

Multicultural Services

**Inter-Cultural Association of
Greater Victoria** 250-388-4728

930 Balmoral Road
Victoria, BC V8T 1A8

Offers services for newcomers such as English classes, support groups, information and referral, and many types of workshops. Also offers outreach and education in the community.

www.icavictoria.org

**Victoria Immigrant and Refugee
Centre Society** 250-361-9433

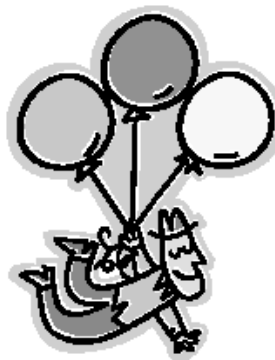
637 Bay Street, 3rd Floor
Victoria, BC V8T 5L2

Provides orientation for newcomers including: a resettlement and adaptation program, English as a Second Language classes, and support with housing, employment, legal issues and daycare.

www.vircs.bc.ca

TIP!

Provincial representatives will send anniversary (25 years and up) and birthday (age 75 and up) greetings. Contact the Office of Protocol at 250-387-1616 or www.protocol.gov.bc.ca.



Activity & Recreation Centres

The Active Living Guide published twice a year in Spring/Summer and Fall/Winter lists numerous opportunities for recreation and socialization and may be picked up at a community centre in your area. The following is a listing by geographical area of centres that provide indoor and outdoor programs and services for adults 50 years and better.

Activity and Recreation Centres

CITY OF VICTORIA

**Burnside Gorge Community
Association** 250-388-5251
471 Cecelia Road
Victoria, BC V8T 4T4
www.burnsidegorge.ca

**Cook Street Village
Activity Centre** 250-384-6542
1 - 380 Cook Street
Victoria, BC V8V 3X7
www.cookstreetvillageactivitycentre.ca

**Downtown Community
Centre** 250-383-0076
755 Pandora Avenue
Victoria, BC V8W 1N9
www.coolaid.org

Activity & Recreation Centres

**Fernwood Seniors
Autumn Glow** 250-381-1552
1240 Gladstone Avenue
Victoria, BC V8T 1G6
www.fernwoodnrg.ca

**James Bay New Horizons
Society** 250-386-3035
234 Menzies Street
Victoria, BC V8V 2G7
www.jamesbaynewhorizons.ca

**Oaklands Community
Centre** 250-370-9101
1-2827 Belmont Avenue
Victoria, BC V8R 4B2
www.oaklandscommunitycentre.com

**Quadra Village Community
Centre** 250-388-7696
901 Kings Road
Victoria, BC V8T 1W5
www.quadravillagecc.com

Victoria Silver Threads 250-388-4268
2340 Richmond Road
Victoria, BC V8R 4R9
www.silverthreads.ca

**Victoria West
Community Centre** 250-590-8922
521 Craigflower Road
Victoria, BC V9A 6Z5
www.victoriawest.ca

YM/YWCA 250-386-7511
851 Broughton Street
Victoria, BC V8W 1E5
www.victoriay.com

ESQUIMALT

**Esquimalt Parks
& Recreation** 250-412-8500
527 Fraser Street
Victoria, BC V9A 6H6
www.esquimalt.ca

OAK BAY

**Oak Bay Parks
& Recreation** 250-595-7946
1975 Bee Street
Victoria, BC V8R 5E6
www.recreation.oakbay.ca

**Henderson Recreation
Centre** 250-370-7200
2291 Cedar Hill X Road
Victoria, BC V8P 5H9
www.recreation.oakbay.ca

**Monterey Recreation Centre
Oak Bay Seniors Activity
Association** 250-370-7300
1442 Monterey Avenue
Victoria, BC V8S 4W1
www.recreation.oakbay.ca

SAANICH

**Cedar Hill Recreation Centre
Cedar Hill New Horizons** 250-475-7121
3220 Cedar Hill Road
Saanich, BC V8P 3Y3
www.saanich.ca

**Cordova Bay 55 Plus
Association** 250-658-5558
5238 Cordova Bay Road
Victoria, BC V8Y 2L2
www.cordovabay55plus.org

Activity & Recreation Centres

Gordon Head Recreation Centre 250-475-7100

4100 Lambrick Way
Victoria, BC V8P 3Y3
www.saanich.ca

Goward House Society 250-477-4401

2495 Arbutus Road
Victoria, BC V8N 1V9
www.gowardhouse.com

Mt. Tolmie New Horizons 250-592-2767

St. Aidan's United Church
3703 St. Aidan's Street
Victoria, BC V8P 2V7

Pearkes Recreation Centre 250-475-5400

3100 Tillicum Road
Victoria, BC V9A 6T2
www.saanich.ca

Saanich Commonwealth Place 250-475-7600

4636 Elk Lake Drive
Victoria, BC V8Z 5M1
www.saanich.ca

Saanich Silver Threads Service 250-382-3151

286 Hampton Road
Victoria, BC V8Z 1H1
www.silverthreads.ca

TIP!

For details on all recreation centres from Sooke to Sidney go to www.fitinfitness.ca to search fitness schedules, and program offerings.

SAANICH PENINSULA

SHOAL Activity Centre 250-656-5537

10030 Resthaven Drive
Sidney, BC V8L 3G4
www.beaconcs.ca

The Centre 250-652-4611

Active Living 50 +
1229 Clarke Road
Brentwood Bay, BC V8M 1E2
www.centralesaanichseniorscentre.org

Panorama Recreation 250-656-7271

1885 Forest Park Drive
North Saanich, BC V8L 4A3
www.crd.bc.ca/panorama

DISTRICT OF SOOKE

Seaparc Leisure Complex 250-642-8000

2168 Phillips Road
Sooke, BC V9Z 0Y3
www.crd.bc.ca/seaparc

Sooke Senior 50 + Drop-In Centre 250-664-6612

Sooke Community Hall
PO Box 1004
Sooke, BC V9Z 1J1
www.sookeregionresources.com

GULF ISLANDS

Galiano Island Community Hall 250-539-2175

141 Sturdies Bay Road
Galiano Island, BC V0N 1P0

Pender Island Community Support Program 250-629-3346

5715 Canal Road
Pender Island, BC V0N 2M1

Salt Spring Seniors' Services Society 250-537-4604
379 Lower Ganges Road
Salt Spring Island, BC V8K 2V4
www.saltspringseiorscentre.ca

Saturna Recreation & Cultural Centre 250-539-2452
104 Harris Road
Saturna Island, BC V0N 2Y0
www.saturnarec.org

WESTSHORE

Juan De Fuca Society 250-478-8384
55+ Activity Centre 250-474-8618
1767 Island Highway
Colwood, BC V9B 1J1
www.westshorerecreation.com

Metchosin Community House 250-478-5155
4430 Happy Valley Road
Metchosin, BC V9C 3Z3
www.metchosincommunityhouse.com

TIP!

The LIFE (Leisure Involvement For Everyone) Program provides financial subsidies for people on low incomes to participate in leisure. To be eligible, you must provide proof of municipality, residency and BC Care Card. Phone your local recreation centre for more information.



Adult Day Programs

Adult Day Programs meet the social and health needs of seniors who require assistance due to health related disabilities. The programs consist of gentle activities, socialization, education and assistance with bathing. Snacks and nutritious, hot mid-day meal are provided. Transportation may be available through the facility.

Adult Day Programs Private Pay

Trillium Douglas Care Community 250-383-9011
657 Niagara Street
Victoria, BC V8V 1J1
www.trilliumcommunities.com

See advertisement on page 56.

Trillium St. Charles Manor 250-595-4255
1006 St. Charles Street
Victoria, BC V8S 3P6
www.trilliumcommunities.com

See advertisement on page 56.