

# Greater Victoria

Seniors' Directory

2024/2025

**SENIORS101.ca**



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## Community Health

### Questions about health services in your community?

- care at home
- seniors services
- self care
- assisted living
- long term care
- support groups
- chronic health conditions
- preventative services
- other health services



### Call the Community Health Services Line:



Sooke region, West Shore & Greater Victoria residents call

**250-388-2396**

Connecting You with the Health Information You Need!

### More Resources:

**HealthLinkBC** provides a range of health and service information online at [www.healthlink.bc.ca](http://www.healthlink.bc.ca). HealthLinkBC and also be reached by calling 8-1-1.

**bc211** is an online service directory of 12,000 agencies and programs at [www.bc211.ca](http://www.bc211.ca)

### What community health services does Island Health provide?

Island Health Community Health Services provides professional services in the community and in your home, depending on your assessed care need and urgency of need. Services may be short-term if you are recovering from a procedure or condition, or long-term if you need ongoing care. Details: [www.viha.ca/hcc/services](http://www.viha.ca/hcc/services)



## Rexall HOME HEALTH CARE

Ostomy Walkers Scooters

Compression Wear Braces Lift Chairs

3098 Nanaimo Street, Victoria  
tel. 250-384-7196 fax 250-384-6313





# ONE TOUR IS ALL IT TAKES.

It's time to make sure you have the support and care you need beyond what family can provide.

Whether you need a little help or a lot, you don't have to do it alone. See for yourself how Amica Senior Lifestyles' exceptional care, premium amenities, and safe social connections make life easier, and better, for everyone. Right now.

Book your private tour at [amica.ca](http://amica.ca)

## AMICA

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AMICA BEECHWOOD VILLAGE • AMICA DOUGLAS HOUSE  
AMICA JUBILEE HOUSE • AMICA ON THE GORGE  
AMICA SOMERSET HOUSE

THE CITY OF VICTORIA



OFFICE OF THE MAYOR

### Greetings from Mayor Marianne Alto



On behalf of the City of Victoria, it is my great pleasure to extend greetings to readers of the Seniors 101 directory.

We are incredibly proud of the City's focus on well-being, sustainability, arts, culture and other sectors that contribute to our quality of life.

One important piece of this work has been the adoption of the City of Victoria's Seniors' Action Plan, with the aim of making Victoria healthier and more livable for seniors.

If you are visiting, I hope that you take time to look around you to see and acknowledge the Songhees and Esquimalt Nations' historic and ongoing stewardship of our lands and waters, and to explore the beautiful city that sits on and adjacent. Enjoy the sights and tastes of our downtown and nearby neighbourhoods. Visit the breathtaking Inner Harbour, Fisherman's Wharf, walk waterfront paths and enjoy some of the best food, beer and coffee anywhere! You also won't want to miss Canada's oldest Chinatown and our charming Old Town District.

Welcome to Victoria!

Sincerely,

Marianne Alto  
Victoria Mayor

The City of Victoria recognizes the Songhees and Esquimalt Nations in whose traditional territories we live and work "Hay swx qa"

No.1 Centennial Square Victoria British Columbia Canada V8W 1P6  
Telephone (250) 361-0200 Fax (250) 361-0348 Email [mayor@victoria.ca](mailto:mayor@victoria.ca)



**For over 30 years Island Deaf + Hard of Hearing Centre has been Victoria's trusted source for hearing health.**



## CONTINUUM OF CARE AT THE VISTA

### EXPERTS IN CARE FOR SENIORS

If someone you love has been impacted by Alzheimer's or a dementia related disease, our trained, experienced, and compassionate staff is here to help. Choose from one of our 48 purposely designed studios that will allow them to keep treasured mementos close by in a safe, comforting, home-like atmosphere.

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- Cognitive Lifestyle Program Unique to Avenir Communities
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- Person-Centred Care Planning\*
- Trained Caregivers on Staff 24 Hours/7 Days a Week
- 3 Chef-Prepared Meals Plus Snacks Daily

#### Interior Features

- Functional Spacious Floor Plan
- Individualized Air Conditioning & Heating
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- Ample Storage for Personal Items
- Secured 2nd Floor Sun Deck

\*some fees and conditions apply

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- + Support a local non-profit.



**By purchasing your hearing aids at IDHHC, you help to provide free refurbished hearing aids & continuing hearing health care to low-income seniors in your community.**



**Victoria:**  
idhhc@idhhc.ca  
(250) 592-8144  
301-3960 Quadra Street

Island Deaf +  
Hard of Hearing  
Centre

**Nanaimo:**  
nanaimo@idhhc.ca  
(250) 753-0999  
102-6588 Applecross Rd

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## Information & Support Services



**All emergencies:** 911

### Fire

Victoria	250-920-3350
Esquimalt	250-414-7126
James Bay	250-385-5711
Oak Bay	250-592-9121
Saanich	250-475-5500
Nrth Saanich	250-656-1931
Sidney	250-656-2121
View Royal	250-479-7322
Colwood	250-478-8321
Langford	250-478-9555

### Police

Victoria	250-995-7654
Oak Bay	250-592-2424
Saanich	250-475-4321
Cntrl Saanich	250-652-4441
Saanich	250-475-4321
Sidney	250-656-3931
RCMP	250-474-2264

**Alcohol & Drug Information:**  
1-800-663-1441

**BC Health Link:** 811

**BC Emergency Health Services:**  
250-953-3298

**Crisis Information Line:**  
1-800-494-3888

**Victoria General Hospital:**  
250-727-4212

**Royal Jubilee Hospital:**  
250-370-800

**Poison Control Centre:**  
1-800-567-8911

**Victim Link 24-hour  
Help Line:** 1-800-563-0808



**Are you caring for a family member or friend?**

Call the BC Caregiver Support Line:  
**1-877-520-3267**



Family Caregivers  
of British Columbia  
— Let us help —

Discover our FREE caregiver resources and services at [www.familycaregiversbc.ca](http://www.familycaregiversbc.ca). **We are here for you!**

## Your Guide to the Products & Services for Seniors & their Families on Vancouver Island.



Telephone: 250-246-1227

E-mail: [seniors101@shaw.ca](mailto:seniors101@shaw.ca)

**SENIORS101.ca**



**Aboriginal Hope for Wellness**  
800-5242-3310

**Aboriginal Community Legal Workers**  
250-748-1160

**Anti Fraud Centre**  
1-888-495-8501  
[www.antifraudcentre.ca](http://www.antifraudcentre.ca)

**Alzheimer Society of BC**  
**250-382-2052**  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

**BC Association of Community Response Networks (BC CRN)**  
<https://bccrns.ca>

**BC Brain Injury Association**  
1-604-984-1212

**BC Schizophrenia Society**  
1-888-888-0029

**BC Cancer Agency**  
[bccancer.bc.ca/contact](http://bccancer.bc.ca/contact)

**BC Medical Services Plan [Pharmacare]**  
1-800-663-7100  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

**BC Ombudsperson**  
1-800-567-3247  
[www.bcombudsperson.ca](http://www.bcombudsperson.ca)

**BC Ministry of Social Development & Poverty Reduction**  
1-866-866-0800  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

**Better at Home**  
604-268-1312  
[betterathome.ca](http://betterathome.ca)

**Better Business Bureau**  
250-386-6348  
[www.bbb.org](http://www.bbb.org)

**Canadian Forces Income Support Benefit**  
1-866-522-2122  
[www.veterans.gc.ca](http://www.veterans.gc.ca)

**Crisis Line**  
1-888-494-3999  
[www.vicrisis.ca](http://www.vicrisis.ca)

**Dietician (on call) 8-1-1**

**Disability Resource Centres**  
250-598-9339  
[www.vbis.ca](http://www.vbis.ca)

**Disability Parking Permits**  
250-595-0044  
[www.drcvictoria.com/services/parking-permits](http://www.drcvictoria.com/services/parking-permits)

**Domestic Violence Victim Help**  
1-800-563-0808  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

**Emergency Preparedness Vancouver Island**  
[www.crd.bc.ca/prepare-yourself](http://www.crd.bc.ca/prepare-yourself)

**Esquimalt Neighbourhood House Society**  
250-385-2635 ext. 201  
[www.enh.bc.ca](http://www.enh.bc.ca)

**Family Caregivers of B.C.**  
**250-384-0408**  
B.C. Caregiver Support Line  
**1-877-520-3267**  
[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

**First Link Dementia Helpline**  
1-800-936-6033

**Government Services (Federal)**  
1-800-622-6232  
[www.seniors.gc.ca](http://www.seniors.gc.ca)

**Government Services (Provincial)**  
[www.gov.bc.ca](http://www.gov.bc.ca)

**Greater Victoria Library**  
250-940-4875  
[www.gvpl.ca](http://www.gvpl.ca)

**HealthLink BC - 811**  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Here to Help (Mental Health)**  
310-6789 (no area code)

**Home and Community Health Care**  
250-388-2273  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Income Tax Help**  
250-384-3396  
[www.salvationarmy.ca](http://www.salvationarmy.ca)

**Income Tax Help Veteran's Affairs**  
1-866-522-2122  
[www.veterans.gc.ca](http://www.veterans.gc.ca)



**Island Independence**  
Occupational Therapy Services  
in Your Home/Assisted living/LTC  
[www.islandindependence.ca](http://www.islandindependence.ca)  
[ot@islandindependence.ca](mailto:ot@islandindependence.ca)  
250-514-8716

**Inter-Culture Association**  
250-386-4395  
[www.icavictoria.org](http://www.icavictoria.org)

**Island Health (VIHA)**  
250-370-8699  
[www.viha.ca](http://www.viha.ca)

**James Bay Health & Community Services**  
250-388-7844 ext. 334  
[www.jbcp.bc.ca](http://www.jbcp.bc.ca)

**LGBTQ2+ for Seniors**  
Meets 3rd Saturday/month  
**250-656-3213**  
[55plusinSidney@gmail.com](mailto:55plusinSidney@gmail.com)  
[www.stpaulsunitedbc.com/events](http://www.stpaulsunitedbc.com/events)

**Legal Aid**  
1-866-577-2625  
[www.lss.bc.ca](http://www.lss.bc.ca)

**MS Society of Canada**  
1-800-268-7582  
[www.mssociety.ca](http://www.mssociety.ca)

**Office of Seniors Advocate**  
**250-952-3181**  
[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

**Pacific Centre Family Services Association**  
778-677-3540  
[www.pacificcentrefamilyservices.org](http://www.pacificcentrefamilyservices.org)

**Parkinson Support Group**  
1-800-668-3330  
[www.parkinson.bc.ca](http://www.parkinson.bc.ca)

**Responsible & Problem Gambling Program**  
1-888-795-6111  
[choicesandchances.ca](http://choicesandchances.ca)

**Saanich and Peninsula  
Beacon Community Services**

250-656-5537 ext. 106  
www.beaconcs.ca

**Seniors 101 HELP LINE**

250-246-1227  
www.seniors101.ca

**Seniors Abuse & Information  
Line (SAIL)**

Information, Advocacy & Support  
**1-866-437-1940**  
www.seniorsfirstbc.ca

**Seniors & Mental Health**

250-388-2295  
www.islandhealth.ca

**Service Canada [CPP/OAS]**

1-800-277-9714  
www.canada.ca/en/employment-  
social-development

**Stroke Recovery Association**

604-688-3603

**Uvic Institute on Aging**

250-721-6369  
www.uvic.ca/research/centres/aging

**Victim Link**

1-800-563-0808  
www.victimlinkbc.ca

**Victoria Brain Injury Society**

250-598-9339  
www.vbis.ca

**Victoria Disability Resource  
Centre**

250-598-9339  
www.vbis.ca

**Victoria Hospice**

**250-370-8715**  
www.victoriahospice.org

**Victoria Men's Centre**

250-370-4636  
www.vicmen.org

**Victoria Women in Need**

250-480-4006  
www.womeninneed.ca

**Victoria Women's  
Transition House Society**

250-592-2927  
www.transitionhouse.net

**HEALTH AUTHORITIES**

Vancouver Island:

**1-877-370-8699**

Greater Victoria: **250-370-8699**

**Provincial Health Services**

Metro Vancouver: **604-675-7400**

**First Nations Health Authority**

Toll-free: **1-866-913-0033**  
Metro Vancouver: **604-693-6500**

**DISCLAIMER**

Whilst every effort has been made to ensure the accuracy of the information provided in this Directory, Seniors101.ca and Coastline Marketing Inc. may not be held liable for any errors or omissions within these pages. Because we offer an impartial service, we cannot recommend or endorse any providers listed herein. It is always recommended that you independently research and review the products and services to ensure they meet your requirements before you make a purchase. Thank you.

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**Arts & Culture**

**Alix Goolden  
Performance Hall  
250-386-5311**

www.vcm.bc.ca/alix-goolden-hall

**Art Gallery of  
Greater Victoria  
250-384-4171 ext. 289**

www.aggv.ca

**Arts Victoria  
1-888-618-6498**

www.artsvictoria.ca

**Ballet Victoria  
250-380-6063**

www.balletvictoria.ca

**Belfry Theatre  
250-385-6815**

www.belfry.bc.ca

**Chinese Canadian Museum  
250-382-9883**

www.chinesecanadianmuseum.ca

**Emily Carr House  
250-383-5843**

www.emilycarr.com

**Langham Court Theatre  
250-384-2142**

www.langhamtheatre.ca

**Pacific Opera Victoria &  
Baumann Centre  
250-385-0222**

www.pov.bc.ca

**Royal B.C Museum  
250-356-7226**

www.royalbcmuseum.bc.ca

**Royal & McPherson  
ticket inquiries: 250-386-6121  
venu inquiries: 250-361-0800**

www.rmts.bc.ca

**Victoria Conservatory of Music  
250-386-5311**

www.vcm.bc.ca

**Victoria Film Festival**

www.victoriafilmfestival.com

**Victoria Symphony  
250-385-6515**

www.victoriasymphony.ca

**Your Guide to the Products & Services for  
Seniors & their Families on Vancouver Island.**

Telephone: 250-246-1227

E-mail: seniors101@shaw.ca

**SENIORS101.ca**

## Care Communities



## Assisted Living

### Amica Jubilee House

1900 Richmond Road

**250-592-1200**

[www.amica.ca/jubilee-house](http://www.amica.ca/jubilee-house)

### Berwick House

4062 Shelbourne Street

**250-721-4062**

[www.berwickretirement.com/bh/](http://www.berwickretirement.com/bh/)

### Brentwood House

1167 Stelly's Cross Road

**250-652-0634**

[www.islandhealth.ca/our-locations](http://www.islandhealth.ca/our-locations)

### Broadmead Care

4579 Chatterton Way

**250-658-0311**

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

### Douglas Care Community

647 Niagara Street

**250-383-9011**

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

### Grafton Lodge

506 Grafton Street

**250-384-2194**

[www.islandhealth.ca/our-locations](http://www.islandhealth.ca/our-locations)

### Hillside Terrace

1460 Hillside Avenue

**250-388-2273**

[www.islandhealth.ca/our-locations](http://www.islandhealth.ca/our-locations)

### John O. Anderson

#### Memorial House

D16 7601 East Saanich Road

**250-652-3261**

### Legion Manor Victoria

7601 East Saanich Road

**250-652-3261**

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

### M'akola Housing Society

817 Goldstream Avenue

Langford BC

**250-474-1524**

[www.makola.bc.ca](http://www.makola.bc.ca)

### Marrion Village

1968 Bee Street

**250-592-2231**

[baptisthousing.org](http://baptisthousing.org)

### Parkwood Court by Optima

3000 Shelbourne Street

**250-598-1575**

[www.reveralliving.com/parkwoodcourt](http://www.reveralliving.com/parkwoodcourt)

### Parry Place

21 Parry Street

**250-388-2273**

[www.islandhealth.ca/our-locations](http://www.islandhealth.ca/our-locations)

### St. Charles Manor

1006 St. Charles Street

**250-595-4255**

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

### Sunrise Senior Living

920 Humboldt Street

**250-220-6585**

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

## Independent Living



### Abbeyfield St. Andrews

10017- 5th Street, Sidney

**250-656-3536**

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

### Abbeyfield St. Martins

3272 Harriet Road

**250-360-2152**

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

### Abbeyfield St. Peter

1133A Reynolds Road

**250-479-6140**

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

### Alexander Mackie

753 Station Avenue, Langford

**250-478-4888**

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

### Amica at Beechwood Village

2315 Mills Road, Sidney

**250-655-0849**

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

### Amica at Douglas House

50 Douglas Street

**250-383-6258**

[www.amica.ca/douglas](http://www.amica.ca/douglas)

Our team in Victoria and Vancouver Island  
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- ✓ Cleaning
- ✓ Transportation and Post-Move Follow Up

Call for a **FREE Consultation!**

**(250) 721 4490**

[hello@changingplaces.ca](mailto:hello@changingplaces.ca)





**Amica at Somerset House**

540 Dallas Road  
**250-380-9121**

[www.amica.ca/somerset](http://www.amica.ca/somerset)

**Amica on the Gorge**

994 Gorge Road West  
**250-220-8000**

[www.amica.ca/on-the-gorge](http://www.amica.ca/on-the-gorge)

**Berwick House**

4062 Shelbourne Avenue  
**250-721-4062**

[www.berwickretirement.com/bh](http://www.berwickretirement.com/bh)

**Berwick Royal Oak**

4680 Elk Lake Drive  
**250-386-4680**

[www.berwickretirement.com/bro](http://www.berwickretirement.com/bro)

**Carlton House of Oak Bay**

2080 Oak Bay Avenue  
**250-595-1914**

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

**Cherish at Central Park**

917 Avril Road, Langford  
**250-478-4431**

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

**Dawson Heights**

3710 Cedar Hill Road  
**250-477-4850**

[dawsonheights.ca](http://dawsonheights.ca)

**Chown Place**

11 Chown Place  
**250-360-1977**

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

**Clover Point Care**

90 Linden Avenue  
**250-590-7885**

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

**Craigdarroch Care Home**

1048 Craigdarroch Road  
**250-595-3813**

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

**Cridge Village**

**Seniors Centre**  
 1307 Hillside Avenue  
**250-384-5267**

[www.cridge.org](http://www.cridge.org)

**Douglas Care Community**

657 Niagara Street  
**250-383-9011**

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

**Glenshiel****Retirement Residence**

606 Douglas Street  
**250-383-4164**

[www.theglenshiel.bc.ca](http://www.theglenshiel.bc.ca)

**Highgate Lodge**

1538 Cedar Hill Cross Road  
**250-472-0077**

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

**The Kensington by Optima**

3965 Shelbourne Street  
**250-477-1232**

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

**Legion Manor Victoria**

7601 E. Saanich Rd., Saanichton  
**250-652-3261**

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

**Lions Cove**

290 Old Island Highway  
**250-514-9781**

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

**Luther Court Apartments**

1525 Cedar Hill Cross Road  
**250-477-7241**

[www.luthercourt.org](http://www.luthercourt.org)

**Norgarden**

2300 Henry Avenue, Sidney  
**250-656-8822**

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

**Parkwood Place by Optima**

3051 Shelbourne Street  
**250-598-1565**

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

**The Peninsula**

2290 Henry Avenue  
**250-656-8827**

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

**Ross Place**

2638 Ross Place  
**250-381-8666**

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

**Shannon Oaks**

2000 Goldsmith Street  
**250-595-6257**

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

**Saint Francis Manor  
by the Sea**

1128 Dallas Road  
**250-382-7999**

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

**Shoal Centre**

#130-10030 Resthaven Drive  
**250-654-0536**

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

**Sidney All Care**

2269 Mills Road, Sidney  
**1-778-351-2505**

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

**Tapestry**

665 Douglas Street  
**250-419-4261**

E: [TapestryVictoria@ConcertProperties.com](mailto:TapestryVictoria@ConcertProperties.com)

[@ConcertProperties.com](mailto:TapestryVictoria@ConcertProperties.com)

**The Victorian**

1773 Feltham Road  
**250-477-1912**

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

**The Victorian at McKenzie**

4000 Douglas Street  
**250-381-9496**

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

**The Vista**

622 Admirals Road  
**788-247-0780**

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

**The Wellesley**

2800 Blanshard Street  
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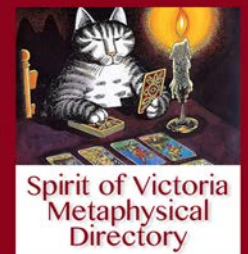
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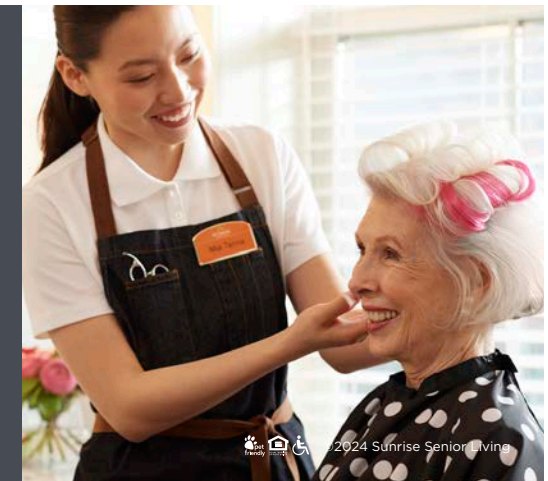


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Personal Real Estate Corporation [rcmeag@outlook.com](mailto:rcmeag@outlook.com)

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[karen.kot@exprealty.com](mailto:karen.kot@exprealty.com)

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**Elgin Gardens**  
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[www.burnsidegorge.com](http://www.burnsidegorge.com)

### Cedar Hill Rec. Centre

3220 Cedar Hill Road  
**250-475-7121**  
[www.saanich.ca](http://www.saanich.ca)

### Cook Street Village

380 Cook Street  
**250-384-6542**  
[www.cookstreetvillageactivitycentre.com](http://www.cookstreetvillageactivitycentre.com)

### The Cridge Centre

1307 Hillside Avenue  
**250-384-8058**  
[www.cridge.org](http://www.cridge.org)

### Crystal Pool & Fitness Centre

2275 Quadra Street  
**250-361-0732**  
[www.victoria.ca](http://www.victoria.ca)

### Downtown Community Centre

755 Pandora Avenue  
**250-383-0076**  
[www.coolaid.org](http://www.coolaid.org)

### James Bay New Horizons Society

234 Menzies Street  
**250-386-3035**  
[www.jamesbaynewhorizons.ca](http://www.jamesbaynewhorizons.ca)

### Juan De Fuca 55 Plus Activity Centre

1767 Island Highway  
**250-474-8618**

### Monterey Recreation Centre

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### Quadra Village

901 Kings Road  
**250-388-7696**  
[www.qvcc.ca](http://www.qvcc.ca)

### Silver Threads Service

Saanich Centre  
 286 Hampton Road  
**250-388-4268**

### Silver Threads Service

Victoria Centre  
 1911 Quadra Street  
**250-382-3151**  
[www.silverthreads.ca](http://www.silverthreads.ca)

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**Kiwanis Club of Victoria**  
1419 Mallek Crescent  
**250-595-0331**  
[www.kiwanisvictoria.ca](http://www.kiwanisvictoria.ca)

**Lions - Central Saanich Hall**  
6996 Central Saanich Road  
**250-652-2733**  
[www.e-clubhouse.org](http://www.e-clubhouse.org)

**Inter-Cultural Association**  
#102 - 808 Douglas Street  
**250-388-4728**  
[www.icavictoria.org](http://www.icavictoria.org)

### DO YOU SERVE OLDER ADULTS?

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EFCN is a group of representatives from business, non-profit, academic and political organizations. We come together once a month to network and learn how to better serve seniors in our community.

### Interested in Joining?

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Web: [www.efcncanada.com](http://www.efcncanada.com)  
Phone: **250-516-6287**

**John Howard Society of Victoria**  
2675 Bridge Street  
**250-386-3428**  
[www.johnhowardbc.ca/victoria](http://www.johnhowardbc.ca/victoria)

**Oak Bay Volunteer Services Society**  
1442 Monterey Avenue  
**250-595-1034**  
[www.oakbayvolunteers.org](http://www.oakbayvolunteers.org)

**Rotary Club of Victoria - Harbourside**  
The Union Club  
805 Gordon Street  
**250-893-0373**  
[www.harboursiderotary.org](http://www.harboursiderotary.org)

**Saanich Volunteer Services Society**  
1445 Ocean View Road  
**250-595-8008**  
[www.saanichvolunteers.org](http://www.saanichvolunteers.org)

**Seniors Serving Seniors**  
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[www.volunteervictoria.bc.ca](http://www.volunteervictoria.bc.ca)

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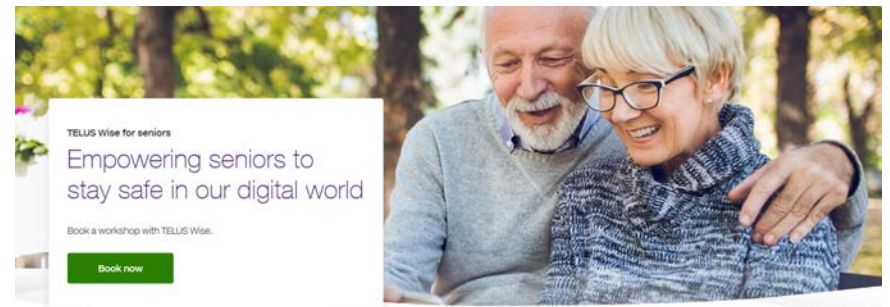
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