Information Services

Family Caregivers of BC  250-384-0408
Caregiver Support Line  1-877-520-3267
6-3318 Oak Street
Victoria, BC V8X 1R1
Our mission is to improve the quality of life for individuals in BC who are caregivers of adult family members or friends through support, information and education. Services include: Caregiver Support Line, help navigating the health care system, caregiver support groups, education for family caregivers and health professionals through our newsletter, website, webinars, workshops, blog and community outreach.
www.familycaregiversbc.ca

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
1004 North Park Street
Victoria, BC V8T 1C6
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

Activity and Recreation Centres

The following is a listing by geographical area of centres that provide indoor and outdoor programs and services for adults 50 years and better.

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

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

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

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

Silver Threads Service Victoria Centre 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 Social Club 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

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

Mount Tolmie New Horizons 250-592-2767
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
Activity & Recreation Centres

Silver Threads Service
Saanich Centre 250-382-3151
286 Hampton Road, Victoria, BC V8Z 1H1
www.silverthreads.ca

SAANICH PENINSULA

SHOAL Community 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.centralsaanichseniorscentre.org

Panorama Recreation 250-656-7271
1885 Forest Park Dr., North Saanich, BC V8L 4A3
www.crd.bc.ca/panorama

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
Please phone for location details.
www.sookeregionresources.com

VIEW ROYAL

YM/YWCA - Eagle Creek 250-386-7511
110-25 Helmcken Road, View Royal, BC V8Z 5G5
www.victoriay.com

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

YM/YWCA Westhills 250-386-7511
1319 Westhills Drive, Langford, BC V9B 0S2
www.victoriay.com

GULF ISLANDS

Galiano Island
Community Hall 250-539-2175
141 Sturdies Bay Rd., Galiano Island, BC V0N 1P0

Pender Island Community Support Program 250-629-3346
5715 Canal Road, Pender Island, BC V0N 2M1
www.penderislandhealth.ca

Salt Spring Seniors’ Services Society 250-537-4604
379 Lower Ganges Rd., Salt Spring, BC V8K 2V4
www.saltspringseniorscentre.ca

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