Cafes and restaurants near the Regus centre:

Ross Street patio with Taco Loft, Ross Street Ice Cream Co., City Roast Coffee, Sprouts Vine Bistro, 53rd on Ross (for a more upscale dining experience,) and more.

Tiger Sugar/Jumble Eats, Rich & Grounded, Ka'wa, Caballo Blanco Bistro, Sushi Koon & more.

Wellness studios including Somatic Temple, Rich & Grounded, Evergreen Massage & Steam, S olorzano Spa cafe & wine bar, among others.

Downtown banks include: TD Bank, Scotiabank, RBC Bank & Servus Credit Union

*Notably Red Deer Service Canada is just south on Gaetz/50th Ave at 46th Street, CRA has moved.

City parking can be paid for using HotSpot Application:

Parking directly south of Regus is meter/ zone # 8400,

Ross/50th Street is meter/ zone #2004,

Little Gaetz meter/ zone #2002