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Seniors' Directory

2023



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companions@originlongwood.ca
www.OriginAtHome.ca

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A Message from the Mayor

On behalf of Council, it gives me great pleasure to extend warm greetings to everyone receiving another appreciable copy of Seniors 101.

The City of Nanaimo is situated on the Traditional Territory of the Snuneymuxw First Nation. Nanaimo – the Heart of the Island, North of the Malhat – is a transportation hub connecting people and goods through its busy port, ferry terminal, airport, helicopter and seaplane services linking us with the rest of the world.

Over the last four years, Nanaimo was in the top five fastest-growing cities in Canada, receiving new residents from across BC and Canada. Our jobless rate is lower than provincial and national averages, and for the first time, the fastest growing demographic is, young people aged 25 to 44. In the 65+ (retired) people represents 25% of our current 100,000 population.

With growth comes great challenges and opportunities. As Nanaimo evolves from a small, suburban city to a thriving, mid-sized urban community we continue to adapt to ensure that the future being built is one in which everyone in our great city can thrive.

We strive to be a community that is livable, environmentally sustainable and full of opportunity for all generations and walks of life and envision a future where people can meet their needs within the limits of social foundations and environmental capacity.

The city is very proud of its beautiful waterfront, deep history, abundant natural spaces and easy access to Vancouver, Victoria, and Vancouver Island’s recreational hot spots. With a newly adopted, award-winning Official Community Plan, Nanaimo envisions a future where the pressures of growth are managed carefully to protect its unique treasures.

A true equation that makes up our community is simply this: stunning setting + enriching amenities + vibrant economy + welcoming people = an incredible island lifestyle!

Mayor Leonard Krog



Nanaimo Arts & Culture



The Port Theatre
www.porttheatre.com



The Vancouver Island Symphony
www.vancouverislandsymphony.com



The Nanaimo Arts Council
www.nanaimoartscouncil.ca

The Nanaimo Art Gallery
www.nanaimogallery.ca



The Nanaimo Aboriginal Centre
www.nanaimoaboriginalcentre.ca

The Nanaimo Museum
www.nanaimomuseum.ca

The Nanaimo Theatre Group
www.nanaimotheatregroup.ca

The Vancouver Island
Military Museum
www.vimms.ca

Museum of Natural History
www.scitech.viu.ca/
museum-natural-history

Vancouver Island Exhibition
www.viex.ca

Loyal Nanaimo Bathtub Society
www.bath tubing.com



Important Telephone Numbers

All Emergencies: 911

Non-Emergency Numbers:

Ambulance 250-758-8181
Fire 250-753-7311
Police 250-754-2345

Alcohol & Drug Info: 1-800-663-1441

BC Nurse Line: 811

Crisis Information: 1-800-494-3888

HealthLink: 811

Regional General Hospital: 250-755-7691

Poison Control Centre: 1-800-567-8911

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

Information & Support Services

Aboriginal Crisis Line
1-800-588-8717
www.fnha.ca/wellness

Aboriginal Community Legal Workers
250-741-5447
www.legallaid.bc.ca/legal_aid/aboriginalCommunityLegalWorker

BC Farmers Market Nutrition Coupon Program
250-753-9393
www.bcfarmersmarket.org/coupon-program/how-it-works

BC Medical Services Plan (Pharmacare)
1-800-663-7100
www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp

BC Ombudsperson
1-800-567-3247
www.bcombudsperson.ca

Working for you!

Contact me and my team for help with federal programs like OAS, GIS, CPP, Veterans Affairs, and more...

Lisa Marie Barron

Member of Parliament | Nanaimo–Ladysmith
103 - 495 Dunsmuir Street,
Nanaimo, BC V9R 6B9

250-734-6400 | LisaMarie.Barron@parl.gc.ca



BC Ministry of Poverty Reduction

1-866-866-0800

www2.gov.bc.ca/gov

Better at Home

250-754-3331

www.nflabc.org/programs/better-at-home

Better Meals

1-888-838-1888

www.bettermeals.ca

Clay Tree Senior Aging with Grace & Enthusiasm (SAGE)

250-753-5322

www.claytree.org/what-we-do/sage



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250.516.6287

Credit Counselling Society

1-888-527-8999

www.nomoredebts.org CODE

Dental Clinic

250-591-0071

Dietician (on call)

8-1-1

Disability Parking Permits (NDRC)

250-758-5547

www.ndrc.info/parking-permit

Emergency Preparedness

250-952-5848

Family Caregivers of BC

3318 Oak St #6, Victoria

1-877-520-3267

www.familycaregiversbc.ca

Gambling Support BC

1-888-795-6111 (24 hour)

Outreach Support Tracy Tsui

1-888-795-6111

www.gamblingsupportbc.ca

Good Food Box Delivery

250-753-9393

www.nanaimofoodshare.ca/campaign/good-food-box

Harbour City Seniors

250-755-7501

Home & Community Care

250-739-5740

www.islandhealth.ca/our-services/home-care-services

Income Tax Help (Salvation Army)

250-754-2621

www.salvationarmy.ca

Income Tax Help (Veteran Affairs)

1-866-522-2122

www.veterans.gc.ca

Island Integrated Counselling

#406 - 235 Bastion Street

250-716-8888

www.islandcommunitycounselling.com

Legion Branch 10

129 Harewood Road

250-753-4442

www.legion.ca

Legion Branch 256

1630 E Wellington Road

250-754-8128

www.legion.ca

Legion Branch 257

7227 Lantzville Road

250-390-2841

www.legion.ca

Library (V.I. Regional)

90 Commercial Street

3200 North Island Highway

6250 Hammond Bay Road

1-877-415-8475

www.virl.bc.ca

Loaves & Fishes

210 Fry Street

250-754-8347

www.nanaimoloavesandfishes.org

Meals on Wheels

250-753-6471

www.kiwanisvillage.ca

Mid Island Legal Aid

Denice Barrie

210 Milton Street

250-753-4396



 **Sheila Malcolmson**
Nanaimo's MLA

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495 Dunsmuir Street Unit 105, Nanaimo, BC V9R 6B9
Sheila.Malcolmson.MLA@leg.bc.ca

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Call my office at (236) 362-0012

MLA Adam Walker
Parksville/Qualicum
184 West 2nd Avenue A
Qualicum Beach
250-248-2625

MLA Sheila Malcolmson
Minister of Social Development
105-495 Dunsmuir Street
250-362-0012

MP Lisa Marie Barron
#103 495 Dunsmuir Street
250-734-6400
LisaMarie.Barron@parl.gc.ca



**Nanaimo Hospital
Foundation**
1200 Dufferin Crescent
250-755-7690
www.nanaimohospitalfoundation.com

Nanaimo Citizen Advocacy
250-753-2321

Nanaimo Foodshare
250-753-9393
www.nanaimofoodshare.ca

Nanaimo Pain Clinic
250-591-2565
www.nanaimorecovers.com

**NFLA - engAGE Volun-
teer Program**
250-754-3331
www.nflabc.org/
programs/seniors-connect

Paradise Isle Seniors
250-754-9566
www.facebook.com/ParadiseIsle
SeniorsSociety

**Red Cross Short Term
Loan Program**
250-756-9363
www.redcross.ca

Royal Canadian Legion #10
250-753-4442
www.facebook.com/Branch10

Royal Canadian Legion #256
250-754-8128
www.rcl256bc.ca

**Seniors Abuse and
Information Line (SAIL)**
1-866-437-1940
www.seniorsfirstbc.ca

Seniors First BC
604-336-5653
www.seniorsfirstbc.ca

**Seniors Outreach Team
(SORT)**
250-755-3301

**Senior Peer
Counselling Program**
250-754-3331
www.nflabc.org/programs/
senior-peer-counselling-program

Senior Well Program
250-753-0633

Service Canada (CPP/OAS)
1-800-277-9714
www.canada.ca/en/employment-
social-development/services

**Snuneymuxw
Elder Care Program**
250-740-2337
https://www.snuneymuxw.ca

**Society for Equity,
Inclusion and Advocacy**
250-753-0633
www.seia.ca

**Tenant Resource and
Advisory Centre**
1-800-665-1185
www.tenants.bc.ca

**Therapeutic Activation
Program for Seniors (TAPS)**
250-754-3331
www.nflabc.org/programs/taps

**Helping seniors
from Qualicum to
North Nanaimo**

ADAM WALKER, MLA – PARKSVILLE-QUALICUM
250-248-2625 | Adam.Walker.MLA@leg.bc.ca
A-184 Second Avenue West, Qualicum Beach



Working Together – Strengthening Community

Thrifty's Sendial Delivery
1-800-667-8280
www.thriftyfoods.com

Tillicum Lelum Salish Lelum Youth & Elder Housing
250-716-3438
www.tillicumlelum.ca

Vision Loss Rehabilitation
1-844-887-8572
visionlossrehab.ca/en

VIU Elder College
900 Fifth Street
Main Campus
1-866-734-6252
adm.viu.ca/eldercollege

Volunteer Nanaimo
3148 Barons Rd East
250-758-7121
www.volunteernanaimo.ca

Wheels for Wellness
Transportation for residents of Vancouver Island
250-338-0196
www.wheelsforwellness.com

MORE LISTINGS ONLINE:



Independent & Assisted Care Communities



Berwick on the Lake
3201 Ross Road
250-729-7995
www.berwickretirement.com/bol

Dover House
6155 Hammond Bay Road
250-756-4222
www.DoverHouseCareFacility.com

Dwelling Place
2630 Labieux Road
250-756-3008
www.dwellingplace.ca

Kiwanis Village Nanaimo
1233 Kiwanis Crescent
250-740-2815
www.kiwanisvillage.ca

Lakeside Gardens
4088 Wellesley Avenue
250-756-0799
www.lakeside-gardens.com

Longlake Chateau
3035 Ross Road
250-756-1411
www.holidaytouch.ca

PACIFIC STATION NOTARIES



250-756-7720

- Real Estate Transfers
- Mortgages • Wills
- Other Estate Planning Documents



Brigitte Goguen

Debra van Beers

#101 - 5220 Dublin Way, Nanaimo, B.C. V9T 0H2
bgoguen@nanaimonotary.ca | www.nanaimonotary.ca

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6085 Uplands Drive
250-760-2325

www.retirementconcepts.com

Oak Tree Manor

325 Hecate Street
250-716-1799

www.oaktreemanor.ca

Origin at Longwood

6205 Oliver Road
778-744-0425

www.originway.ca/origin-at-longwood

Wexford Creek Seniors Community

80 Tenth Street
250-753-4044

www.parkplaceseniorsliving.com

Long Term Care Communities

Avenir Memory Care

4989 Wills Road
778-909-6000

www.avenirseniorliving.com

Dufferin Place

1200 Dufferin Crescent
250-755-6229

www.islandhealth.ca

Dwelling Place

2630 Labieux Road
250-756-3008

www.dwellingplace.ca

Harmony House

2316 Arbot Road
250-753-2316

www.harmonyhousenanaimo.com

Kiwanis Village Lodge

1221 Kiwanis Crescent
250-753-6471

www.kiwanisvillage.ca

Malaspina Gardens

100 Eleventh Street
250-754-7711

www.chartwell.com

Nanaimo Seniors Village

6089 Uplands Drive
250-729-9524

www.retirementconcepts.com

Nanaimo Travelers Lodge

1298 Nelson Street
250-758-4676

www.nantralodge.bc.ca

Origin at Longwood

6205 Oliver Road
778-744-0425

www.originway.ca/origin-at-longwood

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www.brechinunited.ca

Chabad of Nanaimo
5450 Oceanview Terrace
250-797-7877
www.jewishnanaimo.com

Christian Science Society
20 Chapple Street
250-753-8036
www.christianscience.bc.ca/nanaimo

Christ Community Church
2221 Bowen Road
250-758-1513
www.cccnanaimo.ca

First Baptist Church
1650 Waddington Road
250-753-0241
www.fbcnanaimo.ca

Gurdwara Sahib Miri Piri Darbar
305 Prideaux Street
250-716-1313

Hope Lutheran Church
2174 Departure Bay Road
250-758-1232
www.hopelutherannanaimo.org

Church of the Nazarene
2150 Departure Bay Road
250-285-5553
www.nanaimonazarene.com

St. Andrew's Presbyterian
4235 Departure Bay Road
250-758-2676
www.stpetersnanaimo.ca

Sikh Temple
328 Third Street
250-754-5516

The Salvation Army
19 Nicol Street
250-754-2621
www.salvationarmy.ca

Trinity Catholic Church
6234 Sparton Road
250-390-2612
www.trinitycatholicnanaimo.ca

St. Andrews United Church
311 Fitzwilliam Street
250-753-1924
www.standrewsnanaimo.ca

**St. Michaels Ukrainian
Catholic Church**
4017 Victoria Avenue
250-758-4714
leona.ca@shaw.ca

St. Paul's Anglican Church
100 Chapple Street
250-753-2523
www.stpaulsnanaimo.ca

St. Peter's Church
301 Machleary Street
250-753-3570

Denturists, Dentists
& Hygienists



Harbour City Denture Clinic
620 Wentworth Street
250-716-3332
www.hcdclinic.ca

Northfield Dental Clinic
2150 Bowen Road - Suite 4
250-758-4711
www.northfielddentalclinic.com

Pacific Pearl Dental Clinic
#12-740 First Avenue Ladysmith
250-793-9359
www.pacificpearl.ca

VIU Dental
250-740-6240
www.hhs.viu.ca/dental-clinic

Education, Coaching
& Lifelong Learning



Blue Phoenix Coaching
Jason Pinkerton
778-350-7503
jason.bluephoenix@gmail.com
bluephoenixcoaching.ca

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Parksville, BC
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www.evergreencremationcentre.com

First Memorial Funeral Services
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www.dignitymemorial.com

Inner Peace
End of Life Doula
Joan Harrison
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Nanaimo Community Hospice Society
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collaborativelegal.ca

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Health Law LLP
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250-753-2202
www.nanaimolaw.com

Island Savings First West Credit Union
WOODGROVE BRANCH
97-6631 Island Highway North
CEDAR BRANCH
1830 Cedar Road
1-888-597-1083
www.islandsavings.ca

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250-756-7720
www.nanaimonotary.ca

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www.peggyhoult.com

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 101-6588 Applecross Road
250-390-7163
www.ca.rbcwealthmanagement.com/web/ngaire.rees

Rockmoor Wealth Management
 204-5160 Dublin Way
250-618-0386
www.rockmoorwealth.com

Seniors First BC
Information, Advocacy & Support
604-336-5653
www.seniorsfirstbc.ca

For Inquires About Advertising & Circulation in the **Nanaimo Seniors Directory** or the **Victoria Seniors Directory** Contact **Roy Summerhayes**.



SENIORS101.ca

250-246-1227
seniors101@shaw.ca

Foot Care



Digits Mobile Medical Foot Care
 9739 Willow Street #4
 Chemainus, BC
250-709-1306
www.digitsfootcare.ca

Kim's Mobile Foot Care
778-674-0475
www.kimsfootcare.ca

Foot Care By Christine
250-619-3717
fcbychristine@gmail.com

Healthy Soles Foot Care
250-713-1365
ourhealthsole@gmail.com

Island Foot Clinics
 201-1808 Bowen Road
250-385-3668 (FOOT)
www.islandfootclinics.com

Lavender Foot Care
Debbie Mason, LPN,
250-714-3622
lavenderfootcare@live.ca



102 - 9799 Waterwheel Crescent
 Box 575, Chemainus, B.C. V0R 1K0

250-737-3370 (Chamber)
250-737-3368 (Visitor Centre)
www.chemainus.bc.ca
chamber@chemainus.bc.ca
visitorcentre@chemainus.bc.ca



Chemainus + District CHAMBER OF COMMERCE

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Nanaimo Senior Services Network

NSSN is a networking group for businesses & non-profit organizations that meet on a monthly basis. If you provide products or services in Nanaimo, we encourage you to join us. Please go to our website for more information.

"Community coming together to support Seniors every day."



Setter and associates.com

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250-816-5543
www.abholistichealth.com

Alcoholics Anonymous

#212-285 Prideaux Street
250-753-7513
www.nanaimoaa.org

Anti-Slip Anywhere

855-582-7233
www.antislip.ca

Arbour Wellness Centre

3955 Victoria Avenue
250-729-4969
www.arbourcentre.com/clinic

Atlas Chiropractic

#4 - 4515 Uplands Drive
250-585-6325
www.atlaschiropractic.ca

Bethlehem Retreat Centre

2371 Arbot Road
250-754-3254
www.bethlehemcentre.com

Canadian Mental Health Association

126 Haliburton Street
250-244-4042
www.mid-island.cmha.bc.ca

Central Drugs

7 Locations: See Back Cover
www.centraldrugs.ca

Family Caregiver Support Group

2465 Labieux Road
250-754-7334
ifmhomesolutions@gmail.com

Grief Share

4235 Departure Bay Road
250-758-2676

Hillside Massage Therapy

#3 - 2145 Bowen Road
250-616-9404
www.hillsidemassage.ca

Island Mediquip

2258 Dorman Road B
250-824-0390
www.islandmediquip.com

Island Optimal Health & Performance

1881 Dufferin Crescent
250-753-9449
www.islandoptimal.com

John Taylor Counselling

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& Individual Counselling*
2B-6135 Metral Drive
250-618-0216
www.izumitherapy.com

Lifestyle Harmony

1948 Quadra Avenue
250-754-3930
www.lifestyleharmony.ca

Lulu Chinese Health Centre

#270-2000 Island Hwy N.
250-756-9229
www.luluchinesehealthcenter.com

Medicine Shoppe

A-4186 Departure Bay Road
250-760-0073

Nanaimo Acupuncture

87 Wallace Street
250-591-5412
www.nanaimoacupuncture.com

Nanaimo Lifeline

Suite 102, 1801 Bowen Road
250-739-5770
www.nanaimolifeline.ca

Nanaimo Massage Therapy

3602 Glen Oaks Drive
250-585-4700
www.nanaimomassagetherapy.ca

Nexus Primary Care Clinic

Nurse Practitioners
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www.npclinics.ca/nexus

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Community Resource Guide



Community SERVICE

Hearing Services



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www.connecthearing.ca

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Just Like Family Home Care
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www.nanaimolifeline.ca

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www.pricosalarms.ca

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www.thebackyard.ca

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Gabriola Health Care Fdn.
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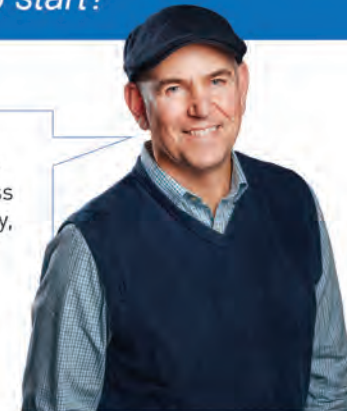
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