

# Information Services

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## **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](http://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](http://www.icavictoria.org)

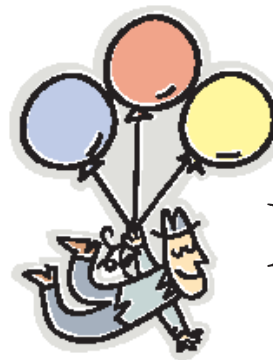
### **Victoria Immigrant and Refugee Centre Society 250-361-9433**

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](http://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.*

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## **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](http://www.moveadaptedfitness.ca)

## **CITY OF VICTORIA**

### **Burnside Gorge**

**Community Association 250-388-5251**

471 Cecelia Road, Victoria, BC V8T 4T4

[www.burnsidegorge.ca](http://www.burnsidegorge.ca)

### **Cook Street Village**

**Activity Centre**

**250-384-6542**

1 - 380 Cook Street, Victoria, BC V8V 3X7

[cookstreetvillageactivitycentre.com](http://cookstreetvillageactivitycentre.com)

# Activity & Recreation Centres

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**Downtown Community Centre** 250-383-0076  
755 Pandora Avenue, Victoria, BC V8W 1N9  
[www.coolaid.org](http://www.coolaid.org)

**Fernwood Seniors Autumn Glow** 250-381-1552  
1240 Gladstone Avenue, Victoria, BC V8T 1G6  
[www.fernwoodnrg.ca](http://www.fernwoodnrg.ca)

**James Bay New Horizons Society** 250-386-3035  
234 Menzies Street, Victoria, BC V8V 2G7  
[www.jamesbaynewhorizons.ca](http://www.jamesbaynewhorizons.ca)

**Oaklands Community Centre** 250-370-9101  
1-2827 Belmont Avenue, Victoria, BC V8R 4B2  
[www.oaklands.life](http://www.oaklands.life)

**Quadra Village Community Centre** 250-388-7696  
901 Kings Road, Victoria, BC V8T 1W5  
[www.quadravillagecc.com](http://www.quadravillagecc.com)

**Silver Threads Service Victoria Centre** 250-388-4268  
1911 Quadra Street, Victoria BC V8T 4X1  
[www.silverthreads.ca](http://www.silverthreads.ca)

**Victoria West Community Centre** 250-590-8922  
521 Craigflower Road, Victoria, BC V9A 6Z5  
[www.victoriawest.ca](http://www.victoriawest.ca)

**YM/YWCA** 250-386-7511  
851 Broughton Street, Victoria, BC V8W 1E5  
[www.victoriay.com](http://www.victoriay.com)

## ESQUIMALT

**Esquimalt Parks & Recreation** 250-412-8500  
527 Fraser Street, Victoria, BC V9A 6H6  
[www.esquimalt.ca](http://www.esquimalt.ca)

## OAK BAY

**Oak Bay Parks & Recreation** 250-595-7946  
1975 Bee Street, Victoria, BC V8R 5E6  
[www.recreation.oakbay.ca](http://www.recreation.oakbay.ca)

**Henderson Recreation Centre** 250-370-7200  
2291 Cedar Hill X Road, Victoria, BC V8P 5H9  
[www.recreation.oakbay.ca](http://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](http://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](http://www.saanich.ca)

**Cordova Bay 55 Plus Association** 250-658-5558  
5238 Cordova Bay Road, Victoria, BC V8Y 2L2  
[www.cordovabay55plus.org](http://www.cordovabay55plus.org)

**Gordon Head Recreation Centre** 250-475-7100  
4100 Lambrick Way, Victoria, BC V8P 3Y3  
[www.saanich.ca](http://www.saanich.ca)

# Activity & Recreation Centres

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**Goward House Society** 250-477-4401  
2495 Arbutus Road, Victoria, BC V8N 1V9  
[www.gowardhouse.com](http://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](http://www.saanich.ca)

**Saanich Commonwealth  
Place** 250-475-7600  
4636 Elk Lake Drive, Victoria, BC V8Z 5M1  
[www.saanich.ca](http://www.saanich.ca)

**Silver Threads  
Service Saanich Centre** 250-382-3151  
286 Hampton Road, Victoria, BC V8Z 1H1  
[www.silverthreads.ca](http://www.silverthreads.ca)

## SAANICH PENINSULA

**Panorama Recreation** 250-656-7271  
1885 Forest Park Dr., North Saanich, BC V8L 4A3  
[www.crd.bc.ca/panorama](http://www.crd.bc.ca/panorama)

**SHOAL Community  
Centre** 250-656-5537  
10030 Resthaven Drive, Sidney, BC V8L 3G4  
[www.beaconcs.ca](http://www.beaconcs.ca)

**The Centre  
Active Living 50 +** 250-652-4611  
1229 Clarke Road, Brentwood Bay, BC V8M 1E2  
[www.centralesaanichseniorscentre.org](http://www.centralesaanichseniorscentre.org)

## SOOKE

**Seaparc Leisure Complex** 250-642-8000  
2168 Phillips Road, Sooke, BC V9Z 0Y3  
[www.crd.bc.ca/seaparc](http://www.crd.bc.ca/seaparc)

**Sooke Senior 50 +  
Drop-In Centre** 250-664-6612  
Please phone for location details.  
[www.sookeregionresources.com](http://www.sookeregionresources.com)

## VIEW ROYAL

**YM/YWCA - Eagle Creek** 250-386-7511  
110-25 Helmcken Road, View Royal, BC V8Z 5G5  
[www.victoriay.com](http://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](http://www.westshorerecreation.com)

**Metchosin  
Community House** 250-478-5155  
4430 Happy Valley Road, Metchosin, BC V9C 3Z3  
[www.metchosincommunityhouse.com](http://www.metchosincommunityhouse.com)

**YM/YWCA Westhills** 250-386-7511  
1319 Westhills Drive, Langford, BC V9B 0S2  
[www.victoriay.com](http://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](http://www.penderislandhealth.ca)

**Salt Spring Seniors  
Services Society** 250-537-4604  
379 Lower Ganges Rd., Salt Spring, BC V8K 2V4  
[www.saltspringseiorscentre.ca](http://www.saltspringseiorscentre.ca)

**Saturna Recreation &  
Cultural Centre** 250-539-2452  
104 Harris Road, Saturna Island, BC V0N 2Y0  
[www.saturnarec.org](http://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](http://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**.