry at our office at 309B Day Street.



To celebrate the start of a brand-new garden at the Transcona Centennial Square featuring native flowers and grasses, we're inviting community members of all ages to take part in our "Draw Your Dream Garden" contest! Whether you enjoy doodling, sketching, or painting, we want to see your creative vision of a vibrant, pollinator-friendly garden.

Contest sheets will be available online starting May 15th, and can also be picked up at our office at 309B Day Street. Submissions are due by June 9th and must include your name and phone number.

Selected entries will be featured at Transcona Centennial Square Walls of Fame during Canada Day celebrations and will remain on display throughout the season as the real garden begins to bloom.

Winners will be chosen by random draw, and all participants will receive a free seed pack to help grow their own garden at home.

Thank you for participating, and we can't wait to see your dream garden!





MOVIES AT THE SQUARE

Get ready for a beloved summer tradition—Movies in the Square is back! Join us at Transcona Centennial Square (135 Regent Avenue W) for two fantastic evenings of family-friendly films under the stars.

Mark your calendars for these dates:

July 25th – Minecraft Movie

August 15th – The Complete Unknown

Movies will begin after sunset, but come at 7pm to enjoy pre-movie activities like taking pictures with the Minecraft character, plus free popcorn and snacks while supplies last! Please remember to bring your own chair, and keep in mind that space is limited each night.

**Enter by June 30, 2025
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

Name: _____
Address: _____
Phone: _____
Email: _____

**Enter by July 31 2025
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

Name: _____
Address: _____
Phone: _____
Email: _____

**Enter by August 31, 2025
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 at the back of this publication or found on our website.

Winners will be notified by phone.

Drop off or mail your entry form to:
Transcona BIZ
309 Day Street
(Former Video King Location)

Urban Tails



Where Happy Pets Shop

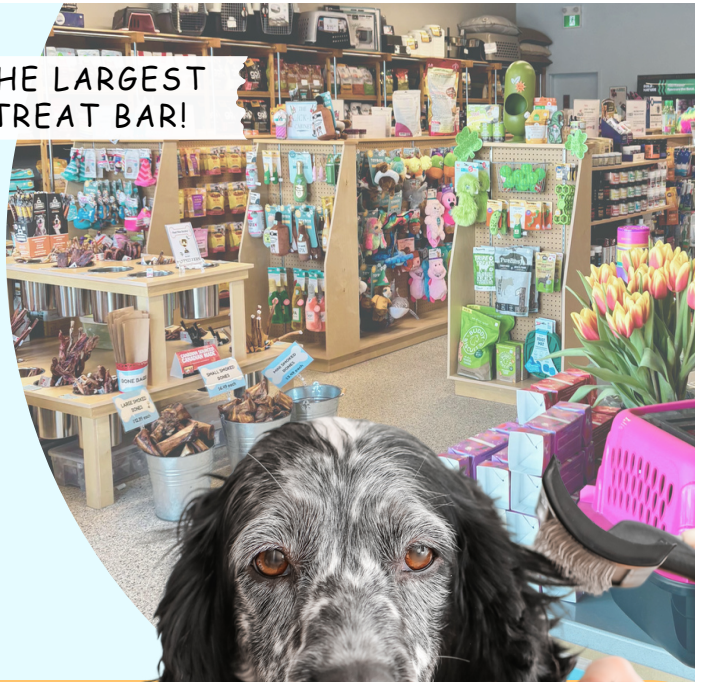
1510-4 Plessis Road, Winnipeg MB

204.222.8069

@urbantails

wherehappypetsshop.com

THE LARGEST
TREAT BAR!



Kibbles, Cans,
Raw & More



Professional
Dog Grooming



Working Hard for Transcona

SHANNON
CORBETT

Your MLA for Transcona

204-219-1189

shannon.corbett@yourmanitoba.ca



TRANSCONA BIZ BULLET

Proudly
Serving
Radisson



JELYNN DELA CRUZ

MLA FOR RADISSON | DÉPUTÉE DE RADISSON

(204) 599-2080

JELYNN@YOURMANITOBA.CA



10-1530 REGENT AVE W

WAYS TO SUPPORT LOCAL:

#1

Leave a Google or Facebook review

#2

Choose curbside or in-store pickup instead of shipping

#3

Share your favorite stores in your social networks

#4

Buy a gift card for a future purchase



TRANSCONA
BUSINESS IMPROVEMENT ZONE

WWW.TRANSCONABIZ.CA



Business Directory

Shop Local. Support Community.

www.TransconaBIZ.ca

Accounting

H & R Block Canada

3-801 Regent Ave W R2C 3A7
204-949-4133

Liberty Tax Services

309 Day Street R2C 1B1
204-808-7835
70849@libertytax.com
Your local, friendly tax preparation experts.

Liberty Tax Services

Unit 7-549 Regent Ave W R2C 1R9
204-949-3655
70015@libertytax.com
We're fast, accurate and convenient. In person or remotely, we're ready to help you get your taxes done right.

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

122 AUTO

122 Regent Ave W R2C 1P9
204-222-1404

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

Access (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 (ATM only.)

128-701 Regent Ave W



Indicates new businesses added to the Transcona BIZ directory in 2025.

Beauty

Almond Nail Bar

4-1460 Plessis Rd R2C 5R5
204-667-4554
almondnailbar.com
A full menu of services for women & men to get your hands and feet looking their best from classic French manicures to proper pedicures. We take clean to a new level & 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
fabutan.com
North America's largest tanning company.

Le Petit Barbier

B-130 Regent Ave W R2C 1P9
204-807-0056
lepetitbarbier@shaw.ca
Hairstylists: Cyndi 204-297-9682
Debbie 204-918-7629
Angela 204-996-6828
Arlene 204-250-4247
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.

Modern Man Barber Shop

4-1530 Plessis Rd R2C 5R5
204-219-6303

Rising Phoenix Hair Salon

120-701 Regent Ave W R2C 1P9
204-777-0647
risingphoenixsalon.wixsite.com/hairsalon

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
204-222-3490
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
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

A Little Pizza Heaven

101 Regent Ave E R2C 0C2
204-777-5575
info@alittlepizzaheaven.ca
Offering our signature garlic crust alongside all your favorites. Pick up and delivery, catering and our food truck for private events.

Amai Sushi

3-1530 Plessis Rd R2C 5R5
204-505-2624
amaisushi.ca

Boba Paw

205 Day St.
431-728-8755
We are a bubble tea shop, our products include milk tea, slush, fruit tea, smoothies. We are open 7 days from 11AM - 10PM.



Bolton Pizza & Wings

201 Melrose Ave E R2C 0B1
204-221-0118

Chicken Delight

453 Regent Ave W R2C 1R7
204-982-1370
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
choys.ca
Open 7 days a week, pick up and delivery. Lunch catering available.

CRAVE Kitchen & Deli

2-1530 Plessis Rd R2C 5R5
204-222-5122
cravekitchendeli.com

Dairy Queen (Seasonal)

100 Victoria Ave E R2C 0E2
204-222-9641
www.instagram.com/daystreetdq

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
pizza.dominos.ca/winnipeg-manitoba-10207/
Pizza, wings and more.

Guarana Restaurant

101 Regent Ave W 
Breakfast & Brazilian Restaurant

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
larchewinnipeg.org/larche-cafe/
Building a more compassionate society
one cup of coffee at a time.

Leopold's Tavern

1520 Plessis Rd R2C 5G6
leopoldstavern.com

Little Bones Wings

123 Regent Ave W R2C 1R1
204-777-2663

Little Caesars Pizza

2-801 Regent Ave W R2C 3A7
204-953-8888
Hot-N-Ready pizza. Order non-contact
pick up and delivery online.

Maggi's Syrian Food (Seasonal)

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
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.

paleo plattery

313 Day St R2C 1B1
info@paleoplattery.ca
paleoplattery.ca
The paleo plattery caters to those with
food sensitivities and allergies. Living
with food restrictions is hard. Let us
help you enjoy food again.

Pizza Hotline

130A Regent Ave E R2C 0C2
204-222-2222
Pick up and delivery.

Pizza Hut

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

Red Chilli's East Indian Cuisine

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

Royal Garden Chinese Food

139A Regent Ave W R2C 1R1
204-222-4726
Chinese food – pick up and delivery.

Santa Lucia Pizza

108 Regent Ave E R2C 0C1
204-888-5555
santaluciapizza.com/108-regent-ave-east/
SLPregent@gmail.com
Offering take-out, delivery, and catering.

Sevala's Ukrainian Deli & Catering

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

Spike's Grill

202 Bond St R2C 2L4
204-691-1696
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
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's 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 Hortons

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.

Watt Bistro Pho

19-801 Regent Ave West
204-219-6886

Wayback Burgers

Unit 18-801 Regent Ave W
204-414-225

Wendy's

808 Regent Ave W R2C 3B4
204-224-9289
wendys.com
Mobile ordering, drive-thru, and take out
available.

Entertainment**Central Hotel**

201 Melrose Ave E R2C 0B1
204-222-4777
centralhotelevents@mymts.net
rookiesinsidethecentral.ca
Beverage vendor, VLTs, monthly rooms,
Darts and Pool League, Off Track
Betting (OTB) for Assiniboia Downs.

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 book-
ing & 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 entertain-
ment 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**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.

ESSO

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 Hortons drive-thru and
walk-in.

Shell Canada

1440 Plessis Rd R2C 2X4
204-224-0074
609 Regent Ave W R2C 1R9
204-222-9431
shell.ca
Gas, car wash, and convenience store.

Government

Shannon Corbett
MLA, Transcona
27 Regent Avenue West
Winnipeg, MB R2C 1R1
204-219-1189
Shannon.Corbett@yourmanitoba.ca

Jelynn Dela Cruz
MLA, Radisson
Room 234 Legislative Building
450 Broadway R3C 0V8
204-599-2080
Jelynn.DelaCruz@yourmanitoba.ca

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

Household Services & Trades

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

Grime Busters Cleaning Services Winnipeg
3-453 Regent Avenue West
431-278-0157

Nexstar Mechanical Services Ltd.
108 Bond St R2C 2L2
204-226-3636
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
RGCPumbing@gmail.com
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
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.

Health Care

Clinics

Legacy Sport Medicine
3-1480 Plessis Road R2C 5R5
204-255-3615
Medical clinic with x-ray, offering physicians in Sport Medicine and Rheumatology.

Plessis Medical Centre
12-801 Regent Ave W R2C 3A7
204-222-4200
<https://www.bestprosintown.com/mb/winnipeg/regent-chiropractic-therapy-clinic/>
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
pranamed.ca
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 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
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
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
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

Dr. C. Wells
212-B Regent Avenue W R2C 1R2
204-222-4297
gcmximwells@gmail.com

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
regentdentureclinic.ca
Complete denture care & implant solutions.

Transcona Dental Centre
10-801 Regent Ave W R2C 3A7
204-222-8609
transconadental.com
Dr. Charles Rubin
Dr. Kevin H. Pham
Complete family dentistry. Offer a full range of general and cosmetic dentistry.

Equipment

Performance Healthware Ltd.
Unit 3-1480 Plessis Road R2C 5R5
431-977-0999
Your Transcona Sport Medicine Store. Carrying all major orthopedic and rehabilitation supplies to help you recover from your injury. Home healthcare supplies also available.

Transcona Health & Safety Service
111B Regent Ave W R2C 1R1
204-414-7131
transconahealth@gmail.com
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
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
plessis@advance-massage.ca
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
Registered and Certified Practitioners providing therapeutic and relaxation treatments including hot stone massage, cupping therapy, reflexology and Reiki. Direct billing. Open 7 days a week.

Prairie Sage Massage Therapy
109 Regent Ave W R2C 1R1
204-691-9101
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.

Optometrists

Prairie Eye Care
Unit 3-1490 Plessis Road R2V 5G6
204-306-0566
prairieeye.com
parkcity@prairieeye.com
Dr. Phipps Dr. Owusu
Dr. Kosowski
Celebrating 10+ years in vision care services! From full comprehensive exams, to a stylish optical gallery, including contact lenses. See you soon!

Transcona Optical
211 Regent Ave W R2C 1R3
204-224-2254
transconaoptical.ca
Dr. A. Boroditsky Dr. B. Chartier
Dr. S. Malo Dr. E. Fiorentino
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
204-222-4700

Physiotherapists

ELITE Sports Injury Transcona
3-1480 Plessis Road R2C 5R5
204-926-2219
transcona@physiowinnipeg.com
Physiotherapy, athletic therapy, massage therapy. Recovery lounge and fitness studio. Located beside Legacy Sport Medicine.

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

Transcona Physiotherapy
230 Regent Ave W R2C 1R2
204-224-4015
transconaphysio.com
info@transconaphysio.com
Transcona Physiotherapy and Sports Injury Clinic is a professional practice in the fields of physical therapy, athletic therapy and massage therapy.

Insurance

Ball Insurance Agency
112 Regent Ave W R2C 1P9
204-222-7771
info@ballinsurance.ca
Your Local Insurance Experts! Since 1953, serving Transcona, and surrounding area, residents for their Home, Auto, Business and Travel Health Insurance needs.

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

Gallagher
1-1530 Plessis Rd R2C 5R5
204-982-7900
Gallagher is one of the world's largest insurance, risk management, and benefits consulting firms, solving unique challenges for nearly 100 years.

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

Wyatt Dowling Insurance Brokers
138 Regent Ave W R2C 1P9
204-222-3221

4-801 Regent Ave W R2C 3A7
204-940-6552
wyattdowling.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.

Manufacturers & Industrial Trades

Burnbrae Farms Limited
615 Kernaghan Ave
204-222-2783
burnbraefarms.com
Egg grading and processing.

Canital Granite

100 – 100 Hoka St R2C 3N2
204-224-2286
Toll Free: 1-800-665-0045
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
dominionpallet.ca

Exceldor Cooperative

(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.

George Wakefield Foods Inc

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

Kent Welding Gun

1249 Plessis Rd R2C 3L9
204-667-7555
solutions@kentweldinggun.com
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.

New Flyer Industries

711 Kernaghan Ave R2C 3T4
204-224-1251
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

90 Hoka St R2C 3N2
204-668-4900
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
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
204-237-0300
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
transconamuseum.mb.ca

Transcona Public Library

1 Transcona Blvd R2C 5R6
204-986-3950

Transcona BIZ

309B Day Street R2C 1B1
204-222-8566
transconabiz.ca

Pet Services**PetToba**

Unit 136-701 Regent Ave W
431-337-6184
PetToba is locally owned Pet Supply retail store providing free delivery for several healthy options from Canadian companies for dogs and cats.

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
transconaveterinaryhospital.ca
Primarily canine and feline veterinary hospital.

Urban Tails – Where Happy Pets Shop!

4-1510 Plessis Rd R2C 5R5
204-222-8069
urbantails@wherehappypetsshop.com
We are a local and independent natural pet food grocer with healthy options for every budget. #WhereHappyPetsShop

Printing & Promotions**Bond Printing**

130 Victoria Ave W R2C 1S5
204-222-7069
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
KehlerRealty.com
Art Kehler - 204-222-0149
Jeremy Kehler - 204-222-0001
Robert Unger - 204-791-5145

McCreedy Knox Team

6-549 Regent Ave W R2C 1R9
204-989-7900
mkteam@royalpage.ca
Real Estate Team
Jamie McCreedy – 204-479-4868
Jamie Knox – 204-470-9828
April Swanson – 204-803-3149
Jordan Prest – 204-293-7440

Retail**ABC Power Tools**

201 Regent Ave W R2C 1R3
204-224-1760
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
regentcomputer.com
allabout@shaw.ca
Quality new & used desktop & laptop computers, fast reliable 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
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.

Capt'N Vape

130 Regent Ave East R2C 0C0
204-222-7187

CS Collectibles

114A Regent Ave E R2C 0C1
204-219-1024
cscollectibles.ca

DCA Urban Gear

B-139 Regent Ave W R2C 1P9
204-222-6919

DOLLARAMA LP

1460 Plessis Rd
110-701 Regent Ave W
dollarama.com

Dulux Paints

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

Eastend Meats & Sausage

123 Regent Ave E R2C 0C2
204-222-4888
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
fatpanda.ca

Vape shop here to help our customers make the transition from smoking to vaping.

Fire & Flower Cannabis Co.
Unit 3-1460 Plessis Road R2C 5G6
204-560-4670

Hash Tag Smokes - Cannabis, Vapes & Glass Gallery
16-801 Regent Ave W R2C 3A7
204-995-4000

A 19+ store uniquely designed for the neighbourhood. Cannabis, nicotine vapes, bongs & glass gallery. Smokes & Cigars, all kinds of smoking accessories. Transcona residents get special offers.

Ice Time 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

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

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.

Red Eye Apparel
129 Regent Ave ER2C 0C2
204-691-3393

Red Eye Apparel is a family-run shop in Transcona, creating custom clothing and everyday wear with passion, purpose and a sharp eye for detail.



TRANSCONA BIZ BULLET

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

The Joint Cannabis Shop
218 Regent Ave W R2C 1R2
204-615-5285
Cannabis accessories.

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

Tony Fernandez Signature Shoe Repair & Key Cutting
B-134 Regent Ave W R2C 1P9
204-615-1245

Tyler's No Frills Grocery
1500 Plessis Rd R2C 5G2
1-866-987-6543

Winnipeg BTC.com
401 Bond Street R2C 2L8
204-815-4068
Facebook: facebook.com/winnipegbtc.com
Instagram: WinnipegBTC
Twitter: @cryptonutz

Security

Impact Security Group
1225A Plessis Rd R2C 3L9
204-953-1965

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
accesscorp.com
Records management including storage, destruction, and recycling management services.

Bayshore Home Care Solutions
232 Regent Ave W R2C 1R2
204-815-5860

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

Mad Science of Manitoba
108 Bond St R2C 2L2
204-775-7959
manitoba.madscience.org
Provides science enrichment programming through schools, birthdays and special events.

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

Operating Engineers of Manitoba Local 987
200 Regent Avenue W R2C 1R2
204-786-8658
oe987.mb.ca

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 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.

Studio 431 Tattoos & Body Piercing
136 Regent Ave W R2C 1P9
204-688-1375





YOUR FRIENDLY NEIGHBOURHOOD BAR

Open late with full menu available until close

+ WEEKDAY HAPPY HOUR

+ WEEKEND BRUNCH

+ TACOS & TEQUILA TUESDAY

+ WING WEDNESDAY



1520 PLESSIS RD
WINNIPEG, MB R2C 5G6

leopoldstavern.com

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