



TRANSCONA
BUSINESS IMPROVEMENT ZONE

TRANSCONA BIZ BULLET

VOL 25 No. 4

DECEMBER 2025

**Support local. Support community.
This holiday season, every little bit
makes a big difference!**



Photo by: Cornelius Thiessen





2025 BOARD OF DIRECTORS

Chair:	Keith Cruise <i>Bond Printing</i>
Vice-Chair:	Rob Geswin <i>Ball Insurance</i>
Secretary:	Jeanette Corpuz <i>Royal Bank of Canada</i>
Treasurer:	Donna Waslenko <i>Access Credit Union</i>
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	Rebecca Raynbird <i>Wyatt Dowling</i>
	Russ Wyatt <i>City of Winnipeg</i>
City Liason:	Martin Pascieczka <i>City of Winnipeg</i>

SOCIAL MEDIA

Connect with us:

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

Transcona BIZ BUCKS Winners!

August- Maryann W., Berndadette E,
September - Alison S., Diane L.
October- Donald R., Ann B.



HOLIDAY GREETINGS FROM US!

As 2025 comes to a close, I want to take a moment to express my heartfelt gratitude to everyone who makes Transcona such a special place to live, work, and visit.

To our residents, thank you for shopping local, attending events, and showing pride in our neighbourhood. Your continued support helps keep our local economy strong and vibrant.

To our business community, your commitment, innovation, and community spirit are the backbone of Transcona's success. Each storefront and entrepreneur adds to the unique character of our zone.

This year has been filled with energy and creativity, through beautification projects, local events, and the everyday acts of kindness that define Transcona, your efforts have made a lasting impact. As we look ahead to 2026, there is so much to be excited about, and I cannot wait to get started.

On behalf of the Transcona Business Improvement Zone, I wish you all a joyful holiday season and a prosperous New Year. Here's to another amazing year ahead, filled with community pride, connection, and continued success.

Sincerely,
Nicki Burbank,
Executive Director, Transcona BIZ

2026 TRANSCONA CALENDAR

2026 Calendars

In the spirit of the new year, Transcona BIZ is excited to announce the 2026 Transcona Calendar, available for \$10 at our office (309B Day St). This year's theme is Transcona Murals, celebrating the artistic and vibrant character of our community. All proceeds will go toward supporting Transcona charities. In 2026, Transcona BIZ will continue to proudly support the people and organizations that make our community such a great place to live. From local programs and events to partnerships that celebrate Transcona's history and spirit, we're committed to giving back and helping our community thrive.

SKATING AT THE SQUARE!

Skating will be back soon! Thanks to our continued partnership with the East End Community Club and the City of Winnipeg, the Family Skating Rink at 135 Regent Ave W will return this season as soon as the weather allows. Keep an eye on our social media for updates on opening day!

Have you noticed the new café lights at the Square? They add a warm and welcoming glow, and we're excited to share that they'll be staying up year round for everyone to enjoy.



Manitoba Spirit Animals by Shelby Willis & Cheryl Metcalf



New café lights at Transcona Centennial Square

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TRANSCONA'S GOT YOU COVERED: YOUR HOLIDAY CHECKLIST

☑ Holiday Prep

Before the festivities begin, it's all about getting ready and looking your best while doing it!

- Bond Printing can help you print those perfect family photos for cards or gifts.
- Treat yourself to a fresh set at Almond Nail Bar and a festive new look at Root 37 Hair Salon.
- Don't forget your furry friend, ShihTzu's Forever will make sure they're groomed and camera-ready too!

☑ Christmas Eve Cozy Night In

Stay in, get cozy, and enjoy a quiet evening before the big day.

- Order delicious Chinese food from our many options : Choy's, Tasty's, Royal Garden, or Szeto's,
- Add a little festive fun with a puzzle from Aunt Monica's





☑ Christmas Day Feast & Gifts

It's the big day, and Transcona's local shops make it easy to create a warm, delicious, and memorable celebration.

- Pick up everything you need for your holiday meal from East End Meats, your go-to for fresh, quality ingredients.
- Find thoughtful gifts for your friends and family at Beautiful YOU, Urban Tails, ABC Power Tools, and Palliser Outlet, perfect for everyone on your list.

☑ After the Holidays

When the decorations come down and the new year begins, it's time to reset and recharge.

- Get your vehicle back in shape with an oil change at 122 Auto.
- Renew your insurance easily at Wyatt-Dowling so you can start the year worry-free.
- Treat yourself to a moment of calm at Aruba Massage, the perfect way to relax and refresh for the year ahead.



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TRANSCONA
BUSINESS IMPROVEMENT ZONE





2025 PAVER ORDERS ARE INSTALLED!

The Transcona BIZ Buy A Paver program gives you the chance to make a lasting contribution to the heart of Transcona at Centennial Square. For \$250.00, you can sponsor an 8" x 8" paving stone engraved with your own personalized message and placed around the New Flyer Peace Fountain. Each paver is a special tribute to someone or something meaningful, a person, a milestone, or a memory that reflects the spirit of our community.

On November 5, 2025, new pavers were added around the fountain, each one telling a story of love, remembrance, celebration, and hope. These heartfelt messages, shared by the families who sponsored them, can be explored on our website.

All proceeds from the program include the cost of engraving and placement, and every contribution qualifies for a tax receipt from the City of Winnipeg. Whether you're honouring a loved one, celebrating an achievement, or showing your support for the community, the Buy A Paver program is a meaningful way to leave your mark in Transcona's Centennial Square.

To take part, visit transconabiz.ca and help celebrate the stories that shape Transcona's future.



TRICK OR TREAT THE DOWNTOWN STRIP

Trick or Treat in Downtown Transcona was a huge hit! Over 25 member businesses from Kanata Street to Winona Street handed out candy to more than 250 excited trick or treaters. The Transcona BOO Zone was full of fun, featuring large games, mystery bags, build your own monster kits and more for kids and families to enjoy.

A big thank you to everyone who participated. We loved seeing all your creative costumes and spooky spirit lighting up our zone. It was wonderful to see the community come together for such a fun and festive event.

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

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

**Enter by January 31, 2026
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by February 28, 2026
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)



WISHING YOU A HAPPY AND
HEALTHY HOLIDAY SEASON
AND ALL THE BEST IN 2026!



*Thank you to the Transcona BIZ
for all you do for our community!*

- Colin Reynolds

COLIN REYNOLDS

YOUR MP FOR ELMWOOD—TRANSCONA

204-318-1515

Colin.Reynolds@parl.gc.ca

Working Hard
for Transcona

SHANNON
CORBETT

Your MLA for Transcona

204-219-1189

shannon.corbett@yourmanitoba.ca



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



WWW.TRANSCONABIZ.CA



**TRANSCONA BIZ
HAS 3 READER
BOARDS
AVAILABLE TO
ADVERTISE YOUR
BUSINESS OR
EVENT**

**TO FIND
OUT MORE
INFORMATION,
VISIT OUR
WEBSITE:**

www.transconabiz.ca/community-programs/reader-boards

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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

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, pyryshky, 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 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

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

Colin Reynolds

MP, Elmwood-Transcona
207-1111 Munroe Avenue R2K 3Z5
204-318-1515
colin.reynolds@parl.gc.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

Shannon Corbett

MLA, Transcona
127 Regent Avenue West
Winnipeg, MB R2C 1R1
204-219-1189

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
RGCPlumbing@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.

XACT Roof & Renovation Ltd.

227 Regent Ave W R2C 1R3
xactroofreno.ca
204-338-8900
Roofing & renovations.

Health Care

Clinics

IMD Medical Clinic

200-701 Regent Ave W R2C 1S3
imdmedicalclinic.ca
204-222-5221
At Innovative Medical Clinic, we are committed to providing a wide range of health-care service tailored to meet the diverse needs of our patients.

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.bestprosinatown.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.

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
gcmaximwells@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 Healthcare 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@royallepage.ca
Real Estate Team
Jamie McCreedy – 204-479-4868
Jamie Knox – 204-470-9828
April Swanson – 204-803-3149
Brock Namaka – 204-509-8700

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

Wishlandia Playhouse & Cafe

701-114 Regent Ave W R2C 1S3
www.wishlandia.ca

Indoor playground with party rooms and cafe.





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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