

MULTICULTURAL SERVICES

Inter-Cultural Association of Greater Victoria

250-388-4728

www.icavictoria.org

808 Douglas Street, Suite #102
Victoria, BC V8W 2B6

This association offers services for newcomers, including English classes, support groups, information and referrals. Many types of workshops, and community-based outreach and education are also offered.

Victoria Immigrant and Refugee Centre Society

250-361-9433

www.vircs.bc.ca

1004 North Park Street, Victoria, BC V8T 1C6

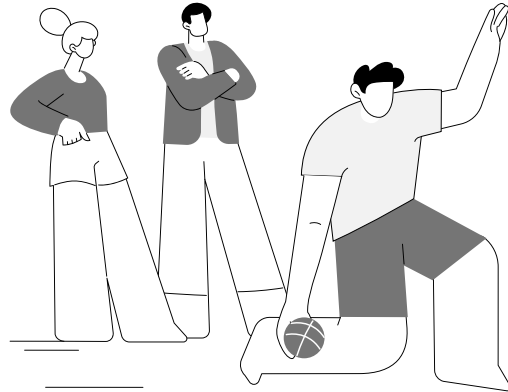
This Society provides orientations for newcomers including a resettlement and adaptation program, English as a Second Language classes, and support with housing, employment, legal issues, and daycare.

TIP

If you are looking for a Guide to Government Services, consider the Benefits Wayfinder Program: www.benefitswayfinder.org

A guide to accessing government benefits for housing, disabilities and more that can help put more money in your pocket.

Activity & Recreation



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

PRIVATE ACTIVITY CENTRES

Choose to Move

1-604-875-4111 ext 21787

www.choosetomove.ca

Choose to Move is free, flexible and provides motivation and support to those wanting to become more active. The program aims to integrate activity into daily routine, facilitate new friendships and make positive changes. Choose to Move is targeted to anyone age 65 and older that wants to become active, regardless of ability.

Cycling Without Age Society (CWAS)

250-655-5040

www.cyclingwithoutagesociety.com

Free cycle rides are offered in custom trishaws for up to two passengers with limited physical or mental abilities. Service is based in Sidney, BC and serves Sidney and North Saanich areas seven days a week, from the passengers' home or another area location.

MOVE Adapted Fitness and Rehabilitation Society of BC

778-433-6559

www.moveadaptedfitness.ca

100-775 Topaz Avenue, Victoria, BC V8T 4Z7

This non-profit organization serves those with chronic conditions and mobility issues. Volunteers 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.

SHOAL Centre for Seniors

250-656-5537

www.beaconcs.ca/services-programs/shoal-centre-for-seniors

10030 Resthaven Drive, Sidney, BC V8L 3G4

This modern, well-equipped centre combines community-based recreation and volunteer services with a seniors' activity centre, a public dining room and catering, rental and meeting services. A community hub engages the Peninsula's 55+ community. An assisted living residential care home is on the upper floors.

PUBLIC, COMMUNITY & RECREATION CENTRES

ESQUIMALT

Esquimalt Parks & Recreation

250-412-8500

www.esquimalt.ca

527 Fraser Street, Victoria, BC V9A 6H6

GULF ISLANDS

Galiano Island Community Hall

250-539-2175

www.galianoclub.org

141 Sturdies Bay Road
Galiano Island, BC V0N 1P0

Pender Islands Health Centre: Community Support Program

250-629-3346

www.penderislandhealth.ca

5715 Canal Road, Pender Island, BC V0N 2M1

Salt Spring Seniors Services Society

250-537-4604

www.saltspringseiorscentre.ca

379 Lower Ganges Road
Salt Spring, BC V8K 2V4

Saturna Recreation & Cultural Centre

250-539-2452

www.saturnarec.org

104 Harris Road, Saturna Island, BC V0N 2Y0

METCHOSIN

Community House

250-478-5155

www.metchosincommunityhouse.com

4430 Happy Valley Rd, Metchosin, BC V9C 3Z3

OAK BAY

Oak Bay Parks & Recreation

250-595-7946

www.recreation.oakbay.ca

1975 Bee Street, Victoria, BC V8R 5E6

Henderson Recreation Centre

250-370-7200

www.recreation.oakbay.ca

2291 Cedar Hill X Road, Victoria, BC V8P 5H9

Monterey Recreation Centre

Oak Bay Seniors Activity Association

250-370-7300

www.recreation.oakbay.ca

1442 Monterey Avenue, Victoria, BC V8S 4W1

SAANICH

Cedar Hill Recreation Centre

250-475-7121

www.saanich.ca

3220 Cedar Hill Road, Saanich, BC V8P 3Y3

Cordova Bay 55 Plus Association

250-658-5558

www.cordovabay55plus.org

5238 Cordova Bay Road, Victoria, BC V8Y 2L2

Gordon Head Recreation Centre

250-475-7100

www.saanich.ca

4100 Lambrick Way, Victoria, BC V8N 5R3

Goward House Society

250-477-4401

www.gowardhouse.com

2495 Arbutus Road, Victoria, BC V8N 1V9

Mount Tolmie New Horizons

250-592-2767

3703 Street Aidan's Street, Victoria, BC V8P 2V7

Pearkes Recreation Centre

250-475-5400

www.saanich.ca

3100 Tillicum Road, Victoria, BC V9A 6T2

Saanich Commonwealth Place

250-475-7600

www.saanich.ca

4636 Elk Lake Drive, Victoria, BC V8Z 5M1

Silver Threads Service for Seniors

Saanich Centre

250-382-3151

www.silverthreads.ca

286 Hampton Road, Victoria, BC V8Z 1H2

SAANICH PENINSULA

Panorama Recreation

250-656-7271

www.panoramarecreation.ca

1885 Forest Park Drive
North Saanich, BC V8L 4A3

SHOAL Community Centre

250-656-5537

www.beaconcs.ca

10030 Resthaven Drive, Sidney, BC V8L 3G4

The Centre Active Living 50+

250-652-4611

www.centrialsaanichseniorscentre.org

1229 Clarke Road, Brentwood Bay, BC V8M 1E2

Greenglade Community Centre

250-656-7055

www.panoramarecreation.ca

2151 Lannon Way, Sidney, BC V8L 3Z1

SOOKE

Seaparc Leisure Complex

250-642-8000

www.crd.bc.ca/seaparc

2168 Phillips Road, Sooke, BC V9Z 0Y3

Sooke Senior 50+ Drop-In Centre

250-664-6612

www.sookeregionchn.org

Please phone for location details.

VICTORIA

Burnside Gorge Community Association

250-388-5251

www.burnsidegorge.ca

471 Cecelia Road, Victoria, BC V8T 4T4

Cook Street Village Activity Centre

250-384-6542

www.cookstreetvillageactivitycentre.com

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

Downtown Community Centre

250-383-0076

www.coolaid.org

755 Pandora Avenue, Victoria, BC V8W 1N9

Fernwood Seniors Autumn Glow

250-381-1552

www.fernwoodnrg.ca

1240 Gladstone Avenue, Victoria, BC V8T 1G6

James Bay New Horizons Society

250-386-3035

234 Menzies Street, Victoria, BC V8V 2G7

www.jamesbaynewhorizons.ca

Oaklands Community Centre

250-370-9101

www.oaklands.life

1-2827 Belmont Avenue, Victoria, BC V8R 4B2

Quadra Village Community Centre

250-388-7696 ext 230

www.qvcc.ca

901 Kings Road, Victoria, BC V8T 1W5

Silver Threads Service for Seniors

Victoria Centre

250-388-4268

www.silverthreads.ca

1911 Quadra Street, Victoria BC V8T 4X1

Victoria West Community Centre

250-590-8922

www.victoriawest.ca

521 Craigflower Road, Victoria, BC V9A 6Z5

YM/YWCA Victoria

250-386-7511

www.victoriay.com

851 Broughton Street, Victoria, BC V8W 1E5

WESTSHORE

Juan de Fuca 55+ Activity Centre

250-474-8618

www.jdfseniors.weebly.com

1767 Island Highway, Colwood, BC V9B 1J1

YM/YWCA Westhills

250-386-7511

www.vancouverislandy.com

1319 Westhills Drive, Langford, BC V9B 0S2