

# Seniors Essentials: Food Services & Wellness Resources

An In-depth Resource Guide Extended from the Seniors Services Directory  
<https://sssbcc.org/service-directory/>

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## **Introduction**

The Seniors Services Directory (<https://sssbc.org/service-directory/>) contains over 500 listings of community resources and is reviewed and updated every two years by a Directory Committee. As our audience grew, we recognized an increasing importance to provide further information on food and wellness services for seniors on their journey to regain independence.

With this goal in mind, the Seniors Essentials guide highlights programs offered by over 40 organizations across Greater Victoria, with an emphasis on food access, wellness services, and reassurance check-ins. Please note that most organization offers additional activities, which can be divided into 2 general categories:

- Leisure activities, such as yoga or painting lessons.
- Guidance and help, such as technology assistance, home help and transportation services.

For a full calendar of such events and opportunities, you are encouraged to visit each organization's website or request printed materials at their offices.

Many organizations also maintain active Facebook pages, which can be an easy and convenient way to stay updated on ongoing or newly added activities that may not follow a fixed schedule. You can find links to these social media platforms through each organization's website.

We hope this guide helps you connect with valuable resources and supports your well-being.

## **Disclaimer**

Appearance of a listing in this document is not a recommendation or endorsement by Seniors Serving Seniors.

If there is any discrepancy between this document and the organization's official website, the information on the official website should be considered accurate.

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### **Programs by Category**

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#### **Mental Health**

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#### **Reassurance Services**

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#### **Socialization**

Pages 15, 18, 21, 24, 26, 30, 32, 33, 34, 43, 47, 52, 56, 57, 60, 62

### **Highlighted Programs**

A selection of in-home support, wellness, and municipal services chosen to showcase key resources available to seniors.

## Better At Home

Better At Home supports seniors to remain independent in their homes for as long as possible and stay connected to their community. Services offered in each Better at Home catchment area(s) vary between all programs.

Better At Home works in partnership with municipal organizations to provide services. To become a client, you are generally required to be registered with your community's volunteering organization (eg. The James Bay Community Project, Capital City Volunteers and Oak Bay Volunteer Services). If your community isn't already listed below, you can use the map search function on the Better At Home website and search by location: <https://betterathome.ca/map-search/>

### Services

Better at Home services vary from community to community. They are designed to complement existing services and are based on the unique needs of local seniors. Examples include:

Friendly visiting, Transportation, Light yard work, Minor home repairs, Light housekeeping, Grocery shopping and Snow shoveling.

### Services by municipality

| Region                                   | Organization                                                                                                                                                                                                                                                                                                                                                                                 | Contact (Person & Info)                                                                                                                                                                                                                                                                                                                                                                       |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Victoria, James Bay &amp; Oak Bay</b> | <ul style="list-style-type: none"><li>- James Bay Community Project<br/><a href="https://jbcp.bc.ca/">https://jbcp.bc.ca/</a></li><li>- Capital City Volunteers<br/><a href="https://capitalcityvolunteers.org/">https://capitalcityvolunteers.org/</a></li><li>- Oak Bay Volunteer Services<br/><a href="https://www.oakbayvolunteers.org/">https://www.oakbayvolunteers.org/</a></li></ul> | <ul style="list-style-type: none"><li>- Zoe Little, <a href="mailto:betterathome@jbcp.bc.ca">betterathome@jbcp.bc.ca</a>, 250-388-7844 Ext. 334</li><li>- Joelle Rempel, <a href="mailto:info@capitalcityvolunteers.org">info@capitalcityvolunteers.org</a>, 250-388-7844 Ext. 310</li><li>- <a href="mailto:info@oakbayvolunteers.org">info@oakbayvolunteers.org</a>, 250-595-1034</li></ul> |
| <b>Colwood &amp; Langford</b>            | Pacific Centre Family Services Association<br><a href="https://pacificcentrefamilyservices.org/counselling/better-at-home-seniors-services-65/">https://pacificcentrefamilyservices.org/counselling/better-at-home-seniors-services-65/</a>                                                                                                                                                  | Dori Sinclair, <a href="mailto:dsinclair@pcfsa.org">dsinclair@pcfsa.org</a> , 778-677-3540                                                                                                                                                                                                                                                                                                    |
| <b>Esquimalt</b>                         | Esquimalt Neighbourhood House Society<br><a href="https://www.enh.bc.ca/">https://www.enh.bc.ca/</a>                                                                                                                                                                                                                                                                                         | Jennifer Lucas, <a href="mailto:jlucas@enh.bc.ca">jlucas@enh.bc.ca</a> , 250-385-2635 Ext. 201                                                                                                                                                                                                                                                                                                |
| <b>Metchosin</b>                         | Metchosin Seniors Resource Centre<br><a href="https://metchosinseniors.ca/services-for-metchosin-seniors/#better">https://metchosinseniors.ca/services-for-metchosin-seniors/#better</a>                                                                                                                                                                                                     | Yvonne Cottrell, <a href="mailto:info@metchosinseniors.ca">info@metchosinseniors.ca</a> , 250-478-5150                                                                                                                                                                                                                                                                                        |

|                                       |                                                                                                                                                                                                                  |                                                                                                                                                 |
|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pender Island</b>                  | Pender Island Health<br><a href="https://penderislandhealth.org/better-at-home">https://penderislandhealth.org/better-at-home</a>                                                                                | Better at Home Coordinator,<br><a href="mailto:betterathome@penderislandhealth.org">betterathome@penderislandhealth.org</a> ,<br>(250) 629-3346 |
| <b>Salt Spring Island</b>             | Salt Spring Community Services<br><a href="https://saltspringcommunityservices.ca/seniors-services/better-at-home/">https://saltspringcommunityservices.ca/seniors-services/better-at-home/</a>                  | Island Community Services Seniors Wellness, (250) 537-9971 ext. 224.                                                                            |
| <b>Saanich &amp; Peninsula</b>        | Beacon Community Services<br><a href="https://beaconcs.ca/services-programs/health-care-support/better-at-home-services/">https://beaconcs.ca/services-programs/health-care-support/better-at-home-services/</a> | Linda Lightbody, <a href="mailto:llightbody@beaconcs.ca">llightbody@beaconcs.ca</a> ,<br>250-656-5537                                           |
| <b>Sooke (excluding Port Renfrew)</b> | Sooke Region Communities Health Network<br><a href="https://www.sookeregionchn.org/better-at-home">https://www.sookeregionchn.org/better-at-home</a>                                                             | <a href="mailto:srchn@sookeregionchn.org">srchn@sookeregionchn.org</a><br>778-365-1878                                                          |

### How to become a client & qualifications

- Pre-registration is required, generally, clients must be registered with their community's organization.
- Please note that a friendly phone visit, home visit and application are part of the registration process to determine if the BAH program would suit the applicant's presenting needs.
- Some services may be completely free of charge, while others are offered on a sliding scale.
- Services vary depending on your location of residence.
- In some areas, they ask that the senior must be able to get in/out of the car with minimal assistance. The BAH may also not be able to transport wheelchairs, as this may require specialized assistance.

### Availability

Wait times are generally 1 year regardless of the region. Wait times are subject to change, so it is always a good idea to call and inquire when you register.

Due to the intake process as well as the potential waitlists, you should not expect to receive BAH services as soon as you call the community organization.

## **Leisure Involvement for Everyone (L.I.F.E.) Program**

The Leisure Involvement For Everyone (L.I.F.E.) program improves access to recreation services and programs for individuals and families living on a low income. Municipal Recreation Partners in the Greater Victoria area are committed to ensuring residents have access and choices in their leisure opportunities. Eligible applicants will receive the following benefits and membership will be valid for two years.

Some of the organizations listed in this document also accept L.I.F.E. program members for discounted access to certain activities. This means that if you're registered in the L.I.F.E. program, you may be eligible for reduced rates beyond your local recreation centre.

### **General Eligibility**

- Applicants must apply for the L.I.F.E. program in the municipality they are a resident in.
- Applications must submit a proof of income, usually the CRA Notice of Assessment from the previous tax year.
- For those individuals under extenuating circumstances who are unable to clearly provide the required application documentation, an Adjudicator Form may be accepted in lieu, on a case-by-case basis.
- Income must be at or below the Statistics Canada low-income threshold to qualify.

**This threshold may be subject to updates.**

| # In Household | Combined Income |
|----------------|-----------------|
| 1              | \$28,460        |
| 2              | \$38,493        |
| 3              | \$47,145        |
| 4              | \$54,438        |
| 5              | \$60,864        |
| 6              | \$67,645        |
| 7              | \$75,312        |

Below is a list of the participating Municipal Recreation Partners in the Greater Victoria area. If you are unsure which municipality you reside in, please go to the CRD map viewer and enter your address in the search bar in the upper right corner and it will pinpoint your address on the map, scroll out to see which municipality is outlined around the location.

<https://maps.crd.bc.ca/Html5Viewer/?viewer=public&>

## L.I.F.E Partners by municipality

| Municipality                                                                 | Recreation Centre & Website                                                                                                                                                                                                                                                                 | Registration & Contact Information                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Colwood,<br>Langford,<br>Highlands,<br>Metchosin &<br>View Royal             | West Shore Parks & Recreation<br><a href="https://www.wspr.ca/inclusion-support/financial-support">https://www.wspr.ca/inclusion-support/financial-support</a>                                                                                                                              | 250-478-8384 ext. 0<br><br>Registration form:<br><a href="https://www.wspr.ca/sites/default/files/2025-07/2025-LIFE-Application_fillable.pdf">https://www.wspr.ca/sites/default/files/2025-07/2025-LIFE-Application_fillable.pdf</a>                                                                                                    |
| Esquimalt                                                                    | Esquimalt Recreation<br><a href="https://www.esquimalt.ca/life">https://www.esquimalt.ca/life</a>                                                                                                                                                                                           | <a href="mailto:life@esquimalt.ca">life@esquimalt.ca</a><br><br>Registration form:<br><a href="https://www.esquimalt.ca/media/file/2025-life-application-form-fillable">https://www.esquimalt.ca/media/file/2025-life-application-form-fillable</a>                                                                                     |
| Oak Bay                                                                      | Oak Bay Recreation<br><a href="https://www.oakbay.ca/parks-recreation/admissions-passes/financial-assistance/">https://www.oakbay.ca/parks-recreation/admissions-passes/financial-assistance/</a>                                                                                           | 250-595-7946<br><br>Registration form:<br><a href="https://www.oakbay.ca/wp-content/uploads/2025/01/LIFE_application_2025.pdf">https://www.oakbay.ca/wp-content/uploads/2025/01/LIFE_application_2025.pdf</a>                                                                                                                           |
| Saanich                                                                      | Saanich Recreation<br><a href="https://www.saanich.ca/EN/main/parks-recreation-community/community-services/financial-assistance/financial-assistance.html">https://www.saanich.ca/EN/main/parks-recreation-community/community-services/financial-assistance/financial-assistance.html</a> | (250) 475-5422<br><a href="mailto:financialassistance@saanich.ca">financialassistance@saanich.ca</a><br><br>Registration form:<br><a href="https://digital.saanich.ca/life/?_ga=2.257359629.767251978.1754243817-1673115296.1750375814">https://digital.saanich.ca/life/?_ga=2.257359629.767251978.1754243817-1673115296.1750375814</a> |
| Central Saanich,<br>North Saanich,<br>Sidney & the<br>W̱SÁNEĆ<br>Communities | Panorama Recreation<br><a href="https://www.panoramarecreation.ca/admission-registration/financial-assistance-programs">https://www.panoramarecreation.ca/admission-registration/financial-assistance-programs</a>                                                                          | 250-656-7271<br><br>Registration form:<br><a href="https://www.panoramarecreation.ca/media/file/lifeapplication2025bad02c57e7e16533860dff00001065ab">https://www.panoramarecreation.ca/media/file/lifeapplication2025bad02c57e7e16533860dff00001065ab</a>                                                                               |
| Sooke & Juan<br>de Fuca                                                      | SEAPARC Recreation<br><a href="https://www.seaparc.ca/admission-memberships/financial-assistance">https://www.seaparc.ca/admission-memberships/financial-assistance</a>                                                                                                                     | <a href="mailto:seaparc@crd.bc.ca">seaparc@crd.bc.ca</a><br><br>Registration form:<br><a href="https://www.seaparc.ca/media/file/life-application-2022-final-pub">https://www.seaparc.ca/media/file/life-application-2022-final-pub</a>                                                                                                 |
| Victoria                                                                     | City of Victoria Recreation<br><a href="https://www.victoria.ca/parks-recreation/recreation/accessibility-inclusion/life-program">https://www.victoria.ca/parks-recreation/recreation/accessibility-inclusion/life-program</a>                                                              | <a href="mailto:crystalpool@victoria.ca">crystalpool@victoria.ca</a><br><br>Registration form:<br><a href="https://www.victoria.ca/media/file/life-application-form-2025">https://www.victoria.ca/media/file/life-application-form-2025</a>                                                                                             |

## Programs Listed by Municipal Volunteer Organizations

Highlighting four municipal volunteer organizations, we have listed all services they provide for seniors (with the exception of Better At Home, which was already explained in the previous pages).

### Capital City Volunteers (CVV)

<https://capitalcityvolunteers.org/>

Capital City Volunteers offer programs and services that support low-income seniors, 65 years of age and older, who live in the City of Victoria to remain living independently in their own homes, rented or owned.

Note that if you reside in James Bay, you may also be eligible for CVV's services through the James Bay Community Project at <https://jbcp.bc.ca/>

### Services

| Service Name                                               | Description                                                                                                                                                                             | Eligibility / Notes                                                                                                                           |
|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The Coffee Club</b>                                     | Weekly social for adults aged 65 and older.                                                                                                                                             | Currently full. Occasionally, spaces may open; contact the office to sign up. Must be registered for a CCV/JBCP program or service to attend. |
| <b>Outreach (Services for Seniors)</b>                     | Information about community resources<br>- Info on JBCP programs<br>- Referrals to volunteer services and Better at Home                                                                | Available to seniors in Victoria and James Bay seeking guidance on resources and programs.                                                    |
| <b>Volunteer-delivered Services (Services for Seniors)</b> | In-home friendly visits, Walking, Light gardening, Reading/writing help, Computer support, Income tax prep, Organizing help, Minor home repairs, Dog walking, Medical and errand drives | For seniors in Victoria and James Bay needing practical, non-medical support from trained volunteers.                                         |

### How to become a client & qualifications

- Referral and registration: seniors may self-refer. If living anywhere in the Municipality of Victoria, fill out the referral form: <https://capitalcityvolunteers.org/wp-content/uploads/2024/07/0.-CCV-Referral-Form-with-Eligibility.pdf>. If living in James Bay, fill out the referral info at the JBCP website: <https://jbcp.bc.ca/seniors/services/>. For Oak Bay, see the Oak Bay section.
- Must register for the program. If unsure, the easiest way would be to call or email the office to get started.

- Services are for low-income seniors (\$35,000 or less for an individual, \$45,000 or less for a couple) age 65+ to live independently in their own home.
- Mainly for those living in the Municipality of Victoria. For certain services, clients can be living in James Bay and/or Oak Bay.

**Staff and links/numbers**

Address: 547 Michigan Street, Victoria BC V8V 1S5, Canada

Phone: 250.388.7844, Ext. 310

Staff: Joelle Rempel, Capital City Volunteers Outreach Worker

Email: [info@capitalcityvolunteers.org](mailto:info@capitalcityvolunteers.org)

**At Capacity? Wait Times?**

For volunteer-delivered services, people can be registered quite quickly and use the program as needed. For the ones where clients are matched with volunteers, it does take some time to find the right volunteer as we match based on preferences, interests, etc.

It can vary how long it takes for Joelle (the staff) to reach out to a new referral, as it depends how many are in the queue at any given time. For example, with 8 new referrals, it will take some time to work through all of them, and it might be a couple of weeks before they are all responded to.

## Esquimalt Neighbourhood House (ENH)

<https://www.enh.bc.ca/seniors/>

Esquimalt Neighbourhood House Society exists to improve well-being, education, and social change for the community. They help seniors live healthy and active lives by strengthening their support networks, offering support to remain self-sufficient and encouraging involvement within the community.

### Services

| Service                                 | Description                                                                                                                                                                                                                                                                                              |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Non-Medical Support Services</b>     | Provides grocery shopping, transportation, light home repairs, and housekeeping for seniors living in Esquimalt, regardless of income.                                                                                                                                                                   |
| <b>Free Group Activities</b>            | Offers a variety of no-cost group activities designed to encourage creativity, physical activity, and social interaction. For more, see their Facebook group:<br><a href="https://www.facebook.com/EsquimaltNeighbourhoodHouseSociety/">https://www.facebook.com/EsquimaltNeighbourhoodHouseSociety/</a> |
| <b>Support with Government Programs</b> | Assists seniors with applications for Shelter Aid for Elderly Renters (SAFER) and offers other support to help reduce daily living costs — all free of charge.                                                                                                                                           |

### How to become a client & qualifications

- Call or email the office to get started. There is no referral form or application. Information and referrals to other community resources are available as well.
- Excluding Better At home, services are offered to seniors in Esquimalt regardless of income. Services directly provided by the ENH are completely free and are designed to reach all ages and reach lonely and isolated people.
- Social groups are mostly advertised on the website and Facebook, and are first-come-first-served or drop-in.

### Staff and links/numbers

(250) 385-2635 ext. 201

Jennifer Lucas

[jlucas@enh.bc.ca](mailto:jlucas@enh.bc.ca)

### At Capacity? Wait Times?

They are provided on an as-needed basis and don't require anything other than a phone call to make an appointment at a mutually agreeable time. In terms of SAFER, Jennifer, the program coordinator, can usually find time in under two weeks to sit down and help someone with this type of inquiry.



## Oak Bay Volunteer Services (OBVS)

<https://oakbayvolunteers.org/>

Oak Bay Volunteer Services provides non-medical support services to Oak Bay residents on a one-to-one basis. They aim to enable Oak Bay residents to maintain or improve their independence and connection to the community through the provision of support services that also engender strong relationships and lasting human connections.

### Services

| Service                        | Description                                                                                                                                                                                             |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Drives</b>                  | Transportation assistance to the destination, then back home. Vehicles can often accommodate walkers and wheelchairs.                                                                                   |
| <b>Destination walks</b>       | A volunteer can walk with clients to and from their destination.                                                                                                                                        |
| <b>Visits</b>                  | Provides regular home visits to clients.                                                                                                                                                                |
| <b>Social phone calls</b>      | Weekly, ongoing phone calls that allow clients to connect with a volunteer from the comfort of their home.                                                                                              |
| <b>Walks in the community</b>  | Weekly, ongoing social walks, or wheelchair push, with a volunteer.                                                                                                                                     |
| <b>Reassurance phone calls</b> | Scheduled wellness check phone calls that ensure the health and safety of a client who lives alone.                                                                                                     |
| <b>Document assistance</b>     | Provides writing support by filling out forms and other documents.                                                                                                                                      |
| <b>Cultural companion</b>      | Enjoy a performance or visit a local gallery or museum together with a volunteer. The volunteer will provide the ride to and back.                                                                      |
| <b>Income tax program</b>      | As a CRA-designated agency, Oak Bay Volunteer Services provides tax reporting services for clients having a financial status within the lowest tax bracket and, in general, having a simple tax return. |
| <b>Minor home repairs</b>      | Addresses simple household issues should a client not have the financial means for a paid handyperson.                                                                                                  |
| <b>Technology support</b>      | Offers minor technology support for clients who need assurance and guidance with using and maintaining technology.                                                                                      |
| <b>Packing and sorting</b>     | Volunteers can assist clients with a minor organizing job.                                                                                                                                              |

|                  |                                                                                                                                                                                      |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Gardening</b> | Provides one-time or short-term jobs to help maintain a client's garden and grass (weeding, pruning and mowing), should the individual not have financial means for a paid gardener. |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### **How to become a client & qualifications**

- Only for those residing in the municipality of Oak Bay.
- Phone the office, and the Outreach and Services Coordinator will ask a few preliminary qualifying questions and discuss the services and programs with you. After an interview/assessment, the applicant will be in the system at OBV.
- The income tax program: to qualify, you must be a resident of Oak Bay and identify as a senior, a newcomer to Canada or a person living with a disability.
- Certain services are only for those who do not have the financial means to pay for the services at another organization.

### **Staff and links/numbers**

Address: 1442 Monterey Avenue, Victoria, BC V8S 4W1

Email: [info@oakbayvolunteers.org](mailto:info@oakbayvolunteers.org)

Phone: (250) 595-1034

### **At Capacity? Wait Times?**

For general volunteer-provided services: OBV has enough volunteers to take on new clients, and there isn't a waitlist. For the most part, the OBV has no issue pairing volunteers with new clients/client requests.

An issue for the summer time is that many drivers are on holidays - difficulty filling in requests for drives.

- Once a client gets through the registration and screening process, driving requests require at least a week's notice. It is not guaranteed that a driver can be matched, based on client needs and volunteer availability, but the OBV will try their best.
- Some drivers accommodate clients with walkers and wheelchairs, while others may not be.

## Saanich Volunteers Services Society (SVSS)

<https://www.saanichvolunteers.org/>

Saanich Volunteer Services Society promotes independent living and enhances the quality of life for Saanich residents by providing coordinated volunteer services and connections to community resources.

### Services

| Service                                | Type              | Description                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Appointment Drives</b>              | Volunteer service | Drives to medical and other appointments in the Greater Victoria area. Can accommodate walkers.                                                                                                                                                                                                                                                                                           |
| <b>Income Tax Filing</b>               | Volunteer service | Simple tax filing given that clients fulfill the eligibility requirements outlined in <a href="https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals/about.html">https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals/about.html</a> |
| <b>Friendship Calls and Visits</b>     | Volunteer service | Provides telephone calls and/or visits to play games or chat with clients.                                                                                                                                                                                                                                                                                                                |
| <b>Food Bank Hamper &amp; Delivery</b> | Volunteer service | Volunteer drivers pick up food hampers from local food banks and deliver to clients weekly.                                                                                                                                                                                                                                                                                               |
| <b>Minor Home Repair</b>               | Volunteer service | Accepts minor, small repairs and refer clients if a professional is required.                                                                                                                                                                                                                                                                                                             |
| <b>Garden &amp; Yard Work</b>          | Volunteer service | Pulling weeds, doing minor pruning, or tidying up the yard are all ways Saanich Volunteers help their neighbours. Clients provide the gardening tools when possible.                                                                                                                                                                                                                      |
| <b>Shopping Bus</b>                    | Community program | Coordinated in partnership with The Wellesley, a retirement community in the Victoria area. Clients shop at a local mall and may develop friendships with other participants. If interested, call Sharon at 250-853-2667.                                                                                                                                                                 |
| <b>Tea &amp; Talk</b>                  | Community program | The second and fourth Wednesday of each month, from 2 until 3:30pm, SVSS hosts an event for those who choose to attend. You do not have to be a Saanich resident, but those who require a volunteer driver must be Saanich residents and call the office a week in advance to coordinate a pick-up. Attendance must be notified at least a week in advance.                               |
| <b>Men's Group</b>                     | Community program | On the first Tuesday of each month, from 10 am to 12 pm at 1445 Ocean View Road, men connect. Drop-ins welcome.                                                                                                                                                                                                                                                                           |

**How to become a client & qualifications**

- Must be adults living independently within the Municipality of Saanich.
- Phone or email the office for Client Services Coordinator, Sharon Parker, to begin the application process. Following the phone call, an in-home visit will also be conducted.
- The program runs with self-referral, health care referral, or community referral by phone, fax, or e-mail.

**Staff and links/numbers**

Address: 1445 Ocean View Road, Victoria, BC V8P 1J8

Client Services Coordinator, Sharon Parker

P: (250) 853-2667 or (250) 595-8008 Ext. 126 - for registration

E: [sharon@saanichvolunteers.org](mailto:sharon@saanichvolunteers.org)

General phone: 250-595-8008

General email: [contactus@saanichvolunteers.org](mailto:contactus@saanichvolunteers.org)

**At Capacity? Wait Times?**

With the exception of Better At Home, all services are free to Saanich residents who have registered with the organization. Services are also generally available without any wait times.

### **Highlighted Organizations**

A reference guide to Greater Victoria organizations, introducing their scope of services and highlighting unique programs of particular value to seniors. If you'd like to find further resources, take a look at our Seniors Services Directory (<https://sssbc.org/service-directory/>).

## Better Meals

Website: <https://bettermeals.ca/>

Email: [contact@bettermeals.ca](mailto:contact@bettermeals.ca)

Phone: 604-299-1877

Toll-free: 1888-838-1888

Office address: 5742 Beresford Street, Burnaby, V5J 1J1

Better Meals is a dedicated meal delivery service based in Burnaby, British Columbia, committed to enhancing well-being through convenient and nutritious meal options.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                                                            |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | Delivered to your home for free.                                                                                                                                                                                                                                                                                                           |
| Website             | For delivery schedule by region: <a href="https://bettermeals.ca/how-it-works/">https://bettermeals.ca/how-it-works/</a><br>For online ordering: <a href="https://bettermeals.ca/shop/">https://bettermeals.ca/shop/</a><br>For printable copies of menus: <a href="https://bettermeals.ca/download/">https://bettermeals.ca/download/</a> |
| Summary             | Specializing in providing fully-cooked frozen and fresh meals, Better Meals cater to various dietary needs, servicing clients throughout the Lower Mainland, Fraser Valley, Victoria, Vancouver Island, and the Okanagan/Thompson region.<br>There is no contract, no membership; no delivery charge; no tax.                              |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                              |
| Cost                | Approximately \$12-15 per meal.                                                                                                                                                                                                                                                                                                            |
| How to Apply        | Order online or order through phone.                                                                                                                                                                                                                                                                                                       |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                               |
| Contact Information | <a href="mailto:contact@bettermeals.ca">contact@bettermeals.ca</a><br>604-299-1877<br>Toll-free: 1888-838-1888                                                                                                                                                                                                                             |
| Qualifications      | None                                                                                                                                                                                                                                                                                                                                       |
| Availability        | Always available; delivery dates vary by region, check <a href="https://bettermeals.ca/how-it-works/">https://bettermeals.ca/how-it-works/</a>                                                                                                                                                                                             |

*More activities available through each organization's website, Facebook or office - explore your options!*

## **Burnside Gorge Community Association**

Website: <https://burnsidegorge.ca/>

Email: [info@burnsidegorge.ca](mailto:info@burnsidegorge.ca)

Phone: 250-388-5251

Office address: 471 Cecelia Road, Victoria, BC V8T 4T4

The purpose of the Burnside Gorge Community Association is to lead, promote and support initiatives which encourage healthy, inclusive, and socially just living.

### *Highlighted Program*

|                     |                                                                                                                                                                                                                |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors Lunch & Learn                                                                                                                                                                                          |
| Program Address     | 471 Cecelia Road, Victoria, BC V8T 4T4                                                                                                                                                                         |
| Program Website     | <a href="https://burnsidegorge.ca/50-recreation/">https://burnsidegorge.ca/50-recreation/</a>                                                                                                                  |
| Summary             | Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. Featuring a mix of guest speakers, social activities, and themed activities during the holiday seasons. |
| Program Category    | Socialization, Food Services                                                                                                                                                                                   |
| Cost                | \$5 per session                                                                                                                                                                                                |
| How to Apply        | Contact the office at 250-388-5251.                                                                                                                                                                            |
| Referral            | Not Required                                                                                                                                                                                                   |
| Contact Information | 250-388-5251                                                                                                                                                                                                   |
| Qualifications      | Over age 50, you do not have to be a resident in the area to join.                                                                                                                                             |
| Availability        | Generally available; dates and times may vary by month. Always visit the webpage for the most recent updates.                                                                                                  |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Community Food Support

Website: <https://communityfoodsupport.wordpress.com/>

Email: [info@communityfoodsupport.com](mailto:info@communityfoodsupport.com)

Phone:

Office address:

The Community Food Support aims to make food free and accessible to those who need it. This is a community response premised on mutual aid rather than charity.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Community Food Support Delivery Program                                                                                                                                                                                                                                                                                                                                                                      |
| Program Address     | Delivered to your home.                                                                                                                                                                                                                                                                                                                                                                                      |
| Program Website     | <a href="https://communityfoodsupport.wordpress.com/faq/">https://communityfoodsupport.wordpress.com/faq/</a>                                                                                                                                                                                                                                                                                                |
| Summary             | A grassroots, volunteer-run mutual aid program delivering weekly food hampers to approximately 80 households per month in supported postal codes, using mostly rescued food plus added staples—including produce, bread, dairy, rice, and plant-based proteins.                                                                                                                                              |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                                                                                                |
| Cost                | Free                                                                                                                                                                                                                                                                                                                                                                                                         |
| How to Apply        | Fill out the monthly Google sign-up form, which opens on the 20th of the month prior. Delivery assignments are confirmed via email before distribution.<br>Currently you can only sign up for the waitlist:<br><a href="https://docs.google.com/forms/d/1XYrOuCWYXcvXD0GYwwOO8Rsj-o5mwln6t7zKX7qXi5U/closedform">https://docs.google.com/forms/d/1XYrOuCWYXcvXD0GYwwOO8Rsj-o5mwln6t7zKX7qXi5U/closedform</a> |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                 |
| Contact Information | <a href="mailto:hampers@communityfoodsupport.com">hampers@communityfoodsupport.com</a>                                                                                                                                                                                                                                                                                                                       |
| Qualifications      | Only available to folks whose postal codes start with: V8X, V8N, V8P, V8R, V8T, V8W, V8S, V8V and V9A.<br>Sooke and West Shore are not supported.                                                                                                                                                                                                                                                            |
| Availability        | Currently accepting a waitlist - signing up does not guarantee immediate subscription to delivery.                                                                                                                                                                                                                                                                                                           |

*More activities available through each organization's website, Facebook or office - explore your options!*



### **Cook Street Village Activity Centre**

Website: <https://cookstreetvillageactivitycentre.com/>

Email: [executivedir@csvac.ca](mailto:executivedir@csvac.ca)

Phone: (250) 384-6542

Office address: 380 Cook Street, Victoria V8V 3X7

A welcoming space where adults 50+ can connect, grow, and thrive, through meaningful activities, shared meals, lifelong learning, and lasting friendships.

#### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                  |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Food Services:<br>1) Rendezvous Café / Goodies & Drinks<br>2) Grab & Go Meals<br>3) Free Food Distribution                                                                                                                                                       |
| Program Address     | 380 Cook Street, Victoria V8V 3X7                                                                                                                                                                                                                                |
| Program Website     | <a href="https://cookstreetvillageactivitycentre.com/food-services">https://cookstreetvillageactivitycentre.com/food-services</a>                                                                                                                                |
| Summary             | 1) Serving homemade baked treats and hot coffee or tea during open hours (9:30 am–3:00 pm).<br>2) Affordable, home-cooked meals prepared by volunteers for \$10.<br>3) Free food available to everyone on Tuesdays and Fridays at 11:00 am, while supplies last. |
| Program Category    | Food Services                                                                                                                                                                                                                                                    |
| Cost                | 1) Cost applies depending on the food purchased.<br>2) \$10 per meal.<br>3) Free.                                                                                                                                                                                |
| How to Apply        | Drop-in during opening hours.                                                                                                                                                                                                                                    |
| Referral            | Not Required                                                                                                                                                                                                                                                     |
| Contact Information | Jenny Majzoub<br><a href="mailto:executivedir@csvac.ca">executivedir@csvac.ca</a><br>(250) 384-6542                                                                                                                                                              |
| Qualifications      | None (membership not required for Food Services, but is \$70/year applicable for other activities and events at the Centre)                                                                                                                                      |

*More activities available through each organization's website, Facebook or office - explore your options!*

|              |                                                                                               |
|--------------|-----------------------------------------------------------------------------------------------|
| Availability | 1) & 2) Generally Mondays through Saturdays, 9am-3pm.<br>3) Tuesdays and Fridays at 11:00 am. |
|--------------|-----------------------------------------------------------------------------------------------|

### **Cordova Bay 55 Plus Association**

Website: <https://cordovabay55plus.org/>

Email: [cb55@shawbiz.ca](mailto:cb55@shawbiz.ca)

Phone: (250) 658-5558

Office address: #1-5238 Cordova Bay Road, Victoria, V8Y 2L2

The Cordova Bay 55+ Association aims to provide an inclusive volunteer organization for older adults that supports diverse areas of interest, across generations, to enrich the lives of all members and to act as a resource for the wider community.

#### *Highlighted Program*

|                     |                                                                                                                                                                                                    |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Wednesday Lunch and Coffee Breaks                                                                                                                                                                  |
| Program Address     | #1-5238 Cordova Bay Road, Victoria, V8Y 2L2                                                                                                                                                        |
| Program Website     | <a href="https://cordovabay55plus.org/activities-events/wednesday-lunch-and-coffee-breaks/">https://cordovabay55plus.org/activities-events/wednesday-lunch-and-coffee-breaks/</a>                  |
| Summary             | A biweekly Wednesday lunchtime gathering (October through June) offering lunch at a very reasonable price, paired with coffee and conversation—an opportunity to connect with other CB55+ members. |
| Program Category    | Food Services, Socialization                                                                                                                                                                       |
| Cost                | \$15 for weekly lunches, exceptions will be noted.<br>Membership is \$40/year, prorated fees are possible.                                                                                         |
| How to Apply        | Drop-ins after becoming a member of the organization.                                                                                                                                              |
| Referral            | Not Required                                                                                                                                                                                       |
| Contact Information | <a href="mailto:cb55@shawbiz.ca">cb55@shawbiz.ca</a><br>(250) 658-5558                                                                                                                             |
| Qualifications      | Must be a member - sign up at <a href="https://cordovabay55plus.org/about-us/join-us/">https://cordovabay55plus.org/about-us/join-us/</a>                                                          |
| Availability        | Available October through June each year.                                                                                                                                                          |

*More activities available through each organization's website, Facebook or office - explore your options!*

**Eldercare Foundation**

Website: <https://gvef.org/>

Email: [info@gvef.org](mailto:info@gvef.org)

Phone: 250-370-5664

Office address: 1450 Hillside Avenue, Victoria, V8T 2B7

Eldercare Foundation provides resources, education and support to promote healthy aging for seniors.

*Highlighted Program*

|                     |                                                                                                                                                                                                                                                                                                                               |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | The Yakimovich Wellness Centre (Yakimovich)                                                                                                                                                                                                                                                                                   |
| Program Address     | 1450 Hillside Avenue, Victoria, V8T 2B7                                                                                                                                                                                                                                                                                       |
| Program Website     | <a href="https://eldercarefoundation.org/ywc/">https://eldercarefoundation.org/ywc/</a>                                                                                                                                                                                                                                       |
| Summary             | Yakimovich supports individuals throughout their aging journey by offering free public sessions year-round to assist individuals through their health and aging journey. Workshops cover a variety of topics that will increase knowledge, skills and access to resources in the community and within the health care system. |
| Program Category    | Health & Wellness, Education & Recourses                                                                                                                                                                                                                                                                                      |
| Cost                | Free                                                                                                                                                                                                                                                                                                                          |
| How to Apply        | See events through Calendar, and register accordingly:<br><a href="https://eldercarefoundation.org/ywc/">https://eldercarefoundation.org/ywc/</a>                                                                                                                                                                             |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                  |
| Contact Information | <a href="mailto:info@gvef.org">info@gvef.org</a><br>Phone: 250-370-5664                                                                                                                                                                                                                                                       |
| Qualifications      | None                                                                                                                                                                                                                                                                                                                          |
| Availability        | Generally available; depends on the specific Program of interest.<br>See calendar:<br><a href="https://eldercarefoundation.org/ywc/">https://eldercarefoundation.org/ywc/</a>                                                                                                                                                 |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Esquimalt Neighbourhood House

Website: <https://www.enh.bc.ca/>

Email: [info@enh.bc.ca](mailto:info@enh.bc.ca)

Phone: (250) 385-2635 or (250) 384-2078

Office address: 511 Constance Avenue, Esquimalt, BC V9A 6N5

Esquimalt Neighbourhood House Society is a charitable organization that provides support services to children, youth, adults, families and seniors.

### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Counselling Services                                                                                                                                                                                                                                                                                                |
| Program Address     | At the office (511 Constance Avenue), virtually, or by phone.                                                                                                                                                                                                                                                       |
| Program Website     | <a href="https://www.enh.bc.ca/counselling-services/">https://www.enh.bc.ca/counselling-services/</a>                                                                                                                                                                                                               |
| Summary             | Free, community-based supportive counselling for those living in Greater Victoria, addressing anxiety, depression, trauma, stress, grief/loss, isolation, safety, abuse, and hopelessness. Delivered by trained volunteer counsellors with crisis intervention, relationship-building, accompaniment, and advocacy. |
| Program Category    | Mental Health                                                                                                                                                                                                                                                                                                       |
| Cost                | Free                                                                                                                                                                                                                                                                                                                |
| How to Apply        | Call the direct counselling line or visit the office during opening hours.                                                                                                                                                                                                                                          |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                        |
| Contact Information | <a href="mailto:info@enh.bc.ca">info@enh.bc.ca</a><br>250-360-0644<br>or 250-385-2635 ext. 208                                                                                                                                                                                                                      |
| Qualifications      | Adults aged 19+ residing in Greater Victoria                                                                                                                                                                                                                                                                        |
| Availability        | Currently there's no waitlist. However, it does take time to match a client with a counsellor.<br>Counselling is short term, conducting up to six sessions. The frequency will depend on both counsellor and client availability.<br>Services can take place on weekdays, weekends, or early evenings.              |

*More activities available through each organization's website, Facebook or office - explore your options!*



**Esquimalt Seniors Community Center**

Website (Facebook): <https://www.facebook.com/groups/467491986233988/>

Email: [Esquimalt.memorial.hall@gmail.com](mailto:Esquimalt.memorial.hall@gmail.com)

Phone:

Office address: 1379 Esquimalt Rd, Esquimalt, V9A 3R4

The Esquimalt Seniors Community Center is open for drop-in socializing every week.

*Community Center Details*

|                     |                                                                                                                                                                                   |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | 1379 Esquimalt Rd, Esquimalt, V9A 3R4                                                                                                                                             |
| Website             | <a href="https://www.facebook.com/groups/467491986233988/">https://www.facebook.com/groups/467491986233988/</a>                                                                   |
| Summary             | The Esquimalt Seniors Community Center is open for drop-in socializing every week. Follow their Facebook group to see the events taking place each week, and sign up accordingly! |
| Category            | Socialization                                                                                                                                                                     |
| Cost                | \$2 per drop-in, or \$20 for a 12-session punch card                                                                                                                              |
| How to Apply        | Drop-in                                                                                                                                                                           |
| Referral            | Not Required                                                                                                                                                                      |
| Contact Information | Sharon<br><a href="mailto:Esquimalt.memorial.hall@gmail.com">Esquimalt.memorial.hall@gmail.com</a>                                                                                |
| Qualifications      | None                                                                                                                                                                              |
| Availability        | Generally available; drop-in basis                                                                                                                                                |

## Fernwood Neighbourhood Resource Group (Fernwood NRG)

Website: <https://fernwoodnrg.ca/>

Email: [info@fernwoodnrg.ca](mailto:info@fernwoodnrg.ca)

Phone: 250-381-1552

Office address: 1240 Gladstone Avenue, Victoria, V8T 1G6

Programs and services at Fernwood NRG promote social inclusion, joy, and connection, supporting individuals and families of all ages and backgrounds.

### *Highlighted Program*

|                     |                                                                                                                                                                                  |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Names       | Food Security:<br>1) Good Food Box<br>2) Fernwood Community Meals                                                                                                                |
| Program Address     | 1) Delivered to home<br>2) 1240 Gladstone Avenue, Mondays 5:30pm - 6:45pm                                                                                                        |
| Program Website     | <a href="https://fernwoodnrg.ca/events/fernwood-community-meal-2025/">https://fernwoodnrg.ca/events/fernwood-community-meal-2025/</a>                                            |
| Summary             | 1) A food box program to access fresh, affordable produce.<br>2) Community meals served weekly by donation, no one turned away.                                                  |
| Program Category    | Food Services                                                                                                                                                                    |
| Cost                | 1) As low as \$30/box. See <a href="https://good-food-box.localline.ca/shop">https://good-food-box.localline.ca/shop</a><br>2) Free, donations welcome.                          |
| How to Apply        | 1) Order online at <a href="https://good-food-box.localline.ca/shop">https://good-food-box.localline.ca/shop</a><br>2) Drop-in                                                   |
| Referral            | Not Required                                                                                                                                                                     |
| Contact Information | 1) <a href="mailto:gfb@fernwoodnrg.ca">gfb@fernwoodnrg.ca</a><br>2) <a href="mailto:communityprograms@fernwoodnrg.ca">communityprograms@fernwoodnrg.ca</a><br>Both: 250-381-1552 |
| Qualifications      | For Community Meals, you should be a Fernwood resident.                                                                                                                          |
| Availability        | 1) Generally available<br>2) Serves up to 70 people each Monday, closed on Stat Holidays.                                                                                        |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Galiano Island Community Hall

Website: <https://galianoclub.org/>

Email: [galianoclub@gmail.com](mailto:galianoclub@gmail.com)

Phone: (250) 539-2175

Office address: 141 Sturdies Bay Rd, Galiano Island, V0N 1P0

The Galiano Club aimed to encourage social activity, and promote agricultural interests. It has a public library, and built a public hall to support these goals.

### Highlighted Program

|                     |                                                                                                                                                                                                                                                                                                                                        |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Food Programs:<br>1) Soup and Bread Lunch<br>2) Frozen Meals<br>3) Food Bank                                                                                                                                                                                                                                                           |
| Program Address     | 1) The Hall, 141 Sturdies Bay Rd, most Mondays 12:30pm to 1:30pm.<br>2) From the Hall during Soup and Bread on Mondays, or Games Night once a month on a Thursday, or by delivery on Wednesdays.<br>3) Old Firehall - 261 Georgeson Bay Rd, Fridays 11am-1pm<br><b>Alternative times (or delivery for Food Bank) can be requested.</b> |
| Program Website     | <a href="https://galianoclub.org/food-program/soup-and-bread-games-nights-frozen-meals/">https://galianoclub.org/food-program/soup-and-bread-games-nights-frozen-meals/</a>                                                                                                                                                            |
| Summary             | The Galiano Community Food Program strives to ensure that Galiano Island is a thriving, livable, food-secure community.                                                                                                                                                                                                                |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                          |
| Cost                | 1) Unlimited soup, donations of \$5-\$10 are welcome.<br>2) \$6-\$8 (sliding scale)<br>3) Free                                                                                                                                                                                                                                         |
| How to Apply        | 1) Drop-in<br>2) Contact <a href="mailto:galianofoodprograms@gmail.com">galianofoodprograms@gmail.com</a>                                                                                                                                                                                                                              |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                           |
| Contact Information | <a href="mailto:galianofoodprograms@gmail.com">galianofoodprograms@gmail.com</a><br><a href="mailto:galianofoodbank@gmail.com">galianofoodbank@gmail.com</a>                                                                                                                                                                           |
| Qualifications      | 1) & 2) Everyone is welcome.<br>3) Generally for residents, but exceptions will be made; no ID or registration required.                                                                                                                                                                                                               |

*More activities available through each organization's website, Facebook or office - explore your options!*

|              |                                                    |
|--------------|----------------------------------------------------|
| Availability | Generally available, closed on statutory Holidays. |
|--------------|----------------------------------------------------|

**Goward House Society**

Website: <https://gowardhouse.com/>

Email: [gowardhouse@shaw.ca](mailto:gowardhouse@shaw.ca)

Phone: 250-477-4401

Office address: 2495 Arbutus Road, Victoria, V8N 1V9

Goward House is a place where women and men 50+ find friendship, wellness and fun.

*Highlighted Program #1*

|                     |                                                                                                                                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Tea Room                                                                                                                           |
| Program Address     | 2495 Arbutus Road, Victoria, V8N 1V9                                                                                               |
| Program Website     | <a href="https://gowardhouse.com/tea-room-2/">https://gowardhouse.com/tea-room-2/</a>                                              |
| Summary             | An intimate tea room offering a variety of beverages, light lunch items (soups, sandwiches) and sweets, at very reasonable prices. |
| Program Category    | Socialization, Food Services                                                                                                       |
| Cost                | Depending on the item, average \$5-15 per visit.                                                                                   |
| How to Apply        | Drop-in                                                                                                                            |
| Referral            | Not Required                                                                                                                       |
| Contact Information | 250-477-4401<br><a href="mailto:gowardhouse@shaw.ca">gowardhouse@shaw.ca</a>                                                       |
| Qualifications      | None<br><b>Membership will be required for the rest of the activities at Goward house.</b>                                         |
| Availability        | Monday 10:30–1:30; Tuesday 10:30–1:30; Wednesday 10:00–2:30; Thursday 11:00–2:00; Friday 10:30–1:15<br>(Hours subject to change.)  |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Heart To Home Meals

Website: <https://www.hearttohomemeals.ca/>

Email: use <https://www.hearttohomemeals.ca/help/contact>

Phone: 1-888-777-2219

Office address: 629 Dunedin St, Victoria, V8T 2L7

*This is a paid, meal ordering and delivery service across Canada.*

|                     |                                                                                                                                                                                                                                                               |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Heart To Home Meals Victoria                                                                                                                                                                                                                                  |
| Program Address     | Delivered to your home                                                                                                                                                                                                                                        |
| Program Website     | <a href="https://www.hearttohomemeals.ca/">https://www.hearttohomemeals.ca/</a>                                                                                                                                                                               |
| Summary             | Delicious meals made for seniors, with a service you'll love. Proudly Canadian with over 200 chef-crafted frozen meals to choose from, delivered to your door. No commitment is required, so you can order as often as you'd like, for as long as you'd wish. |
| Program Category    | Food Services                                                                                                                                                                                                                                                 |
| Cost                | \$13 per meal on average, delivery is free depending on address.                                                                                                                                                                                              |
| How to Apply        | Call, email, or directly order through the website.                                                                                                                                                                                                           |
| Referral            | Not Required                                                                                                                                                                                                                                                  |
| Contact Information | 888-777-2219<br><a href="https://www.hearttohomemeals.ca/help/contact">https://www.hearttohomemeals.ca/help/contact</a>                                                                                                                                       |
| Qualifications      | None                                                                                                                                                                                                                                                          |
| Availability        | Always available                                                                                                                                                                                                                                              |

*More activities available through each organization's website, Facebook or office - explore your options!*

## James Bay Community Project

Website: <https://jbcp.bc.ca/>

Email: [askus@jbcp.bc.ca](mailto:askus@jbcp.bc.ca)

Phone: 250-388-7844, Ext. 0

Office address: 547 Michigan Street, Victoria, BC V8V 1S5

James Bay Community Project is a non-profit community organization helping seniors, youth and families by providing outreach services, community support and volunteer services.

### Highlighted Program

|                     |                                                                                                                                                                                             |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Social Programs for Seniors:<br>1) Connections Luncheon<br>3) Coffee Club for 65+                                                                                                           |
| Program Address     | 547 Michigan Street                                                                                                                                                                         |
| Program Website     | <a href="https://jbcp.bc.ca/seniors/social-programs/">https://jbcp.bc.ca/seniors/social-programs/</a>                                                                                       |
| Summary             | 1) A weekly connections group offering meals and activities to reduce isolation and foster friendships.<br>2) Capital City Volunteers hosts this weekly social for adults age 65 and older. |
| Program Category    | Socialization                                                                                                                                                                               |
| Cost                | 1) Free (donations welcome)<br>2) Free                                                                                                                                                      |
| How to Apply        | Please register in advance to attend. Contact the corresponding office for more information.                                                                                                |
| Referral            | Not Required                                                                                                                                                                                |
| Contact Information | 1) Sharon<br>250-388-7844, Ext. 318<br>2) Joelle Rempel<br><a href="mailto:info@capitalcityvolunteers.org">info@capitalcityvolunteers.org</a><br>250-388-7844, Ext. 310                     |
| Qualifications      | For seniors 65 years and older, living in James Bay or Victoria, registered with the organization.                                                                                          |
| Availability        | 1) Thursdays 1:00 pm—3:00 pm, excluding statutory holidays.                                                                                                                                 |

*More activities available through each organization's website, Facebook or office - explore your options!*

|  |                                                                                                                                    |
|--|------------------------------------------------------------------------------------------------------------------------------------|
|  | 2) The Coffee Club is currently full, however, occasionally a space may become available so please don't hesitate to get in touch. |
|--|------------------------------------------------------------------------------------------------------------------------------------|

## James Bay New Horizons Society

Website: <https://jamesbaynewhorizons.weebly.com/>

Website (Facebook): <https://www.facebook.com/profile.php?id=100086487700555>

Email: [executivejb.nh@shawbiz.ca](mailto:executivejb.nh@shawbiz.ca) or [programsjb.nh@shawbiz.ca](mailto:programsjb.nh@shawbiz.ca)

Phone: (250) 386-3035

Office address: 234 Menzies Street, Victoria, V8V 2G7

The James Bay New Horizons provides accessible programs, services and volunteer opportunities to our members and to local residents in general.

### *Highlighted Program #1*

|                     |                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Senior Reassurance Program                                                                                                                                                                                                                                                                                                                                                                             |
| Program Address     | Over the phone                                                                                                                                                                                                                                                                                                                                                                                         |
| Program Website     | <a href="https://jamesbaynewhorizons.weebly.com/community-outreach.html">https://jamesbaynewhorizons.weebly.com/community-outreach.html</a>                                                                                                                                                                                                                                                            |
| Summary             | This free community service provides daily weekday phone calls to seniors living alone in Victoria. Volunteers check in at a set time each morning to ensure safety and well-being. If there's no answer, emergency contacts are called until the person is confirmed safe. A confidential record of health concerns and daily wellness is maintained. Short-term and long-term options are available. |
| Program Category    | Reassurance Services                                                                                                                                                                                                                                                                                                                                                                                   |
| Cost                | Free, no membership required.                                                                                                                                                                                                                                                                                                                                                                          |
| How to Apply        | A brief intake interview is required to enroll. Call (250) 386-4432                                                                                                                                                                                                                                                                                                                                    |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                           |
| Contact Information | (250) 386-4432 or (250) 386-3035                                                                                                                                                                                                                                                                                                                                                                       |
| Qualifications      | Residents in Victoria and James Bay                                                                                                                                                                                                                                                                                                                                                                    |
| Availability        | Generally available Mondays to Saturdays, in the morning.                                                                                                                                                                                                                                                                                                                                              |

*More activities available through each organization's website, Facebook or office - explore your options!*



## James Bay New Horizons Society

### Highlighted Program #2

|                     |                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | More Than Meals                                                                                                                                                                                                                                                                                                                                                                                              |
| Program Address     | Delivered to Home                                                                                                                                                                                                                                                                                                                                                                                            |
| Program Website     | <a href="https://jamesbaynewhorizons.weebly.com/community-outreach.html">https://jamesbaynewhorizons.weebly.com/community-outreach.html</a>                                                                                                                                                                                                                                                                  |
| Summary             | Three times a week, you can receive meals including an entrée with potatoes, rice or pasta, a vegetable and a small dessert.                                                                                                                                                                                                                                                                                 |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                                                                                                |
| Cost                | Based on a sliding scale relative to your single or household income.                                                                                                                                                                                                                                                                                                                                        |
| How to Apply        | More Than Meals is usually a part of the Better At Home Program. Depending on your residing municipality, become a member at its specific community organization (James Bay Volunteer Services, Oak Bay Volunteers, Saanich Volunteer Services, or Better at Home West Shore Pacific Centre Family Services Association). Application begins with a phone interview with the staff followed by a home visit. |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                 |
| Contact Information | (250) 386-3035<br>Sherri                                                                                                                                                                                                                                                                                                                                                                                     |
| Qualifications      | A member of James Bay Volunteer Services, Oak Bay Volunteers, Saanich Volunteer Services, or Better at Home West Shore Pacific Centre Family Services Association, which means you'd be a resident in one of these municipalities.                                                                                                                                                                           |
| Availability        | At this time, James Bay New Horizons provides 50 clients with 2 fresh meals a week to clients in James Bay and downtown Victoria only. Wait times can vary depending on need and capacity at the time.                                                                                                                                                                                                       |

## James Bay New Horizons Society

### Other Available Programs within the Organization #3

|                     |                                                                                                                                                                                                                                                                                                                   |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Names       | 1) Tuesday Hot Lunch<br>2) Sunday Supper<br>3) Out to Lunch Bunch<br>4) Monthly Soup                                                                                                                                                                                                                              |
| Program Address     | 1) Beckley Farm<br>2) James Bay New Horizons Centre<br>3) Restaurants changes, are posted in the Weekly Bulletin<br>4) Victoria Harbourside Rotary                                                                                                                                                                |
| Program Website     | <a href="https://jamesbaynewhorizons.weebly.com">https://jamesbaynewhorizons.weebly.com</a><br>(Go to Services > Meals)                                                                                                                                                                                           |
| Summary             | 1) Tuesdays 11:45 AM – 12:30 PM, menu changes weekly.<br>2) Doors open at 3:00 PM, Supper is served at 4:00 PM Sundays.<br>3) Come meet old friends and new, and enjoy various local eating establishments around Victoria.<br>4) A hardy container of soup to members once a month.                              |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                     |
| Cost                | Must first pay for membership. Annual memberships are available for \$50.00. A special August-to-December membership is \$25.00. Non-residents and "snowbirds" may purchase monthly memberships for \$10.00.<br><br>Meals then cost extra, as low as \$6 per meal, and as high as a regular meal at a restaurant. |
| How to Apply        | Phone the office for details & reservation.                                                                                                                                                                                                                                                                       |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                      |
| Contact Information | (250) 386-3035                                                                                                                                                                                                                                                                                                    |
| Qualifications      | 1) & 3) Members of the Organization, book with reception in advance.<br>2) Invitation-based.<br>4) Member of the Organization & of Victoria Harbourside Rotary.                                                                                                                                                   |
| Availability        | Generally available; must call reception to book in advance.                                                                                                                                                                                                                                                      |

*More activities available through each organization's website, Facebook or office - explore your options!*



## Juan de Fuca 55+ Activity Centre

Website: <https://jdfseniors.weebly.com/>

Email: [jdf55webmaster@gmail.com](mailto:jdf55webmaster@gmail.com)

Phone: 250-474-8618

Office address: 1767 Island Hwy, Victoria, BC V9B 1J1

The Juan de Fuca 55+ Activity Centre is a community hub in Victoria, BC, dedicated to providing social and recreational opportunities for seniors aged 55 and older.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Summary             | <p>The Juan de Fuca 55+ Activity Centre offers five main categories of activities for seniors: Arts &amp; Crafts, Exercise, Games, Learning, and Music/Dance/Drama.</p> <p>A fun and special series of activities offered by this Centre is Day Trips - you can find more details about it on their home page. Two examples of a Day Trip are to the Salt Spring Island Farmer's Market and to IKEA (in Richmond).</p> |
| Program Category    | Health & Wellness, Socialization                                                                                                                                                                                                                                                                                                                                                                                       |
| Cost                | <p>Membership fee \$132.00/year.</p> <p>Trial passes are available for \$25/month.</p> <p>To attend any of the programs, one must become a member. Once your membership is paid, the classes or activities you are interested in are free. The only items you pay for are materials that you might require to participate in some of the programs.</p>                                                                 |
| How to Apply        | Contact office to become a member, before participating in activities.                                                                                                                                                                                                                                                                                                                                                 |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                           |
| Contact Information | <a href="mailto:jdf55webmaster@gmail.com">jdf55webmaster@gmail.com</a><br>250-474-8618                                                                                                                                                                                                                                                                                                                                 |
| Qualifications      | <p>To attend any of the programs, one must become a member.</p> <p>Must be 55+ years of age when applying to become a member.</p>                                                                                                                                                                                                                                                                                      |
| Availability        | <p>Available to members.</p> <p>Monday to Friday 8:30 am to 3:30 pm and 6:00 pm to 9:00 pm.</p>                                                                                                                                                                                                                                                                                                                        |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Living Edge

Website: <https://livingedge.ngo>

Website (Facebook): <https://www.facebook.com/LivingEdgeCommunity>

Email: [info@livingedge.ngo](mailto:info@livingedge.ngo)

Phone: (250) 381-1839

Office address: 101-527 Constance Ave., Victoria, V9A 6N5

Living Edge demonstrates compassion for the needs of food insecure families in Greater Victoria.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Address     | 1) Victoria - 833 Pandora Avenue<br>2) Victoria South - 626 Blanshard St<br>3) Esquimalt - 511 Constance Ave<br>4) Langford - 2612 Sooke Rd<br>5) Central Saanich - 7577 Wallace Drive<br>6) Broadmead - 898 Royal Oak Avenue<br>7) UVic - 2375 Lam Circle                                                          |
| Program Website     | <a href="https://livingedge.ngo/#calendar">https://livingedge.ngo/#calendar</a>                                                                                                                                                                                                                                     |
| Summary             | Living Edge specializes in providing fresh food – not just canned goods – to local residents. They provide food for seven neighbourhood markets in the Greater Victoria Area.                                                                                                                                       |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                       |
| Cost                | Free                                                                                                                                                                                                                                                                                                                |
| How to Apply        | No application required, just visit one of the markets according to the calendar of events. Some locations operate on a ticket or token system, meaning you need to arrive early to be handed a ticket and wait in line. See details: <a href="https://livingedge.ngo/markets/">https://livingedge.ngo/markets/</a> |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                        |
| Contact Information | <a href="mailto:info@livingedge.ngo">info@livingedge.ngo</a><br>(250) 381-1839                                                                                                                                                                                                                                      |
| Qualifications      | All are welcome                                                                                                                                                                                                                                                                                                     |
| Availability        | Refer to calendar                                                                                                                                                                                                                                                                                                   |

*More activities available through each organization's website, Facebook or office - explore your options!*



## **Metchosin Community House**

Website: <https://www.metchosincommunityhouse.com/>

Email: [mcahouse@telus.net](mailto:mcahouse@telus.net)

Phone: 250-478-5155

Office address: 4430 Happy Valley Road, Metchosin, V9C 3Z3

The Metchosin Community Association (MCA) is a non-profit “community-building” organization open to all members of the community. The MCA operates the Metchosin Community House which serves as an information and resource centre and a gathering place for all.

### *Centre Details*

|                     |                                                                                                                                                                                              |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | 4430 Happy Valley Road, Metchosin, V9C 3Z3                                                                                                                                                   |
| Website             | <a href="https://www.metchosincommunityhouse.com/calendar-of-events">https://www.metchosincommunityhouse.com/calendar-of-events</a>                                                          |
| Summary             | The Metchosin Community House serves the purpose of initiating, encouraging and organizing a variety of educational, recreational, cultural and other community activities within Metchosin. |
| Category            | Socialization, Health & Wellness, Education & Resources                                                                                                                                      |
| Cost                | Free; donations are welcome                                                                                                                                                                  |
| How to Apply        | Contact the office depending on the program of interest.                                                                                                                                     |
| Referral            | Not Required                                                                                                                                                                                 |
| Contact Information | <a href="mailto:mcahouse@telus.net">mcahouse@telus.net</a><br>250-478-5155                                                                                                                   |
| Qualifications      | Residents of Metchosin.                                                                                                                                                                      |
| Availability        | Generally available; events and programs may have limited capacity.                                                                                                                          |

**Metchosin Seniors Resource Centre**

Website: <https://metchosinseniors.ca/>

Email: [info@metchosinseniors.ca](mailto:info@metchosinseniors.ca)

Phone: 250-478-5150

Office address: 4495 Happy Valley Road, Metchosin, V9C 3Z3

The Seniors' Resource Centre (SRC) is the go-to centre for seniors' information in Metchosin.

*Centre Details (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                                                                                                                                                                             |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | 4495 Happy Valley Road, Victoria, V9C 3Z3                                                                                                                                                                                                                                                                                                   |
| Website             | <a href="https://metchosinseniors.ca/services-for-metchosin-seniors/">https://metchosinseniors.ca/services-for-metchosin-seniors/</a>                                                                                                                                                                                                       |
| Summary             | <p>The SRC connects people with information, resources, and referral services, be it recreation, housing options, home help, navigating the health care system, caregiver support groups, legal resources, transportation, social support, emergency preparedness, and more.</p> <p>The SRC is open from Tuesday to Friday from 11-3pm.</p> |
| Category            | Socialization, Health & Wellness, Education & Resources                                                                                                                                                                                                                                                                                     |
| Cost                | Generally free, some events may have associated fees.                                                                                                                                                                                                                                                                                       |
| How to Apply        | You can sign up for various programs and events (some are drop-ins):<br><a href="https://metchosinseniors.ca/category/events/">https://metchosinseniors.ca/category/events/</a>                                                                                                                                                             |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                |
| Contact Information | <p>Staff respond to drop-in, telephone and online requests for information and assistance from seniors and their families.</p> <p>250-478-5150</p> <p><a href="mailto:info@metchosinseniors.ca">info@metchosinseniors.ca</a></p>                                                                                                            |
| Qualifications      | Must be seniors residing in Metchosin.                                                                                                                                                                                                                                                                                                      |
| Availability        | Generally available; events and programs may have limited capacity.                                                                                                                                                                                                                                                                         |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Mount Tolmie New Horizons

Website: <https://mtca.ca/>

Website (Facebook): <https://www.facebook.com/mounttolmie/>

Email: [mttolmiecommunityassociation@gmail.com](mailto:mttolmiecommunityassociation@gmail.com) or [mtcacontacts@gmail.com](mailto:mtcacontacts@gmail.com)

Phone: (250) 472-2246

Office address: 1735 Kingsberry Crescent, Victoria BC, V8P 2A8

Mount Tolmie Community Association helps facilitate, promote, support or undertake activities that will enhance the quality of life for those living and working in the Mount Tolmie area and to foster community engagement.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | Depends on activity                                                                                                                                                                                                                                                                              |
| Website             | <a href="https://mtca.ca/news-and-events/">https://mtca.ca/news-and-events/</a><br><a href="https://www.facebook.com/mounttolmie/">https://www.facebook.com/mounttolmie/</a>                                                                                                                     |
| Summary             | A collection of community events, announcements, and updates organized or promoted by the Mount Tolmie Community Association.                                                                                                                                                                    |
| Program Category    | Health & Wellness, Socialization, Education & Resources                                                                                                                                                                                                                                          |
| Cost                | Generally free with suggested donation amounts.                                                                                                                                                                                                                                                  |
| How to Apply        | Drop-in                                                                                                                                                                                                                                                                                          |
| Referral            | Not Required                                                                                                                                                                                                                                                                                     |
| Contact Information | <a href="mailto:mttolmiecommunityassociation@gmail.com">mttolmiecommunityassociation@gmail.com</a> or<br><a href="mailto:mtcacontacts@gmail.com">mtcacontacts@gmail.com</a><br>(250) 472-2246<br><br>Specific events may have different contact information - refer to Facebook page or website. |
| Qualifications      | None                                                                                                                                                                                                                                                                                             |
| Availability        | Generally available; depends on specific activity of interest.                                                                                                                                                                                                                                   |

*More activities available through each organization's website, Facebook or office - explore your options!*

**Moving Forward Family Services Society**

Website: <https://movingforward.help/>

Email: [hello@movingforward.help](mailto:hello@movingforward.help)

Phone: 877-485-5025

Office address: 101-12827 76th Ave, Surrey, V3W 2V3

*Organization Details*

|                     |                                                                                                                                                                                                                                                                                          |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Summary             | A non-profit charity providing low-barrier mental health services across Canada, offering both free short-term counselling with interns and affordable long-term support via registered therapists. Services can be delivered online, by phone, and in-person (only for Lower Mainland). |
| Program Category    | Mental Health                                                                                                                                                                                                                                                                            |
| Cost                | Many services are free; low-cost subsidized rates apply depending on income level: interns (\$20–\$35/session) and sliding-scale registered therapists (~\$50–\$65/session initially)                                                                                                    |
| How to Apply        | Phone, email, or complete form online at:<br><a href="https://hushforms.com/movingforwardfamilyservices">https://hushforms.com/movingforwardfamilyservices</a>                                                                                                                           |
| Referral            | Not Required                                                                                                                                                                                                                                                                             |
| Contact Information | <a href="mailto:hello@movingforward.help">hello@movingforward.help</a><br>877-485-5025                                                                                                                                                                                                   |
| Qualifications      | None                                                                                                                                                                                                                                                                                     |
| Availability        | Generally available, though the number of sessions may be limited. Always contact the office for the most updated wait time (if any).                                                                                                                                                    |

## Mustard Seed

Website: <https://mustardseed.ca/>

Email: [contact@mustardseed.ca](mailto:contact@mustardseed.ca)

Phone: 250-953-1575

Office address: 625 Queens Avenue, Victoria, BC V8T 1L9

The Mustard Seed Street Church has been essential in fighting hunger and restoring faith to people living in Greater Victoria since 1975.

### Highlighted Program

|                     |                                                                                                                                                                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | 1) The Mustard Seed Street Church Food Bank<br>2) Hospitality (Hot Meals)                                                                                                                                                                                           |
| Program Address     | 625 Queens Avenue, Victoria, BC V8T 1L9                                                                                                                                                                                                                             |
| Program Website     | 1) <a href="https://mustardseed.ca/ministries/food-bank/">https://mustardseed.ca/ministries/food-bank/</a><br>2) <a href="https://mustardseed.ca/ministries/hospitality/">https://mustardseed.ca/ministries/hospitality/</a>                                        |
| Summary             | 1) A choice-based monthly food hamper program offering non-perishable and fresh items (including produce, dairy).<br>2) A drop-in community program providing free coffee, snacks, hot lunch, street café dinners, advocacy, spiritual care, and more.              |
| Program Category    | Food Services                                                                                                                                                                                                                                                       |
| Cost                | Free (registration and ID required)                                                                                                                                                                                                                                 |
| How to Apply        | Drop-in during operating hours or leave voicemail to confirm availability; bring ID and reusable bags (for the Food Bank).                                                                                                                                          |
| Referral            | Not Required                                                                                                                                                                                                                                                        |
| Contact Information | 1) <a href="mailto:shyloa@mustardseed.ca">shyloa@mustardseed.ca</a><br>250-953-1588 (please leave a voicemail)<br>2) <a href="mailto:contact@mustardseed.ca">contact@mustardseed.ca</a><br>250-953-1575                                                             |
| Qualifications      | Registration and ID required.                                                                                                                                                                                                                                       |
| Availability        | 1) Monday to Friday, 9 am to 1 pm; updated availability via phone.<br>2) Coffee/snacks Mon–Fri 9 am–3 pm; Sat 9:30 am–3 pm. Lunch Mon–Sat 12–1 pm. Dinners: Fri 5 pm with movie (4:30–7:30 pm), Community Breakfast first Sat 10:30 am, Street Café dinners 3rd/5th |

*More activities available through each organization's website, Facebook or office - explore your options!*

|  |                                                                            |
|--|----------------------------------------------------------------------------|
|  | Sat 5 pm, additional Saturday lunches 2nd, 4th, and 5th Saturdays at noon. |
|--|----------------------------------------------------------------------------|

## North Park Neighborhood

Website: <https://npna.ca/>

Email: [info@npna.ca](mailto:info@npna.ca)

Phone:

Office address: 932 Balmoral Rd, Victoria, V8T 1A8

The North Park Neighbourhood Association (NPNA) champions and empowers residents of the neighbourhood through programming, community engagement, events, land use, and policy advocacy.

### Highlighted Program

|                     |                                                                                                                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Weekly Grocery Hamper Program                                                                                                                                                                                       |
| Program Address     | First Met Church (932 Balmoral), every Thursday 11:00am-12:00pm                                                                                                                                                     |
| Program Website     | <a href="https://npna.ca/programs-initiatives/">https://npna.ca/programs-initiatives/</a>                                                                                                                           |
| Summary             | Weekly grocery hampers go out to about 95 households per week, representing about 200 individuals. The hampers are made up of produce, bread, dairy, and non-perishable items.                                      |
| Program Category    | Food Services                                                                                                                                                                                                       |
| Cost                | Free                                                                                                                                                                                                                |
| How to Apply        | Fill out the application form <a href="https://npna.ca/wp-content/uploads/Weekly-Grocery-Hamper-Program-Sign-up-Form-1.pdf">https://npna.ca/wp-content/uploads/Weekly-Grocery-Hamper-Program-Sign-up-Form-1.pdf</a> |
| Referral            | Not Required                                                                                                                                                                                                        |
| Contact Information | Ruby Berry<br><a href="mailto:ruby@npna.ca">ruby@npna.ca</a><br>778-535-2125                                                                                                                                        |
| Qualifications      | Must live in the North Park neighbourhood.                                                                                                                                                                          |
| Availability        | Generally available; contact Ruby if you're looking at a particular week.                                                                                                                                           |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Oaklands Community Centre

Website: <https://oaklands.life/>

Email: [reception@oaklandsca.com](mailto:reception@oaklandsca.com)

Phone: 250-370-9101

Office address: #1-2827 Belmont Avenue, Victoria, BC V8R 4B2

Strengthening the Oaklands community by providing programs, services and resources for its residents, businesses and visitors.

### Highlighted Program

|                     |                                                                                                                                                                                                                                                                                                     |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Oaklands Food Security<br>1) Oaklands Pantry<br>2) Community Dinner<br>3) Good Food Box (through Fernwood NRG)<br>4) Farmers' Market Nutritional Coupon Program                                                                                                                                     |
| Program Address     | 1-3) #1-2827 Belmont Ave<br>4) At all BCAFM member farmers' markets that participate                                                                                                                                                                                                                |
| Program Website     | <a href="https://oaklands.life/food-security#7d2d63e4-fe03-463d-8e02-878bbfae35c9">https://oaklands.life/food-security#7d2d63e4-fe03-463d-8e02-878bbfae35c9</a>                                                                                                                                     |
| Summary             | 1) A choice-based monthly grocery program offering free fresh and rescued foods to local residents.<br>2) A casual monthly dinner (Sept–June) at the community centre.<br>3) Affordable produce pickup weekly.<br>4) Providing lower-income households with market coupons.                         |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                       |
| Cost                | 1) Free<br>2) Free (suggested donation of \$5)<br>3) As low as \$30/box. See <a href="https://good-food-box.localline.ca/shop">https://good-food-box.localline.ca/shop</a><br>4) Free but coupons may not completely cover the cost of purchases.                                                   |
| How to Apply        | 1) Sign up for the waitlist from the website (NO drop-ins!)<br>2) Drop-in<br>3) Order online at <a href="https://good-food-box.localline.ca/shop">https://good-food-box.localline.ca/shop</a><br>4) Contact Natalie at <a href="mailto:FoodSecurity@oaklandsca.com">FoodSecurity@oaklandsca.com</a> |
| Referral            | Not Required                                                                                                                                                                                                                                                                                        |
| Contact Information | Natalie Richardson<br><a href="mailto:FoodSecurity@oaklandsca.com">FoodSecurity@oaklandsca.com</a><br>250-370-9101 ext. 8                                                                                                                                                                           |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                |                                                                                                                                                                                                                                                                                                                    |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Qualifications | <p>1) Must live in Oaklands (or just outside of it). The boundaries used are Cook St. / N. Dairy Rd. / Richmond Rd / Bay St.</p> <p>2) Must be an Oaklands community member.</p> <p>3) None.</p> <p>4) Available to those whose applications are accepted.</p>                                                     |
| Availability   | <p>1) Currently accepting a waitlist - cannot visit without being notified.</p> <p>2) On the fourth Sunday of the month, September through June.</p> <p>3) Generally available.</p> <p>4) Potential waitlist, contact <a href="mailto:foodsecurity@oaklandsca.com">foodsecurity@oaklandsca.com</a> for update.</p> |

## Oak Bay Volunteer Services

Website: <https://www.oakbayvolunteers.org/>

Email: [info@oakbayvolunteers.org](mailto:info@oakbayvolunteers.org)

Phone: (250) 595-1034

Office address: 1442 Monterey Avenue, Victoria, BC V8S 4W1

Services provided by the OBV incorporate elements of companionship, transportation assistance, home maintenance, and income tax assistance.

### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                                                                              |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Reassurance Calls                                                                                                                                                                                                                                                                                                            |
| Program Address     | At your home                                                                                                                                                                                                                                                                                                                 |
| Program Website     | <a href="https://www.oakbayvolunteers.org/services">https://www.oakbayvolunteers.org/services</a>                                                                                                                                                                                                                            |
| Summary             | Phone volunteers provide scheduled wellness check phone calls that ensure the health safety of a client who lives alone. Phone calls follow an emergency protocol to ensure the well-being of a client is maintained and should an emergency arise, a plan is in place to help that individual get the care he or she needs. |
| Program Category    | Reassurance Services                                                                                                                                                                                                                                                                                                         |
| Cost                | Free                                                                                                                                                                                                                                                                                                                         |
| How to Apply        | Phone the office, and the Outreach and Services Coordinator will ask a few preliminary qualifying questions and discuss the services and programs with you. After an interview/assessment, the applicant will be in the system at OBV.                                                                                       |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                 |
| Contact Information | <a href="mailto:info@oakbayvolunteers.org">info@oakbayvolunteers.org</a><br>(250) 595-1034                                                                                                                                                                                                                                   |
| Qualifications      | Only for those residing in the municipality of Oak Bay.                                                                                                                                                                                                                                                                      |
| Availability        | Generally available                                                                                                                                                                                                                                                                                                          |

*More activities available through each organization's website, Facebook or office - explore your options!*



## Pacific Centre Family Services Association

Website: <https://pacificcentrefamilyservices.org/>

Email: [pacificcentre@pcfsa.org](mailto:pacificcentre@pcfsa.org)

Phone: Counselling and Social Services 250-940-4373 (intake) and 250-478-8357 (booking)  
Westshore Community Health Centre 250-480-7333

Office address: Colwood (Main office) - 200-324 Goldstream Avenue  
Sooke - 6672 Wadams Way  
Langford - 211-2840 Peatt Road

With a focus on the Westshore and Sooke communities, the PCFSA promotes dignity and quality of life for families and individuals across South Vancouver Island.

*Services Offered by the PCFSA (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | 1) Counselling and Social Services<br>2) Primary Care Services                                                                                                                                                                                   |
| Program Address     | In-person or Virtual                                                                                                                                                                                                                             |
| Program Website     | <a href="https://pacificcentrefamilyservices.org/">https://pacificcentrefamilyservices.org/</a>                                                                                                                                                  |
| Summary             | 1) PCFSA provides a range of counselling and social services for residents across South Vancouver Island.<br>2) Bringing low-barrier, trauma-informed coordinated healthcare to the underserved populations of the Westshore and their families. |
| Program Category    | Mental Health, Health & Wellness                                                                                                                                                                                                                 |
| Cost                | 1) Most services are free, with the exception of the Community Counselling program, offering clinical counselling on a sliding scale.<br>2) Free of charge as it aims to address healthcare barriers.                                            |
| How to Apply        | 1) Contact<br>2) Apply through <a href="https://hcr.healthlinkbc.ca/s/">https://hcr.healthlinkbc.ca/s/</a> if you reside in the area.                                                                                                            |
| Referral            | Not required                                                                                                                                                                                                                                     |
| Contact Information | 1) 250-940-4373 (intake) and 250-478-8357 (booking)<br><a href="mailto:intake@pcfsa.org">intake@pcfsa.org</a><br>2) 250-480-7333 (booking)<br><br>General: 250-478-8357<br><a href="mailto:pacificcentre@pcfsa.org">pacificcentre@pcfsa.org</a>  |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                |                                                                         |
|----------------|-------------------------------------------------------------------------|
| Qualifications | Residents of the Westshore area.                                        |
| Availability   | Wait times apply; call the specific office for the most updated status. |

**Pender Island Health Centre**

Website: <https://penderislandhealth.org/>

Email: [info@penderislandhealth.org](mailto:info@penderislandhealth.org)

Phone:

Office address: 5715 Canal Road, Pender Island, V0N 2M1

The Pender Islands Health Centre houses a primary care medical clinic, dental practice and allied health & wellness practitioners, and community support programs.

*Highlighted Program #1*

|                     |                                                                                                                                                         |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Maintain Your Independence (MYI) Exercise Classes                                                                                                       |
| Program Address     | Address may change depending on season, always double check                                                                                             |
| Program Website     | <a href="https://penderislandhealth.org/exercise-programs">https://penderislandhealth.org/exercise-programs</a>                                         |
| Summary             | Weekly classes (yoga, chair yoga, strength training) designed to improve flexibility, balance, strength, and mobility, with a focus on fall prevention. |
| Program Category    | Health & Wellness                                                                                                                                       |
| Cost                | Approximately \$10 per class, \$50 for the entire course.<br>If cost is a hardship, reach out to the office for funding options.                        |
| How to Apply        | Via link on the schedule page; contact via email or phone.                                                                                              |
| Referral            | Not Required                                                                                                                                            |
| Contact Information | <a href="mailto:activities@penderislandhealth.org">activities@penderislandhealth.org</a><br>(250) 629-3346<br>Marcella Reay                             |
| Qualifications      | None                                                                                                                                                    |
| Availability        | Generally available; classes may have a size limit.                                                                                                     |

*More activities available through each organization's website, Facebook or office - explore your options!*

**Pender Island Health Centre***Highlighted Program #2*

|                     |                                                                                                                                                                                                                                                                                                                                            |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors' Community Connector and Social Prescribing                                                                                                                                                                                                                                                                                        |
| Program Address     | 5715 Canal Road, Pender Island, BC V0N 2M1                                                                                                                                                                                                                                                                                                 |
| Program Website     | <a href="https://penderislandhealth.org/community-connector">https://penderislandhealth.org/community-connector</a>                                                                                                                                                                                                                        |
| Summary             | Providing seniors assistance with benefit forms, in-home supports, community connections, advocacy, and social prescribing based on personal wellness goals.                                                                                                                                                                               |
| Program Category    | Socialization, Education & Resources                                                                                                                                                                                                                                                                                                       |
| Cost                | Free                                                                                                                                                                                                                                                                                                                                       |
| How to Apply        | Via webpage link,<br><a href="https://static1.squarespace.com/static/60abce9abe86aa27a35d1cb7/t/6764f2c918897c6d9f6f3418/1734669019314/PIHC+Community+Connector+Referral+Form.pdf">https://static1.squarespace.com/static/60abce9abe86aa27a35d1cb7/t/6764f2c918897c6d9f6f3418/1734669019314/PIHC+Community+Connector+Referral+Form.pdf</a> |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                               |
| Contact Information | <a href="mailto:communityconnector@penderislandhealth.org">communityconnector@penderislandhealth.org</a><br>(250) 629-3346<br>Marcella Reay                                                                                                                                                                                                |
| Qualifications      | Age 65+, resident of Pender Island.<br>Experiencing or at risk of frailty, social isolation or barriers to community resources, or frequent primary care visits.                                                                                                                                                                           |
| Availability        | Generally available to those who qualify.                                                                                                                                                                                                                                                                                                  |

## Quadra Village Community Centre

Website: <https://www.qvcc.ca/>

Email: [info@quadravillagecc.com](mailto:info@quadravillagecc.com)

Phone: (250) 388 7696

Office address: 901 Kings Road, Victoria, BC V8T 1W5

The Quadra Village Community Centre (Downtown Blanshard Advisory Committee) is a safe and welcoming gathering place and neighbourhood association, providing services, programs, and support to meet the various needs of individuals in the community.

### Highlighted Program

|                     |                                                                                                                                                                                                                     |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors' Entitlement Services                                                                                                                                                                                       |
| Program Address     | 901 Kings Road, Victoria, BC V8T 1W5                                                                                                                                                                                |
| Program Website     | <a href="https://www.qvcc.ca/seniors-entitlement-services">https://www.qvcc.ca/seniors-entitlement-services</a>                                                                                                     |
| Summary             | Free 1-on-1 support for seniors, navigating legal, financial, housing, health, transportation, government benefits, elder abuse, and more.                                                                          |
| Program Category    | Education & Resources                                                                                                                                                                                               |
| Cost                | Free                                                                                                                                                                                                                |
| How to Apply        | Drop-in or by appointment:<br>Mondays, Wednesdays & Thursdays, 9:00 am–3:00 pm                                                                                                                                      |
| Referral            | Not Required                                                                                                                                                                                                        |
| Contact Information | <a href="mailto:ses@quadravillagecc.com">ses@quadravillagecc.com</a> (general)<br><a href="mailto:sescoordinator@quadravillagecc.com">sescoordinator@quadravillagecc.com</a> (Coordinator)<br>250-388-7696 ext. 230 |
| Qualifications      | Open to seniors aged 55+ who reside in Victoria, Saanich, Oak Bay, Esquimalt, or View Royal.                                                                                                                        |
| Availability        | Drop-in or by appointment:<br>Mondays, Wednesdays & Thursdays, 9:00 am–3:00 pm                                                                                                                                      |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Red Cedar Cafe

Website: <https://www.redcedarcafe.ca/>

Email: [contact@redcedarcafe.ca](mailto:contact@redcedarcafe.ca)

Phone: (778) 817-0395

Office address: 1900 Douglas Street, Victoria, BC V8T 4K8

The Red Cedar Cafe is a non-profit meal program fueled by volunteers and community.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                                                   |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | Pickup at 1900 Douglas Street, Victoria;<br>Or delivered to you.                                                                                                                                                                                                                                                  |
| Website             | To order:<br><a href="https://www.redcedarcafe.ca/s/order?location=11ea94077dce2c3bbf640cc47a2ae3c4">https://www.redcedarcafe.ca/s/order?location=11ea94077dce2c3bbf640cc47a2ae3c4</a>                                                                                                                            |
| Summary             | Pay-what-you-can frozen meals available to order every Thursday at 5pm. Pickups/deliveries take place on Sundays. Customers are asked to pay what you can for each order, but payment is not required.                                                                                                            |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                     |
| Cost                | There is an option to pay-what-you-can for each order but payment is not required in order to place an order. We encourage folks to not pay anything if that makes their life easier.                                                                                                                             |
| How to Apply        | Order online every Thursday at 5pm.                                                                                                                                                                                                                                                                               |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                      |
| Contact Information | <a href="mailto:contact@redcedarcafe.ca">contact@redcedarcafe.ca</a><br>(778) 817-0395                                                                                                                                                                                                                            |
| Qualifications      | None                                                                                                                                                                                                                                                                                                              |
| Availability        | Delivery orders are dropped off by volunteers on Sundays between 5:00pm-7:30pm.<br>Pickup orders are available on Sundays at the Cafe between 4:30-5:30 (1900 Douglas St). Monday pickups available upon request.<br><br>The order limit is 8 items per person each week. Please only place one order per person. |

*More activities available through each organization's website, Facebook or office - explore your options!*

|  |                                                                          |
|--|--------------------------------------------------------------------------|
|  | Not delivering to the Westshore, Peninsula, and Cordova Bay communities. |
|--|--------------------------------------------------------------------------|

## Saanich Neighbourhood Place

Website: <https://www.snplace.org/>

Email: [admin@snplace.org](mailto:admin@snplace.org)

Phone: 250-360-1148

Office address: 3100 Tillicum Rd, Victoria BC, V9A 6T2

The Saanich Neighbourhood Place aims to enrich lives through caring programs that connect people to each other and their community.

### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                 |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Food Equity Program                                                                                                                                                                                                                                             |
| Program Address     | SNP Pearkes, 3100 Tillicum Rd, Victoria, BC V9A, Canada                                                                                                                                                                                                         |
| Program Website     | <a href="https://www.snplace.org/food-equity.html">https://www.snplace.org/food-equity.html</a><br><br>You can also download the Cook Book: <a href="https://www.snplace.org/the-2024-snp-cookbook.html">https://www.snplace.org/the-2024-snp-cookbook.html</a> |
| Summary             | Food equity programs offer parents and caregivers opportunities to participate in group cooking classes, access food resources, and enjoy the company of neighbours at regular Family Dinner nights.                                                            |
| Program Category    | Food Services                                                                                                                                                                                                                                                   |
| Cost                | Free (donations welcome)                                                                                                                                                                                                                                        |
| How to Apply        | Depending on the exact service, follow the calendar linked above to email the office or complete sign-up form.                                                                                                                                                  |
| Referral            | Not Required                                                                                                                                                                                                                                                    |
| Contact Information | <a href="mailto:family@snplace.org">family@snplace.org</a><br><a href="mailto:Tina@snplace.org">Tina@snplace.org</a><br>250-360-1148                                                                                                                            |
| Qualifications      | None, but make sure to register for the event you're interested in.                                                                                                                                                                                             |
| Availability        | Generally available; sign-up is usually required.                                                                                                                                                                                                               |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Salt Spring Island Community Services

Website: <https://saltspringcommunityservices.ca/>

Email: <https://saltspringcommunityservices.ca/contact-main-office/>

Phone: 250-537-9971

Office address: 268 Fulford-Ganges Road, Salt Spring Island BC, V8K 2K6

A charitable organization dedicated to strengthening and supporting individuals, families and communities.

### *Highlighted Program #1 (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors' Wellness Program:<br>1) Senior Peer Counselling<br>2) Friendly Visitors<br>3) Housing First and Outreach<br>4) Community Response Network (CRN)                                                                                                                                                                                                                                                             |
| Program Address     | Virtual or at home                                                                                                                                                                                                                                                                                                                                                                                                   |
| Program Website     | <a href="https://saltspringcommunityservices.ca/seniors-services/seniors-wellness/">https://saltspringcommunityservices.ca/seniors-services/seniors-wellness/</a>                                                                                                                                                                                                                                                    |
| Summary             | 1) Provides one-on-one free emotional support through life's challenges to seniors by senior volunteers.<br>2) Visits from volunteers to offer companionship and brighten the day.<br>3) Helps seniors to overcome challenges in a broad range of ways including technology barriers, transportation and understanding forms.<br>4) A coordinated community that responds to adult abuse, neglect, and self-neglect. |
| Program Category    | Socialization, Mental Health, Education & Resources                                                                                                                                                                                                                                                                                                                                                                  |
| Cost                | Free                                                                                                                                                                                                                                                                                                                                                                                                                 |
| How to Apply        | Contact office                                                                                                                                                                                                                                                                                                                                                                                                       |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                         |
| Contact Information | (250) 537-9971 ext. 244<br>Shellyse Szakacs                                                                                                                                                                                                                                                                                                                                                                          |
| Qualifications      | Must be seniors who are residents of Salt Spring Island.                                                                                                                                                                                                                                                                                                                                                             |

*More activities available through each organization's website, Facebook or office - explore your options!*

|              |                                                                          |
|--------------|--------------------------------------------------------------------------|
| Availability | Generally available; call office for the most updated wait time (if any) |
|--------------|--------------------------------------------------------------------------|

## Salt Spring Island Community Services

*Highlighted Program #2 (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors Community Connector                                                                                                                                                                      |
| Program Address     | Drop-in: 120 Park Drive at Family Place, Bottom Floor<br>Wednesdays 10 am – 12 pm                                                                                                                |
| Program Website     | <a href="https://saltspringcommunityservices.ca/seniors-community-connector/">https://saltspringcommunityservices.ca/seniors-community-connector/</a>                                            |
| Summary             | The Community Connector works with individuals on highly individualized planning to connect them with resources and supports to aid an action plan and provide opportunities according to needs. |
| Program Category    | Education & Resources                                                                                                                                                                            |
| Cost                | Free                                                                                                                                                                                             |
| How to Apply        | Contact office (see below) or drop-in (see above address)                                                                                                                                        |
| Referral            | Not Required                                                                                                                                                                                     |
| Contact Information | Nikky Peers<br><a href="mailto:npeers@ssics.ca">npeers@ssics.ca</a><br>(250) 221-9719                                                                                                            |
| Qualifications      | 65+ years old, residing on Salt Spring Island.<br>Experiencing, or at risk of: 1) frailty, 2) social isolation and/or loneliness, or 3) barriers to access community-based resources.            |
| Availability        | Generally available; call office for the most updated wait time (if any)                                                                                                                         |

## Salt Spring Island Community Services

*Highlighted Program #3 (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Food Programs:<br>1) The Food Bank<br>2) Harvest Home Meals<br>3) Salt Spring Island Farmer's Market Coupons                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Program Address     | 1) 268 Fulford-Ganges Road on Tuesdays from 9:30 am-3:45 pm.<br>2) Delivered to your home.<br>3) Market: Centennial Park, Downtown Ganges, Salt Spring Island.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Program Website     | <a href="https://saltspringcommunityservices.ca/food-security/">https://saltspringcommunityservices.ca/food-security/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Summary             | 1) Open to the public on Tuesdays from 9:30 am-3:45 pm.<br>2) Delivers two meals every week on a rotating menu schedule.<br>3) Provides a minimum 16-week supply of coupons for the Market                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Cost                | 1) Free<br>2) There are three pricing options to match with financial situations, including full subsidy. Those 60 or older can fill out an application form which will be assessed for payment level.<br>3) Free but coupons may not completely cover the cost of purchases.                                                                                                                                                                                                                                                                                                                                                                          |
| How to Apply        | 1) Registration is required at<br><a href="https://saltspringcommunityservices.ca/food-security/food-bank/">https://saltspringcommunityservices.ca/food-security/food-bank/</a><br>2) A request can be made in-person or online through the website.<br><a href="https://saltspringcommunityservices.ca/harvest-home-meals-registration/">https://saltspringcommunityservices.ca/harvest-home-meals-registration/</a><br>3) Application is done through<br><a href="https://saltspringcommunityservices.ca/food-security/farmers-market-nutrition-coupons/">https://saltspringcommunityservices.ca/food-security/farmers-market-nutrition-coupons/</a> |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Contact Information | General: (250) 537-9971<br>1) ext. 241<br><a href="mailto:foodbank@ssics.ca">foodbank@ssics.ca</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Qualifications      | Registration required. Must be local residents.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

*More activities available through each organization's website, Facebook or office - explore your options!*

|              |                                                                                                                                                                    |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Availability | 1) First-come-first served; can order in advance.<br>2) Available to those who subscribe to the service.<br>3) Available to those whose applications are accepted. |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### **Salt Spring Seniors Services Society**

Website: <https://saltspringseiorscentre.ca/> and <https://www.fulfordseniors.com/activities>

Email: [saltspringseiors@shaw.ca](mailto:saltspringseiors@shaw.ca) or [rebecca.saltspringseiors@shaw.ca](mailto:rebecca.saltspringseiors@shaw.ca)

Phone: 250-537-4604

Office address: 379 Lower Ganges Road, Salt Spring Island, V8K 2V4

Staff and volunteers work together to provide the means by which Seniors may join together to enhance the lives of those aging on Salt Spring Island.

### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                                    |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Seniors Medical Rides Program                                                                                                                                                                                                                                                      |
| Program Address     | To and from your destination                                                                                                                                                                                                                                                       |
| Program Website     | <a href="https://saltspringseiorscentre.ca/drivers-program-medical-appointments/">https://saltspringseiorscentre.ca/drivers-program-medical-appointments/</a>                                                                                                                      |
| Summary             | Provides free transportation for seniors to medical appointments, both on-island and off-island (Duncan, Nanaimo, Sidney, Victoria).                                                                                                                                               |
| Program Category    | Education & Resources, Health & Wellness                                                                                                                                                                                                                                           |
| Cost                | \$10/year membership fee. Rides are completely free; ferry costs may require a TAP completed (Travel Assistance Program) form by doctor.                                                                                                                                           |
| How to Apply        | After becoming a member, book trips by calling the 24/7 direct line operated by Island Health at 1-844-940-6617.                                                                                                                                                                   |
| Referral            | Not Required                                                                                                                                                                                                                                                                       |
| Contact Information | General information: 250-537-4635 (Monday to Friday, 10am-12pm)<br>Ride booking: 1-844-940-6617 (call anytime)<br><a href="mailto:saltspringseiors@shaw.ca">saltspringseiors@shaw.ca</a> or <a href="mailto:rebecca.saltspringseiors@shaw.ca">rebecca.saltspringseiors@shaw.ca</a> |
| Qualifications      | Service is only for members of the organization – becoming a member requires completion of an intake form and \$10/year membership fee.                                                                                                                                            |
| Availability        | Call as soon as you know your appointment date.<br>Bookings must be made at least two business days in advance.                                                                                                                                                                    |

*More activities available through each organization's website, Facebook or office - explore your options!*

|  |                                                                                                                                                                                         |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Currently no waitlist.<br/>Book trips by calling 1-844-940-6617 anytime.<br/>To speak to the front desk for more information, call 250-537-4635<br/>Monday to Friday, 10am-12pm.</p> |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Shelbourne Community Kitchen

Website: <https://www.shelbournecommunitykitchen.ca/>

Email: [info@shelbournecommunitykitchen.ca](mailto:info@shelbournecommunitykitchen.ca)

Phone: 250-590-0980

Office address: 101-3787 Cedar Hill Rd #101, Victoria, BC V8P 3Z4

The Shelbourne Community Kitchen is a warm and welcoming neighbourhood food centre, working to alleviate social isolation and lower barriers to healthy food for over 1600 adults and nearly 700 children who are living on low income in the community.

### Highlighted Program

|                     |                                                                                                                                                                                                                                                                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | 1) Pantry Program<br>2) Voucher Program                                                                                                                                                                                                                                                                                                                      |
| Program Address     | 101-3787 Cedar Hill Road, Saanich, BC, V8P 3Z4                                                                                                                                                                                                                                                                                                               |
| Program Website     | <a href="https://www.shelbournecommunitykitchen.ca/pantry/">https://www.shelbournecommunitykitchen.ca/pantry/</a>                                                                                                                                                                                                                                            |
| Summary             | 1) Offers a self-select grocery program with monthly access to fresh produce, proteins, pantry staples, toiletries, and menstrual supplies. Includes delivery for those with mobility/immunity barriers.<br>2) To help purchase items that may not be available through the Pantry, the Voucher Program offers a monthly grocery gift card for up to a year. |
| Program Category    | Food Services                                                                                                                                                                                                                                                                                                                                                |
| Cost                | Free                                                                                                                                                                                                                                                                                                                                                         |
| How to Apply        | Must first become a member by registering in-person at the office, no ID or other documentation required. Registration/membership is free. Next, call or visit to place a grocery order; you can choose between pick-up or delivery.                                                                                                                         |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                 |
| Contact Information | <a href="mailto:info@shelbournecommunitykitchen.ca">info@shelbournecommunitykitchen.ca</a><br>250-590-0980                                                                                                                                                                                                                                                   |
| Qualifications      | Must be a member of the organization.<br>For people living on low income.<br>No restrictions on area of residence.                                                                                                                                                                                                                                           |

*More activities available through each organization's website, Facebook or office - explore your options!*

|              |                                                                                                                                                                                                               |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Availability | 1) Available for participants to access once a month. Participants may access the Pantry Program as long as they require the service.<br>2) Voucher program limited to one year per person, waitlist applies. |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### **SHOAL (Beacon Community Services)**

Website: <https://beaconcs.ca/>

Email: [shoalreception@beaconcs.ca](mailto:shoalreception@beaconcs.ca)

Phone: 250-658-6407

Office address: 2723 Quadra St. Victoria, V8T 4E5

The SHOAL Programs at the Beason Community Services help seniors age 55+ with various aspects of life.

#### *Highlighted Program #1*

|                  |                                                                                                                                                                                                                                                                                                                                                                       |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name     | SHOAL Community Centre<br>Programs include physical activity lessons, arts & craft sessions, social groups, senior support groups & services.                                                                                                                                                                                                                         |
| Program Address  | 10030 Resthaven Dr.                                                                                                                                                                                                                                                                                                                                                   |
| Program Website  | <a href="https://beaconcs.ca/shoal/">https://beaconcs.ca/shoal/</a><br><br>Newsletter as of Summer 2025:<br><a href="https://beaconcs.ca/wp-content/uploads/2025/05/Summer25TideLines_finalweb.pdf">https://beaconcs.ca/wp-content/uploads/2025/05/Summer25TideLines_finalweb.pdf</a><br>Senior Services are on Page 12.<br>Weekly drop-in activities are on Page 16. |
| Summary          | SHOAL Centre is dedicated to promoting senior health, support and community building.                                                                                                                                                                                                                                                                                 |
| Program Category | Health & Wellness, Socialization                                                                                                                                                                                                                                                                                                                                      |
| Cost             | Some activities require membership prior to registration/drop-in. The membership will be \$50/year, and activities may have an extra charge in addition. See the website for details.                                                                                                                                                                                 |
| How to Apply     | To become a member, complete the registration form, submit it in-person or online:<br><a href="https://beaconcs.ca/wp-content/uploads/2024/04/SHOAL-Membership-Form-2024.pdf">https://beaconcs.ca/wp-content/uploads/2024/04/SHOAL-Membership-Form-2024.pdf</a>                                                                                                       |
| Referral         | Not Required                                                                                                                                                                                                                                                                                                                                                          |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                     |                                                                                            |
|---------------------|--------------------------------------------------------------------------------------------|
| Contact Information | 250-656-5537<br><a href="mailto:shoalreception@beaconcs.ca">shoalreception@beaconcs.ca</a> |
| Qualifications      | For all seniors in Sidney and on the Saanich Peninsula.                                    |
| Availability        | Generally available; depends on the specific Program of interest.                          |

### **SHOAL (Beacon Community Services)**

#### *Highlighted Program #2*

|                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name     | Senior Wellness Programs:<br>1) Seniors Peer 1 to 1 Support Program<br>2) Mental Wellness Support Group<br>3) Family & Friends Caregiver Support Program<br><b>For updates: check their newest issue of Tidelines</b>                                                                                                                                                                                                                                                                                                                                                      |
| Program Address  | Virtual or In-person                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Program Website  | <a href="https://beaconcs.ca/shoal-senior-wellness-programs/">https://beaconcs.ca/shoal-senior-wellness-programs/</a><br><br>Additional Resources in the Tidelines Newsletter as of Summer 2025:<br><a href="https://beaconcs.ca/wp-content/uploads/2025/05/Summer25TideLines_finalweb10.13-1.pdf">https://beaconcs.ca/wp-content/uploads/2025/05/Summer25TideLines_finalweb10.13-1.pdf</a>                                                                                                                                                                                |
| Summary          | 1) Speak to a trained volunteer, also age 55+, through confidential, no-cost, one-on-one support one hour per week.<br>2) Facilitate mental health groups for individuals 65 years old and above who have been diagnosed with depression, anxiety or are experiencing isolation.<br>3) Offer valuable coping strategies, ideas, resources and support while caring for loved ones with chronic or life-threatening illnesses.<br><br><b>Further services can be found in the Tidelines Newsletter - note the website will always have the most up-to-date information.</b> |
| Program Category | Health & Wellness, Mental Health                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Cost             | A membership fee of \$50/year; no additional costs apply.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| How to Apply     | Call the office or email Jane and Margo using the below information.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Referral         | Not Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                     |                                                                                                                                                                               |
|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Contact Information | Jane McIntosh & Margo James<br>778-351-1446<br><a href="mailto:jmcintosh@beaconcs.ca">jmcintosh@beaconcs.ca</a><br><a href="mailto:mjames@beaconcs.ca">mjames@beaconcs.ca</a> |
| Qualifications      | Over the age of 55 (with exception to the Caregiver Program).<br>Priority given to Saanich Peninsula residents.                                                               |
| Availability        | Generally available; no current waitlist (contact for updates).                                                                                                               |

## SHOAL (Beacon Community Services)

### Highlighted Program #3

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Senior Support Services:<br>1) Better At Home & Beacon Mobile Meals<br>2) Advocacy Appointments<br>3) Seniors Housing Navigation<br>4) Income Tax Program<br>5) Computer Support                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Program Address     | At home, virtually or at the SHOAL (10030 Resthaven Dr.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Program Website     | <a href="https://beaconcs.ca/shoal-senior-support-services/">https://beaconcs.ca/shoal-senior-support-services/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Summary             | 1) Offers non-medical support with day-to-day tasks to help people 65+ remain independent in their own homes.<br>2) Offers health care system guidance, information and assistance, compiling correspondence and completing and submitting forms.<br>3) Supports older adults on the Saanich Peninsula ages 60+ who are at risk of homelessness to navigate housing, mental wellness and addiction services.<br>4) Free service available at the SHOAL Centre or virtually year-round.<br>5) Free session with one of the volunteers to help you learn to use your laptop, tablet or other computer devices. |
| Program Category    | Health & Wellness, Education & Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Cost                | No membership fee is required for the Senior Support Services.<br>Charges apply for Better At Home & Beacon Mobile Meals, sliding scale applicable.<br>Other services mentioned on this page are free.                                                                                                                                                                                                                                                                                                                                                                                                       |
| How to Apply        | 1) Better At Home & More Than Meals require Form Completion:<br><a href="https://beaconcs.ca/better-at-home-interest-form/">https://beaconcs.ca/better-at-home-interest-form/</a><br>2) Call to book an advocacy appointment: 250-656-5537<br>3) Phone or Email Jessica Cochrane (see below)<br>4) Call or Email to book an appointment; in-person tax reporting service available in March & April<br>5) Call to book an Tech Support appointment: 250-656-5537                                                                                                                                             |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Contact Information | 1) <a href="mailto:betterathome@beaconcs.ca">betterathome@beaconcs.ca</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                |                                                                                                                                                                                                                                                               |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                | <p>2) 250-656-5537</p> <p>3) Jessica Cochrane<br/> <a href="mailto:jcochrane@beaconcs.ca">jcochrane@beaconcs.ca</a><br/> 250-514-3057</p> <p>4) <a href="mailto:incometax@beaconcs.ca">incometax@beaconcs.ca</a><br/> 250-656-5537</p> <p>5) 250-656-5537</p> |
| Qualifications | <p>Need to be residents of the Saanich Peninsula.</p> <p>Depending on the program, age restrictions apply.</p> <p>Depending on the program, income restrictions apply (eg. Income Tax Program is for lower-income seniors).</p>                               |
| Availability   | <p>Better At Home: around 6 months. More Than Meals may be longer.</p> <p>Others: Generally available; need to book appointments in advance.</p>                                                                                                              |

## Silver Threads Service for Seniors

Website: <https://silverthreads.ca/>

Email: [inquiries@silverthreads.ca](mailto:inquiries@silverthreads.ca)

Phone: Saanich 250-382-3151

Victoria 250-388-4268

Office address: Saanich Centre - 286 Hampton Road, V8Z 1H1

Victoria Centre - 1911 Quadra Street, V8T 4C1

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for individuals age 55+. While two Centres offer slightly different programs, they all serve the same purpose.

### *Programs at the Saanich Centre*

|                     |                                                                                                                                                                                                                                                                            |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Names       | Creative Programs - such as Flower Arrangement courses<br>Educational Programs - such as Brain Games<br>Physical Programs - such as Dance classes, Yoga sessions<br><br><b>Programs are always updated through the website - visit it frequently for updates!</b>          |
| Program Address     | 286 Hampton Road, V8Z 1H1                                                                                                                                                                                                                                                  |
| Program Website     | <a href="https://silverthreads.recdesk.com/Community/Program">https://silverthreads.recdesk.com/Community/Program</a>                                                                                                                                                      |
| Summary             | Silver Threads offer lots of activities for individuals aged 55+, including line dancing, chess, painting and many other options. There is a regular schedule and special events to keep things interesting. Check out the program schedule to get the up-to-date details. |
| Program Category    | Socialization, Health & Wellness, Education & Resources                                                                                                                                                                                                                    |
| Cost                | Depends on specific Program & whether you are a member or not (members receive discounts). Membership fee is \$55 per year, and pro-rated fees are available.                                                                                                              |
| How to Apply        | Sign up through website, phone, or visit in-person                                                                                                                                                                                                                         |
| Referral            | Not Required                                                                                                                                                                                                                                                               |
| Contact Information | 250-382-3151                                                                                                                                                                                                                                                               |

*More activities available through each organization's website, Facebook or office - explore your options!*

|                |                                                                                  |
|----------------|----------------------------------------------------------------------------------|
| Qualifications | None (while members receive discounts, programs are not limited to members only) |
| Availability   | Generally available; depends on the specific Program of interest.                |

## Silver Threads Service for Seniors

### *Programs at the Victoria Centre*

|                     |                                                                                                                                                                                                                                                                                                                                       |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Names       | <p>Creative Programs - such as Drawing lessons, Instrument learning, Theatre classes</p> <p>Educational Programs - such as French Conversation groups</p> <p>Physical Programs - such as Essentrics, Yoga lessons, Dance lessons</p> <p><b>Programs are always updated through the website - visit it frequently for updates!</b></p> |
| Program Address     | 1911 Quadra Street, V8T 4C1                                                                                                                                                                                                                                                                                                           |
| Program Website     | <a href="https://silverthreads.recdesk.com/Community/Program">https://silverthreads.recdesk.com/Community/Program</a>                                                                                                                                                                                                                 |
| Summary             | Silver Threads offer lots of activities for individuals aged 55+, including line dancing, chess, painting and many other options. There is a regular schedule and special events to keep things interesting. Check out the program schedule to get the up-to-date details.                                                            |
| Program Category    | Socialization, Health & Wellness, Education & Resources                                                                                                                                                                                                                                                                               |
| Cost                | Depends on specific Program & whether you are a member or not (members receive discounts). Membership fee is \$55 per year, and pro-rated fees are available.                                                                                                                                                                         |
| How to Apply        | Sign up through website, phone, or visit in-person                                                                                                                                                                                                                                                                                    |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                          |
| Contact Information | 250-388-4268                                                                                                                                                                                                                                                                                                                          |
| Qualifications      | None (while members receive discounts, programs are not limited to members only)                                                                                                                                                                                                                                                      |
| Availability        | Generally available; depends on the specific Program of interest.                                                                                                                                                                                                                                                                     |

### Society of Saint Vincent de Paul (Vancouver Island)

Website: <https://ssvpvancouverisland.ca/>

Email: [info@svdpvictoria.com](mailto:info@svdpvictoria.com)

Phone: 250-727-0007

Office address: 4353 West Saanich Road, Victoria, V8Z 3E8

Guided by Catholic values and welcoming all, the SSVP works to uplift those facing life's challenges and foster a more just, supportive community across Vancouver Island.

#### *Highlighted Program*

|                     |                                                                                                                                                                                                                                                                                                                                                  |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | Relief Programs:<br>1) Choices Pantry<br>2) Clothing and Household Vouchers<br>3) Volunteer Home Visits<br>4) Social Concern Office                                                                                                                                                                                                              |
| Program Address     | 833 Yates Street, Victoria, BC<br>Or if outside Victoria: <a href="https://ssvpvancouverisland.ca/conferences/">https://ssvpvancouverisland.ca/conferences/</a>                                                                                                                                                                                  |
| Program Website     | <a href="https://ssvpvancouverisland.ca/relief-programs/">https://ssvpvancouverisland.ca/relief-programs/</a>                                                                                                                                                                                                                                    |
| Summary             | 1) A food bank where people choose the items they need.<br>2) Vouchers for free clothing and household items at thrift stores.<br>3) Volunteers deliver essentials to those who can't visit in person.<br>4) Staff and volunteers provide personalized assistance and access to core relief services.<br><b>Monday to Friday, 12:00pm-3:45pm</b> |
| Program Category    | Health & Wellness, Education & Resources, Food Services                                                                                                                                                                                                                                                                                          |
| Cost                | Free                                                                                                                                                                                                                                                                                                                                             |
| How to Apply        | Contact the office or visit one of the locations during business hours.                                                                                                                                                                                                                                                                          |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                                     |
| Contact Information | <a href="mailto:info@svdpvictoria.com">info@svdpvictoria.com</a><br>250-727-0007                                                                                                                                                                                                                                                                 |
| Qualifications      | None                                                                                                                                                                                                                                                                                                                                             |
| Availability        | Generally available                                                                                                                                                                                                                                                                                                                              |

*More activities available through each organization's website, Facebook or office - explore your options!*



## Sooke Family Resource Society

Website: <https://www.sfrs.ca/>

Email: [info@sfrs.ca](mailto:info@sfrs.ca)

Phone: 250-642-5152

Office address: 100-6672 Wadams Way, Sooke, BC V9Z 0H3

The Sooke Family Resource Society upholds a commitment to supporting the strength, connection and resiliency to all members of the communities.

### Highlighted Program

|                     |                                                                                                                                                                                                                                                                                                                                 |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Name        | 1) Caring for Community Counselling<br>2) Single Session Walk-In Service (SFRS)                                                                                                                                                                                                                                                 |
| Program Address     | In office: 100–6672 Wadams Way, Sooke, BC V9Z 0H3<br>Virtual sessions may be available depending on the counsellor.                                                                                                                                                                                                             |
| Program Website     | <a href="https://www.sfrs.ca/programs/counselling">https://www.sfrs.ca/programs/counselling</a>                                                                                                                                                                                                                                 |
| Summary             | 1) Offers low-cost individual, couple, and family counselling provided by practicum students under professional supervision. This service is ongoing and intended to support a wide range of mental health needs.<br>2) A free, same-day counselling service for adults aged 19+. This is intended as a single-session service. |
| Program Category    | Mental Health                                                                                                                                                                                                                                                                                                                   |
| Cost                | 1) \$25-40 per session.<br>2) Free                                                                                                                                                                                                                                                                                              |
| How to Apply        | 1) Call 250-642-5152 to schedule. Sometimes people get started after meeting a counsellor from the Single Session Walk-in Service.<br>2) Walk-in basis.                                                                                                                                                                         |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                                    |
| Contact Information | 250-642-5152                                                                                                                                                                                                                                                                                                                    |
| Qualifications      | Must be residents of Sooke.                                                                                                                                                                                                                                                                                                     |
| Availability        | 1) Average waitlist of a few months, always call to obtain the most updated status. Once registered, the counselling schedule is coordinated between client and counsellor.<br>2) Mondays, Tuesdays, and Thursdays from 10:00 am to 3:00 pm.                                                                                    |

*More activities available through each organization's website, Facebook or office - explore your options!*



## **Sooke Region Community Health Network**

Website: <https://www.sookeregionchn.org/>

Website (Facebook): <https://www.facebook.com/SookeRegionCHN>

Email: [srchn@sookeregionchn.org](mailto:srchn@sookeregionchn.org)

Phone: 778-365-1878

Office address: 204-2120 Church Rd, Sooke BC, V9Z 0W7

This cooperative non-profit organization with charitable status, based in Sooke, is working to support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.

### *Organization Details (For Better At Home, see beginning of document)*

|                     |                                                                                                                                                                                          |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Address             | 204-2120 Church Rd, Sooke BC, V9Z 0W7<br>Or depending on specific event/activity.                                                                                                        |
| Website             | <a href="https://www.sookeregionchn.org/">https://www.sookeregionchn.org/</a><br>Facebook: <a href="https://www.facebook.com/SookeRegionCHN">https://www.facebook.com/SookeRegionCHN</a> |
| Summary             | Working with communities in the Sooke Region to improve health and wellbeing for all. Offering art workshops, physical exercise sessions, socialization opportunities, and more.         |
| Program Category    | Socialization, Health & Wellness, Food Services                                                                                                                                          |
| Cost                | Depends on activity, some events are free for those 55+                                                                                                                                  |
| How to Apply        | Usually drop-in basis; for details visit Facebook<br><a href="https://www.facebook.com/SookeRegionCHN">https://www.facebook.com/SookeRegionCHN</a>                                       |
| Referral            | Not Required                                                                                                                                                                             |
| Contact Information | <a href="mailto:srchn@sookeregionchn.org">srchn@sookeregionchn.org</a><br>778-365-1878<br>Some activities may have a specific contact, see calendar or FaceBook.                         |
| Qualifications      | None                                                                                                                                                                                     |
| Availability        | Generally available                                                                                                                                                                      |

*More activities available through each organization's website, Facebook or office - explore your options!*

## Victoria Computer Club

Website: <https://victoriacomputerclub.org/>

Email: [info@VictoriaComputerClub.org](mailto:info@VictoriaComputerClub.org)

Phone: (250) 382-3151

Office address: 286 Hampton Rd, Victoria BC V8Z 1H1 (Saanich Centre of Silver Threads)

Victoria Computer Club is a club of computer enthusiasts.. Drop in for an introduction to the club, but you must become a member to get the many educational and social benefits.

### Organization Details

|                     |                                                                                                                                                                                                                                                                                   |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Program Address     | Virtual or at office: 286 Hampton Rd, Victoria BC V8Z 1H1                                                                                                                                                                                                                         |
| Program Website     | <a href="https://victoriacomputerclub.org/services/">https://victoriacomputerclub.org/services/</a><br>Calendar: <a href="https://victoriacomputerclub.org/calendar/">https://victoriacomputerclub.org/calendar/</a>                                                              |
| Summary             | The computer club is a place for members to socialize, to get and give help, and to take and teach classes, both online and in-person. Classes and in-person help dates are listed in the calendar. Groups include Apple Group, Photography Group, and the Everything Else Group. |
| Program Category    | Education & Resources                                                                                                                                                                                                                                                             |
| Cost                | Memberships are \$25 per year.<br>If attending a Class or for One-on-one help: pay a \$2 fee at the front desk if a Silver Threads member, or \$5 if not.                                                                                                                         |
| How to Apply        | Look at the Calendar for events of interest, and sign up accordingly.                                                                                                                                                                                                             |
| Referral            | Not Required                                                                                                                                                                                                                                                                      |
| Contact Information | <a href="mailto:info@VictoriaComputerClub.org">info@VictoriaComputerClub.org</a><br>(250) 382-3151<br><br>For help setting up Zoom on your device phone, contact George Bowden (VP) at 250-893-7423                                                                               |
| Qualifications      | You must be a paid-up member to participate in any activities.                                                                                                                                                                                                                    |
| Availability        | Generally available                                                                                                                                                                                                                                                               |

*More activities available through each organization's website, Facebook or office - explore your options!*

**Victoria West Community Centre**

Website: <https://www.victoriawest.ca/>

Email: [info@victoriawest.ca](mailto:info@victoriawest.ca)

Phone: 250-590-8922

Office address: 521 Craigflower Rd, Victoria, BC, V9A 6Z5

The Victoria West Community Association creates opportunities for everyone to be part of a caring, inclusive, and resilient community. The association provides quality, accessible programs and brings people together to deepen community engagement, foster joy, and promote well-being.

*Organization Details*

|                     |                                                                                                                                                                                                                                                                                                                        |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Website             | <a href="https://victoriawest.recdesk.com/Community/Program">https://victoriawest.recdesk.com/Community/Program</a><br><a href="https://www.victoriawest.ca/community-centre/vic-west-fest/">https://www.victoriawest.ca/community-centre/vic-west-fest/</a>                                                           |
| Summary             | Explore community events, as well as ongoing programs, using the links above. Offering art workshops, physical exercise sessions, technology assistance, socialization opportunities, and more.                                                                                                                        |
| Program Category    | Health & Wellness, Socialization                                                                                                                                                                                                                                                                                       |
| Cost                | Depends on activity - some are free while others have a cost.                                                                                                                                                                                                                                                          |
| How to Apply        | You can register/login online to sign up for programs at:<br><a href="https://victoriawest.recdesk.com/Community/Member/Login">https://victoriawest.recdesk.com/Community/Member/Login</a><br><br>Some one-time events are on a drop-in basis. Alternatively, you can always call the office and ask for more details. |
| Referral            | Not Required                                                                                                                                                                                                                                                                                                           |
| Contact Information | <a href="mailto:info@victoriawest.ca">info@victoriawest.ca</a><br>250-590-8922                                                                                                                                                                                                                                         |
| Qualifications      | Some events are open to all, others may be restricted to Vic West residents only.                                                                                                                                                                                                                                      |
| Availability        | Generally available; some events and programs may require registration in advance.                                                                                                                                                                                                                                     |

*More activities available through each organization's website, Facebook or office - explore your options!*

### **Further Resources**

Highlighting further listings of Food Services, Recreation Centres, and the BC Health Connect Registry. If you'd like to find further resources, take a look at our Seniors Services Directory (<https://sssbcc.org/service-directory/>).

## **Family Doctor**

If you need a family doctor or nurse practitioner and you live in British Columbia, you can register for the Health Connect Registry. You will be contacted when there is a primary care provider available, or if additional information is needed.

You can register yourself, your family members or a person in your care.

Website: <https://hcr.healthlinkbc.ca/s/>

## **Food Services**

Use the below list to explore more options for Food Services

### **Food Banks**

Food Banks BC has a website that allows you to search for and find food banks in your area. The website provides a map along with a list of local food banks, and contact info for the food banks listed.

Website: <https://www.foodbanksbc.com/find-a-food-bank>

Phone: 604-498-1798

Toll free: 1-855-498-1798

Email: [info@foodbanksbc.com](mailto:info@foodbanksbc.com)

### **Pathways BC - Victoria South Island Directories**

Pathways BC is a Community Service Directly available to the public in participating communities. The below link is specific for Food Services, and even includes some handouts and manuals on balancing a nutritious meal, etc. You can explore the main website if you are looking for other services as well.

Website: [https://victoria-southisland.pathwaysbc.ca/service\\_categories/14](https://victoria-southisland.pathwaysbc.ca/service_categories/14)

### **UVic Centre for Youth & Society: List of Food Services**

The University of Victoria has compiled extensive lists of Food services in the community. This includes markets, food banks, community meal programs, and more. Their website contains information and resources for food services in BC. The latest update was in 2023, but most services listed are still running, and there are over 60 entries.

Website: <https://onlineacademiccommunity.uvic.ca/communityresourcehub/food-services/>

Phone: 1-250-721-7537

Email: [communityresourcehub@uvic.ca](mailto:communityresourcehub@uvic.ca)

## Health & Wellness: Recreation Centres & Community Centres

Recreation Centres offer a diverse range of physical, educational, and creative programs for all ages. Each centre provides its own unique calendar of events, activities, and services to enjoy throughout the year.

To help you stay connected, we've compiled website links and contact information for each Recreation Centre. To learn more about what's available near you, simply visit their website or get in touch directly with your local centre.

Reminder: some of these Centres are part of the Leisure Involvement for Everyone (L.I.F.E.) Program, introduced on page 4 of this document!

### **Cedar Hill Recreation Centre**

<https://www.saanich.ca/EN/main/parks-recreation-community/recreation/facilities/cedar-hill-recreation-centre.html>

Email: [recreation@saanich.ca](mailto:recreation@saanich.ca)

Phone: 250-475-7121

Address: 3220 Cedar Hill Road, Victoria, BC V8P 3Y3

### **Henderson Recreation Centre**

<https://www.oakbay.ca/parks-recreation/facilities-fields/recreation-facilities/henderson-recreation-centre/>

Email: [info@oakbay.ca](mailto:info@oakbay.ca)

Phone: 250-370-7200

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

### **City of Victoria Parks & Recreation**

<https://www.victoria.ca/parks-recreation>

Email: [parks@victoria.ca](mailto:parks@victoria.ca)

Phone: 250-361-0732 or 250-385-5711

Address: 1 Centennial Square, Victoria, BC V8W 1P6

### **Monterey Recreation Centre**

<https://www.oakbay.ca/parks-recreation/facilities-fields/recreation-facilities/monterey-recreation-centre/>

Email: [info@oakbay.ca](mailto:info@oakbay.ca)

Phone: 250-370-7300

Address: 1442 Monterey Avenue, Victoria, BC V8S 4W1

### **Esquimalt Parks & Recreation**

<https://www.esquimalt.ca/recreation>

Email: [registration@esquimalt.ca](mailto:registration@esquimalt.ca)

Phone: 250-412-8500

Address: 527 Fraser Street, Esquimalt, BC V9A 6H6

### **Oak Bay Parks & Recreation**

<https://www.oakbay.ca/parks-recreation/>

Email: [info@oakbay.ca](mailto:info@oakbay.ca)

Phone: 250-595-7946

Address: 2167 Oak Bay Ave, Victoria, BC V8R 1G2

### **Gordon Head Recreation Centre**

<https://www.saanich.ca/EN/main/parks-recreation-community/recreation/facilities/gordon-head-recreation-centre.html>

Email: [recreation@saanich.ca](mailto:recreation@saanich.ca)

Phone: 250-475-7100

Address: 4100 Lambrick Way, Victoria, BC V8N 5R3

### **Oaklands Community Centre**

<https://oaklands.life/>

Email: [info@oaklandsca.com](mailto:info@oaklandsca.com)

Phone: 250-370-9101

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

### **Panorama Recreation**

<https://www.crd.bc.ca/panorama>

Email: [info@panoramarec.bc.ca](mailto:info@panoramarec.bc.ca)

Phone: 250-656-7271

Address: 1885 Forest Park Drive, North  
Saanich, BC V8L 4A3

**Pearkes Recreation Centre (G.R.  
Pearkes)**

<https://www.saanich.ca/EN/main/parks-recreation-community/recreation/facilities/pearkes-recreation-centre.html>

Email: [recreation@saanich.ca](mailto:recreation@saanich.ca)

Phone: 250-475-5400

Address: 3100 Tillicum Road, Victoria, BC  
V9A 6T2

**Saanich Commonwealth Place**

<https://www.saanich.ca/EN/main/parks-recreation-community/recreation/facilities/saanich-commonwealth-place.html>

Email: [recreation@saanich.ca](mailto:recreation@saanich.ca)

Phone: 250-475-7600

Address: 4636 Elk Lake Drive, Victoria, BC  
V8Z 5M1

**Saturna Recreation & Cultural Centre**

<https://www.saturnarec.org/>

Email: [info@saturnarec.org](mailto:info@saturnarec.org)

Phone: 250-539-5018

Address: 104 Harris Road, P.O. Box 171,  
Saturna Island, BC V0N 2Y0

**Seaparc Leisure Complex**

<https://www.seaparc.ca/>

Email: [seaparc@crd.bc.ca](mailto:seaparc@crd.bc.ca)

Phone: 250-642-8000

Address: 2168 Phillips Road, Sooke, BC  
V9Z 0Y3

**Victoria West Community Centre**

<https://www.victoriawest.ca/>

Email: [info@victoriawest.ca](mailto:info@victoriawest.ca)

Phone: 250-590-8922

Address: 521 Craigflower Road, Victoria,  
BC V9A 6Z5

**West Shore Recreation Centre**

<https://www.wspr.ca/>

Email: [reception@westshorerecreation.ca](mailto:reception@westshorerecreation.ca)

Phone: 250-478-8384

Address: 1767 Island Highway Victoria, BC  
V9B 1J1

**YM/YWCA**

<https://vancouverislandy.com/>

Email: [info@vancouverislandy.ca](mailto:info@vancouverislandy.ca)

Phone: 250-386-7511

Address: 851 Broughton Street, Victoria, BC  
V8W 1E5