

Greater Victoria

Seniors' Directory

2023



coastline
MARKETING



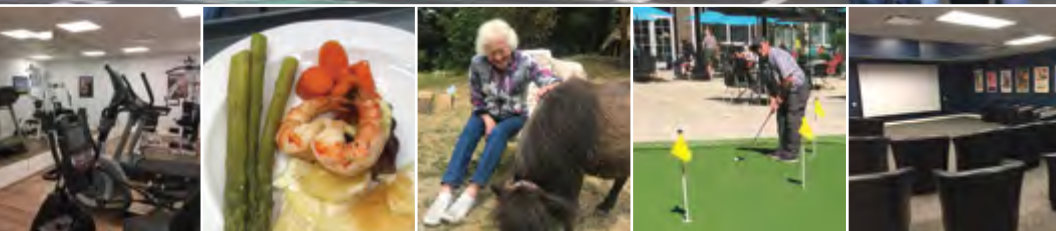
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3965 Shelbourne St, Victoria • 250-477-1232

Parkwood Place

3051 Shelbourne St, Victoria • 250-598-1565

Licensed Residential Care

Parkwood Court

3000 Shelbourne St, Victoria • 250-598-1575 reveraliving.com

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 Access Centre:



Sooke region, West Shore & Urban Greater Victoria residents call:

250-370-8699

Toll Free: 1-877-370-8699

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. 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

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



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Lift Chairs

3098 Nanaimo Street, Victoria
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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 in 2020, 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.

Take good care, be well.

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"

Important Telephone Numbers



All emergencies: 911

Non-Emergency Ambulance

All areas: 250-727-2400

Fire

Vic/Esquimalt 250-391-6624

Oak Bay 250-592-9121

Saanich 250-475-5500

Central Saanich 250-544-4338

North Saanich 250-656-0781

Sidney 250-656-2121

Colwood 250-478-8321

Langford 250-478-7770

Police

Vic/Esquimalt 250-995-7654

Oak Bay 250-592-9121

Saanich 250-475-5500

Central Saanich 250-544-4238

North Saanich 250-656-1931

Sidney 250-656-2121

Colwood 250-478-8321

Langford 250-478-7770

Alcohol & Drug

information 1-800-663-1441

BC Nurse Line: 811

Crisis Information

Line: 1-800-494-3888

HealthLink BC for

non-emergency health information: 811

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

Information & Support Services



Aboriginal Crisis Line 1-800-588-8717

www.thelifelinecanada.ca/resources/first-nation-metis-and-inuit

Aboriginal Community Legal Workers 1-866-577-2525

www.legalaid.bc.ca/legal_aid/aboriginalCommunityLegalWorker

Anti Fraud Centre 1-888-495-8501

www.antifraudcentre.ca

Alzheimer Society of BC 250-382-2052

www.alzheimerbc.org

BC Association of Community Response Networks (BC CRN)

Cari Taylor
250-532-5732

<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

BC Medical Services Plan [Pharmacare] 1-800-663-7100

www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents

BC Ombudsperson 1-800-567-3247

www.bcombudsperson.ca

BC Ministry of Poverty Reduction 1-866-866-0800

www2.gov.bc.ca

Better at Home

betterathome.ca

Better Business Bureau 250-386-6348

www.bbb.org

Canadian Forces Income Support Benefit 1-866-522-2122

www.veterans.gc.ca

Crisis Line 1-888-494-3999

www.vicrisis.ca

Dietician (on call) 8-1-1

Disability Resource Centres

250-598-9339

www.vbis.ca

Disability Parking Permits 250-595-0044

www.drcvictoria.com/services/parking-permits

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

Telephone: 250-246-1227

E-mail: seniors101@shaw.ca

SENIORS101.ca



**Domestic Violence
Victim Help
1-800-563-0808**

www2.gov.bc.ca

**Emergency Preparedness
Vancouver Island**

www.crd.bc.ca/prepare-yourself

**Esquimalt Neighbourhood
House Society
250-385-2635 ext. 201**

www.enh.bc.ca

**Family Caregivers of BC
1-877-520-3267**

www.familycaregiversbc.ca

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

**Government Services
(Federal)
1-800-622-6232**

www.seniors.gc.ca

**Government Services
(Provincial)**

www.gov.bc.ca

**Greater Victoria Library
250-940-4875**

www.gvpl.ca

HealthLink BC - 811

www.healthlinkbc.ca

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

**Home and Community
Health Care
250-388-2273**

www.islandhealth.ca

Home Support Services

www.redbookonline.bc211.ca

**Income Tax Help
250-384-3396**

www.salvationarmy.ca

**Income Tax Help
Veteran's Affairs
1-866-522-2122**

www.veterans.gc.ca

**Inter-Culture Association
250-386-4395**

www.icavictoria.org

**Island Health (VIHA)
250-370-8699**

www.viha.ca

**James Bay Health and
Community Services
250-388-7844 ext. 334**

www.jbcsp.bc.ca

LGBTQ2+ for Seniors

Meets 1st Saturday/month

250 -656-3213

55plusinSidney@gmail.com

www.stpaulsunitedbc.com/events

**Legal Aid
1-866-577-2625**

www.lss.bc.ca

**MS Society of Canada
1-800-268-7582**

www.mssociety.ca

**Office of Seniors Advocate
250-952-3181**

www.seniorsadvocatebc.ca

**Pacific Centre Family
Services Association
778-677-3540**

www.pacificcentrefamilyservices.org

**Parkinson Support Group
1-800-668-3330**

www.parkinson.bc.ca

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

**Responsible & Problem
Gambling Program
1-888-795-6111**

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
1-866-437-1940**

www.seniorsfirstbc.ca

**Seniors & Mental Health
250-388-2295**

www.islandhealth.ca

Seniors Services

www.islandhealth.ca/our-services/seniors-services

**Service Canada [CPP/OAS]
1-800-277-9714**

www.canada.ca/en/employment-social-development

**Shelmarie Resthome
630 Foul Bay Road
250-598-3212**

www.healthspace.ca

**Stroke Recovery Association
1-888-313-3377**

**Uvic Institute on Aging
250-721-6369**

www.uvic.ca/research/centres/aging

**Victim Link
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

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
250-83-5843
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 inq. 250-386-6121
venu inq. 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
250-85-6515
www.victoriasymphony.ca



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250-592-1200
E: M.Eligon@amica.ca
www.amica.ca/jubilee-house

Berwick House
4062 Shelbourne Street
250-721-4062
www.berwickretirement.com/bh/

Brentwood House
1167 Stelly's Cross Road
250-652-0634
www.islandhealth.ca/our-locations

Broadmead Care
4579 Chatterton Way
250-658-0311
www.broadmeadcare.com

Douglas Care Community
647 Niagara Street
250-383-9011
www.trilliumcommunities.com

Grafton Lodge
506 Grafton Street
250-384-2194
www.islandhealth.ca/our-locations

Hillside Terrace
1460 Hillside Avenue
250-388-2273
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

M'akola Housing Society
817 Goldstream Avenue
Langford BC
250-474-1524
www.makola.bc.ca

Marrion Village
1968 Bee Street
250-592-2231
baptisthousing.org

Parkwood Court by Revera
3000 Shelbourne Street
250-598-1575
www.reveraliving.com/parkwoodcourt

Parry Place
21 Parry Street
250-388-2273
www.islandhealth.ca/our-locations

St. Charles Manor
1006 St. Charles Street
250-595-4255
www.trilliumcommunities.com

Sunrise Senior Living
920 Humboldt Street
250-220-6585
www.sunrisevictoria.com

Independent Living



Abbeyfield St. Andrews

10017- 5th Street, Sidney
250-656-3536
www.abbeyfield.ca

Abbeyfield St. Martins

3272 Harriet Road
250-360-2152
www.abbeyfield.ca

Abbeyfield St. Peter

1133A Reynolds Road
250-479-6140
www.abbeyfield.ca

Alexander Mackie

753 Station Avenue, Langford
250-478-4888
www.hayworth.ca

Amica at Beechwood Village

2315 Mills Road, Sidney
250-655-0849
www.amica.ca

Amica at Douglas House

50 Douglas Street
250-383-6258
www.amica.ca/douglas

Amica at Somerset House

540 Dallas Road
250-380-9121
www.amica.ca/somerset

Amica on the Gorge

994 Gorge Road West
250-220-8000
www.amica.ca/on-the-gorge

Berwick House

4062 Shelbourne Avenue
250-721-4062
www.berwickretirement.com/bh

Berwick Royal Oak

4680 Elk Lake Drive
250-386-4680
www.berwickretirement.com/bro

Carlton House of Oak Bay

2080 Oak Bay Avenue
250-595-1914
www.carltonhouse.ca

Cherish at Central Park

917 Avril Road, Langford
250-478-4431
www.cherishvictoria.ca

Dawson Heights

3710 Cedar Hill Road
250-477-4850
dawsonheights.ca

Chown Place

11 Chown Place
250-360-1977
www.gorgeviewsociety.ca

Clover Point Care

90 Linden Avenue
250-590-7885
www.cloverpointcare.ca

Craigdarroch Care Home

1048 Craigdarroch Road
250-595-3813
www.craigdarrochcarehome.ca

Cridge Village Seniors Centre

1307 Hillside Avenue
250-384-5267
www.cridge.org

Douglas Care Community

657 Niagra Street
250-383-9011
www.douglascare.ca

Glenshiel Retirement Residence

606 Douglas Street
250-383-4164
www.theglenshiel.bc.ca

Highgate Lodge

1538 Cedar Hill Cross Road
250-472-0077
www.trilliumcommunities.com

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rossplace.ca
2638 Ross Lane, Victoria

The Kensington by Revera
3965 Shelbourne Street
250-477-1232
www.reveraliving.com

Legion Manor Victoria
7601 E. Saanich Rd., Saanichton
250-652-3261
www.legionmanorvictoria.com

Lions Cove
290 Old Island Highway
250-514-9781
www.novapacific.ca

Luther Court Apartments
1525 Cedar Hill Cross Road
250-477-7241
www.luthercourt.org

Norgarden
2300 Henry Avenue, Sidney
250-656-8822
www.norgarden.com

Parkwood Place by Revera
3051 Shelbourne Street
250-598-1565
www.reveraliving.com

The Peninsula
2290 Henry Avenue
250-656-8827
www.welcometopeninsula.ca

Ross Place
2638 Ross Place
250-381-8666
www.rossplace.ca

Shannon Oaks
2000 Goldsmith Street
250-595-6257
www.shannonoaks.com

**Saint Francis
Manor by the Sea**
1128 Dallas Road
250-382-7999
www.saintfrancismanor.com

St. Charles Manor
1006 St. Charles Street
250-595-4255
www.trilliumcommunities.com

Shoal Centre
#130-10030, Resthave Dr.
250-654-0536
www.beaconcs.ca

Sidney All Care
2269 Mills Road, Sidney
1-778-351-2505
www.allcarecanada.ca

Tapestry
665 Douglas Street
250-419-4261
E: TapestryVictoria
@ConcertProperties.com

The Victorian
1773 Feltham Road
250-477-1773
www.atriaretirement.ca

The Victorian at McKenzie
4000 Douglas Street
250-381-9496
www.atriaretirement.ca

The Vista
622 Admirals Road
788-402-1369
www.avenirseniorliving.com

The Wellesley
2800 Blanshard Street
250-383-9099
www.retirementconcepts.com

West Shore Lodge
1828 Island Highway
250-478-7527
www.trilliumcommunities.com



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Aberdeen Hospital
1450 Hillside Avenue
250-388-2273
www.islandhealth.ca

Amica Jubilee House
1900 Richmond Road
250-592-1200
E: M.Eligon@amica.ca
www.amica.ca/jubilee-house

Ayre Manor
6679 Sooke Road, Sooke
250-381-4421
www.ayremanor.ca

Ayre Manor Lodge
6744 Ayre Road, Sooke
250-388-2273
www.ayremanor.ca

Beacon Hill Villa
635 Superior Street
250-383-5447
www.retirementconcepts.com

Beckley Farm Lodge
530 Simcoe Street
250-381-4421
www.broadmeadcare.com

Berwick House
4062 Shelbourne Street
250-721-4062
www.berwickretirement.com/bh/

Brentwood House
1167 Stelly's Cross Road
250-652-0635
www.broadmeadcare.com

Central Care Home
844 Johnson Street
250-384-1313
www.phs.ca

Chinatown Care Centre
555 Herald Street
250-381-4322
victoriachinatowncare.ca

Clover Point Care
90 Linden Avenue
250-590-7885
www.trilliumcommunities.com

Craigdarroch
1048 Craigdarroch Road
250-595-3813
www.trilliumcommunities.com

Douglas Care Community
647 Niagara Street
250-383-9011
www.trilliumcommunities.com

Eagles Bluff Lodge
7317 McMillan Road
Sooke, BC
250-642-5293

Glengarry
1780 Fairfield Road
250-388-2273
www.islandhealth.ca

Glenwarren Lodge
1230 Balmoral Road
250-383-2323
www.reveraliving.com

Hart House Rest Home
1961 Fairfield Road
250-598-3542
www.trilliumcommunities.com

The Heights at Mt.View
3814 Carey Road
250-384-1313
www.baptisthousing.org

Island View Place
7013 East Saanich Road
250-652-0891
www.health.gov.bc.ca

James Bay Care Centre
336 Simcoe Street
250-388-2273
www.reveraliving.com

The Kiwanis Pavilion
3034 Cedar Hill Road
250-598-2022
www.kiwanispavilion.ca

Lodge at Broadmead
4579 Chatterton Way
250-388-2273
www.broadmeadcare.com

The Manor
657 Niagara Street
250-383-9011
www.trilliumcommunities.com

Memorial Pavilion
1952 Bay Street
250-370-8296

Mount St. Mary
861 Fairfield Road
250-388-2273
www.mountstmary.ca

Mount Tolmie Hospital
3690 Richmond Road
250-388-2273
www.islandhealth.ca

Nigel House
846 Nigel Avenue
250-414-7314

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3000 Shelbourne Street
250-598-1575
www.reveraliving.com

Piercy Respite Hotel
1454 Hillside Road
250-388-2273
www.islandhealth.ca

Priory & Heritage Woods
567 Goldstream Avenue
Langford
250-388-2273
www.islandhealth.ca

Rest Haven Lodge
2281 Mills Road
Sidney, BC
250-388-2273
www.broadmeadcare.com

Saanich Peninsula Hospital
2166 Mount Newton X Road
Saanichton
250-388-2273
www.islandhealth.ca

Saint Charles Manor
1006 St. Charles Street
250-595-4255
www.trilliumcommunities.com



Saint Francis Manor
1128 Dallas Road
250-382-7999
www.saintfrancismanor.com

Sandringham Hospital
1650 Fort Street
250-595-2313
reveraliving.com

Selkirk Place
385 Waterfront Crescent
250-388-2273
www.retirementconcepts.com

Sidney All Care Residence
2269 Mills Road, Sidney
1-778-351-2505
www.allcarecanada.ca

Sidney Care Home
9888 Fifth Street
Sidney BC
250-656-0121
www.tcgcare.com/sidney

Sunset Lodge
952 Arm Street
250-385-3422
sunsetlodgesa.ca

Trillium at Cloverpoint
90 Linden Avenue
250-590-7885
www.trilliumcommunities.com

Churches, Places of Faith & Meditation



**Anglican Catholic Church
of St. John the Evangelist**
990 Falmouth Road
250-920-9990
www.ccsje.org

**Cadboro Bay
United Church**
2625 Arbutus Road
250-477-2715

Centennial United Church
649 Gorge Road East
250-384-6424
www.cucvictoria.com

Central Baptist Church
Pandora Avenue
250-385-7786
www.centralbaptistchurch.ca

Christ Church Cathedral
930 Burdett Avenue
250-383-2714
www.christchurchcathedral.bc.ca

Christ Community Church
3897 Holland Avenue
250-479-3227

Church of Truth
111 Superior Street
250-382-5412
www.cotvictoria.ca

**Congregation Emanu-el
Synagogue**
1461 Blanshard Street
250-382-0615
www.congregationemanuel.ca

Cordova Bay United Church
813 Claremont Avenue
250-658-5911
www.cbunited.ca

**Cornerstone
Christian Fellowship**
2124 Chambers Street
250-380-3821
www.cornerstonecf.ca

Elk Lake Baptist Church
5349 Hampsterly Road
250-658-8111
www.elklakebaptist.ca

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Anthony Hamilton
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www.mindtimeandpower.com

Emmanuel Baptist Church
2121 Cedar Hill Cross Road
250-592-2418
www.ebcvictoria.ca

Fairfield United Church
1303 Fairfield Road
250-384-2425
www.fairfieldunited.ca

First Baptist Church
877 North Park Street
250-383-6011
www.firstbaptistvictoria.org

**First Church of
Christian Scientist**
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www.christianscience.bc.ca

**First Metropolitan
United Church**
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