

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

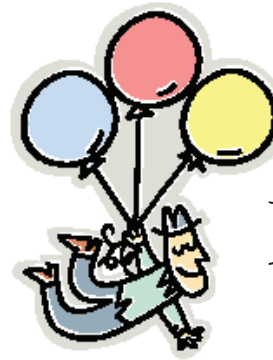
250-361-9433

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 & 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.

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

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

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.centrialsaanichseniorscentre.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