

## Information Services

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### Non-Profit Provincial Services

#### BC211 211

A Vancouver-based non-profit organization that operates twenty-four hours a day, seven days a week and provides confidential, multilingual telephone and texting service. BC211 provides information and referral to a full range of community, social, and government services in BC.

[www.bc211.ca](http://www.bc211.ca)

#### 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)

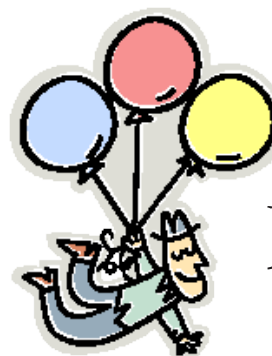
#### Victoria Immigrant and Refugee Centre Society 250-361-9433

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 non-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 for a fee.

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

## Activity & Recreation Centres

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### **Cycling Without Age Society (CWAS) 250-655-5040**

Free cycle rides in custom trishaws for up to two passengers with limited physical or mental abilities. Based in Sidney, BC and serving Sidney and North Saanich areas. Seven days a week, from the passengers' home or another location in Sidney.

[www.cyclingwithoutagesociety.com](http://www.cyclingwithoutagesociety.com)

### **Choose to Move 1-604-875-4111 ext. 21787**

Choose to Move is free, flexible and provides you with the motivation and support to become more active. Choose to Move can help you to integrate activity into your daily routine, meet new friends, and make a positive change! Choose to Move is great for anyone age 65 and older that wants to become active, regardless of ability.

**Sidney – SHOAL Centre 778-426-8771**  
In Person! Email: [contact@choosetomove.info](mailto:contact@choosetomove.info)  
[www.choosetomove.ca](http://www.choosetomove.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  
[www.cookstreetvillageactivitycentre.com](http://www.cookstreetvillageactivitycentre.com)

### **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 ext. 230**

901 Kings Road, Victoria, BC V8T 1W5  
[www.qvcc.ca](http://www.qvcc.ca)

### **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)

# Activity & Recreation Centres

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## **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 V8N 5R3  
[www.saanich.ca](http://www.saanich.ca)

### **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

### **Pearkes 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 for Seniors** 250-382-3151

286 Hampton Road, Victoria, BC V8Z 1H2  
1911 Quadra Street, Victoria, BC V8T 4C1  
[www.silverthreads.ca](http://www.silverthreads.ca)

## **SAANICH PENINSULA**

### **Panorama Recreation** 250-656-7271

1885 Forest Park Dr., North Saanich, BC V8L 4A3  
[www.panoramarecreation.ca](http://www.panoramarecreation.ca)

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

## Activity & Recreation Centres

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**Greenglade  
Community Centre**

250-656-7055

2151 Lannon Way, Sidney, BC V8L 3Z1  
[www.panoramarecreation.ca](http://www.panoramarecreation.ca)

### **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)

### **WESTSHORE**

**Juan De Fuca Society** 250-478-8384  
**55 + Activity Centre** 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.vancouverislandy.com](http://www.vancouverislandy.com)

### **GULF ISLANDS**

**Galiano Island  
Community Hall**

250-539-2175

141 Sturdies Bay Rd., Galiano Island, BC V0N 1P0  
[www.galianoclub.org](http://www.galianoclub.org)

### **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.saltspring seniorscentre.ca](http://www.saltspring seniorscentre.ca)

**Saturna Recreation &  
Cultural Centre**

250-539-2452

104 Harris Road, Saturna Island, BC V0N 2Y0  
[www.saturnarec.org](http://www.saturnarec.org)