

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, education, and engagement. 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, virtual support, 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

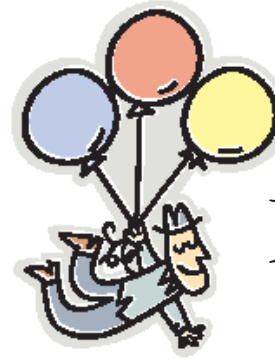
Victoria Immigrant and Refugee Centre Society 250-361-9433

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

MOVE Adapted Fitness and Rehabilitation

Society of BC

778-433-6559

100-775 Topaz Avenue

Victoria, BC V8T 4Z7

A not-for profit organization serving those with chronic conditions and mobility issues. We have volunteers to assist members with their exercises and rehabilitation programs. First-time clients must book an intake assessment prior to starting with MOVE, once that is completed, they are able to come as much and as often as they would like.

www.moveadaptedfitness.ca

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

cookstreetvillageactivitycentre.com

Activity & Recreation Centres

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

Oaklands Community Centre 250-370-9101
1-2827 Belmont Avenue, Victoria, BC V8R 4B2
www.oaklands.life

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
1911 Quadra Street, Victoria BC V8T 4X1
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

Activity & Recreation Centres

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

**Parkes 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

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

SAANICH PENINSULA

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

**SHOAL Community
Centre** 250-656-5537
10030 Resthaven Drive, Sidney, BC V8L 3G4
www.beaconcs.ca

**The Centre
Active Living 50 +** 250-652-4611
1229 Clarke Road, Brentwood Bay, BC V8M 1E2
www.centralesaanichseniorscentre.org

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
55 + Activity Centre** 250-478-8384
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

Adult Day Programs & Bathing Programs

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.saltspringseiorscentre.ca

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



Adult Day Programs & Bathing Programs

Programs for seniors who require assistance due to health-related matters.

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. For more information on how to access these programs and how to determine your eligibility please contact:

www.islandhealth.ca

Island Health (South) 250-388-2273
Community AccessLine 1-888-533-2273

TIP!

Volunteers provide a **REASSURANCE PHONE CALL** each day at a specified time to ensure that you are fine and free from medical problems.

Westshore residents contact:

RCMP at **250-474-8791**.

Greater Victoria area residents contact:

James Bay New Horizons at **250-386-4432**.