

# Greater Victoria

Seniors' Directory

2025/2026



SENIOR MEDIA

# Discover the “Cherish” Difference!

“Mom is so positive now. What a profound transformation.”

- Tantalize your tastebuds and nourish your body with homemade whole foods —every day!
- Enjoy a thriving social life for your health and make some ***new fun memories!***
- Join one of our social groups like the Trout Scouts or the Par T Putters
- Connect with nature in our greenhouse and gardening group
- In most cases, your forever home, age-in-place
- Bring your pet—they are part of the family too!

***Plus much more...***



 **Cherish**  
AT CENTRAL PARK™

**Victoria's Premier  
Senior Living Residence**

***Right in the ❤️ of  
Downtown Langford!***



## You don't have to leave home for world-class care.

Our personalized in-home care services empower  
your family to live life with peace of mind.



**home instead.**

(250) 382-6565 | [homeinstead.com/3012](https://homeinstead.com/3012)

Each Home Instead® office is an independently owned and operated franchise  
of Home Instead, Inc., an Honor company. © 2024 Home Instead, Inc.

**Book a Tour Today! Call 250-478-4431 | 917 Avrill Rd | [cherishvictoria.ca](https://cherishvictoria.ca)**



For almost 35 years **Island Deaf + Hard of Hearing Centre** has been Victoria's trusted source for exceptional hearing health care.

The profits from hearing aid sales support low-income seniors to access free hearing health services through our Sound of Change Initiative.

- + Support a local nonprofit in your own community.
- + Experience a full-service hearing clinic with registered Audiologists.
- + Choose from a full range of hearing aids, assistive technology and devices.



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

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

## 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

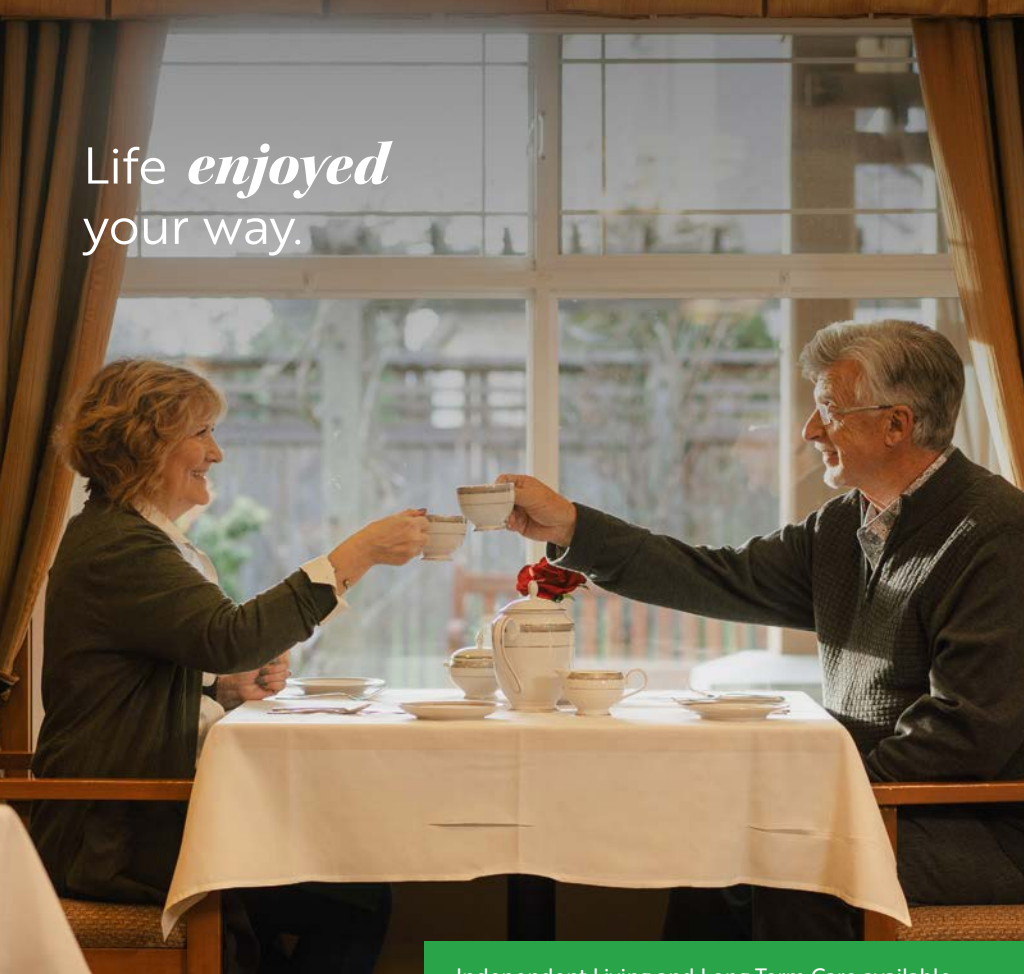
Compression Wear  
Braces  
Lift Chairs

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





Life *enjoyed*  
your way.



Independent Living and Long Term Care available.



Bespoke, elegant, and inviting, our communities teem with life and laughter. Discover a place to call home. Call to inquire about our all-inclusive pricing model.

*Locally Owned & Operated*

250.383.6509 | [trilliumcommunities.com](http://trilliumcommunities.com)

#### INDEPENDENT LIVING HOMES

Highgate Lodge  
Norgarden  
The Peninsula  
West Shore Village

#### LONG TERM CARE HOMES

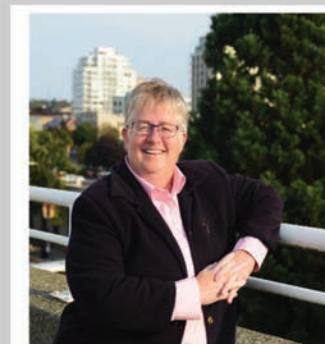
Acacia Ty Mawr	Douglas Care
Bevan Village	Hart House
Clover Point Care	St. Charles Manor
Craigdarroch Care Homes	Woodgrove Manor

THE CITY OF VICTORIA



OFFICE OF THE MAYOR

#### Greetings from Mayor Marianne Alto



On behalf of the City of Victoria, I am pleased to extend greetings to users of the Seniors 101 directory.

Victoria can be proud of our focus on community well-being, sustainability, arts and culture as well as parks, recreation and gathering spaces. These components are also part of our Senior's Action Plan – which aims to help make Victoria healthier and more livable for seniors.

Whether you are a resident, or visiting, I hope that you take time to look around you to see and acknowledge the Songhees and Xwsepsum Nations' historic and ongoing stewardship of our lands and waters, and to explore our beautiful city. 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.

Enjoy all the experiences Victoria has to offer!

Sincerely,

Marianne Alto  
Victoria Mayor

The City of Victoria recognizes the Songhees and Xwsepsum 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)



## Table of Contents

Information & Support Services .....	1
Art & Culture .....	5
Care Communities - Assisted, Independent, Long Term Care.....	6
Churches & Places of Faith & Meditation .....	14
Coaches & Counsellors.....	17
Delivery Services .....	18
Dentists, Denturists & Hygienists .....	18
Education & Lifelong Learning.....	22
End of Life Services .....	22
Financial & Legal Services .....	24
Fashion .....	26
Foot Care .....	26
Health Care Products & Services .....	27
Hearing Services.....	29
Home Care & Companion Services .....	30
Lifestyle .....	32
Markets .....	33
Medical Alarms & Equipment .....	34
Moving & Relocation .....	35
Optical Services .....	36
Pet Services .....	36
Pharmacies .....	37
Planned Giving .....	38
Real Estate Services .....	40
Renovation & Repairs .....	41
Senior Activity Centres .....	42
Service & Volunteer Organizations .....	44
Transportation .....	45
Travel & Vacations .....	46

## Information & Support Services



**All emergencies: 911**

### Fire

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

### Police

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

**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:**  
**250-370-8000**

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

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

If you have a question, would like to suggest a useful update, or you would like to place an ad, please call us at **250-246-1227**, or email us at **seniors101@shaw.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**



**Aboriginal Hope for Wellness**  
800-242-3310

**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/gov/content/health](http://www2.gov.bc.ca/gov/content/health)

**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  
text # 250-800-3806  
[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.canada.ca](http://www.canada.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)**  
Publications: 1-800-661-2121  
[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**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)

**Inter-Culture Association of  
Greater Victoria**  
#102 - 808 Douglas Street  
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**  
1-866-577-2525  
[www.legalaid.bc.ca](http://www.legalaid.bc.ca)

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

**Office of Seniors Advocate**  
1-877-952-3181  
[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

**Pacific Centre Family  
Services Association**  
250-478-8357  
[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](http://www.beaconcs.ca)

**Seniors 101 HELP LINE**  
**250-246-1227**  
[www.seniors101.ca](http://www.seniors101.ca)

**Seniors Abuse & Information  
Line (SAIL)**  
Information, Advocacy & Support  
**1-866-437-1940**  
[www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)

**Seniors & Mental Health**  
**250-388-2295**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Service Canada [CPP/OAS]**  
**1-800-277-9914**  
[www.canada.ca/en/employment-social-development](http://www.canada.ca/en/employment-social-development)

**Stroke Recovery Association**  
**1-604-688-3603**

**Uvic Institute on Aging**  
**250-721-6369**  
[www.uvic.ca/research/centres/aging](http://www.uvic.ca/research/centres/aging)

**Victim Link: 1-800-563-0808**  
[www.victimlinkbc.ca](http://www.victimlinkbc.ca)

**Victoria Brain Injury Society**  
**250-598-9339**  
[www.vbis.ca](http://www.vbis.ca)

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

**Victoria Hospice**  
**250-370-8715**  
[www.victoriahospice.org](http://www.victoriahospice.org)

**Victoria Men's Centre**  
**250-370-4636**  
[www.vicmen.org](http://www.vicmen.org)

**Victoria Women in Need**  
**250-480-4006**  
[www.womeninneed.ca](http://www.womeninneed.ca)

**Victoria Women's  
Transition House Society**  
**250-592-2927**  
[www.transitionhouse.net](http://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**

#### **Arts & Culture**

**Alix Goolden  
Performance Hall**  
**250-386-5311**  
[www.vcm.bc.ca/alix-goolden-hall](http://www.vcm.bc.ca/alix-goolden-hall)

**Art Gallery of  
Greater Victoria**  
**250-384-4171**  
[www.aggv.ca](http://www.aggv.ca)

**Arts Victoria**  
**1-888-618-6498**  
[www.artsvictoria.ca](http://www.artsvictoria.ca)

**Ballet Victoria**  
**250-380-6063**  
[www.balletvictoria.ca](http://www.balletvictoria.ca)

**Belfry Theatre**  
**250-385-6815**  
[www.belfry.bc.ca](http://www.belfry.bc.ca)

**Chinese Canadian Museum**  
**604-262-0990**  
[www.chinesecanadianmuseum.ca](http://www.chinesecanadianmuseum.ca)

**Emily Carr House**  
**250-383-5843**  
[www.carrhouse.org](http://www.carrhouse.org)

**Langham Court Theatre**  
**250-384-2142**  
[www.langhamtheatre.ca](http://www.langhamtheatre.ca)

**Pacific Opera Victoria &  
Baumann Centre**  
**250-385-0222**  
[www.pacificopera.ca](http://www.pacificopera.ca)

**Royal B.C Museum**  
**250-356-7226**  
[www.royalbcmuseum.bc.ca](http://www.royalbcmuseum.bc.ca)

**Royal & McPherson**  
ticket inquiries: **250-386-6121**  
Venu inquiries: **250-361-0800**  
[www.rmts.bc.ca](http://www.rmts.bc.ca)

**Victoria Conservatory of Music**  
**250-386-5311**  
[www.vcm.bc.ca](http://www.vcm.bc.ca)

**Victoria Film Festival**  
[www.victoriafilmfestival.com](http://www.victoriafilmfestival.com)

**Victoria Symphony**  
**250-385-6515**  
[www.victoriasymphony.ca](http://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](mailto: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/)

## Absolutely Organized

Organizing your whole home or small space is what we LOVE to do!  
From pantries to whole homes.

- ✓ Free consultations
- ✓ Downsizing
- ✓ Organizing & reorganizing
- ✓ Sorting, packing, unpacking
- ✓ Move coordination
- ✓ Staging
- ✓ Removal for donation & disposal
- ✓ Cleaning inside & out
- ✓ Property checks & care for vacant/empty homes

### 55+ Our Specialty

**778 678 6155**

From Cobble Hill to Greater Victoria

[welcome@absolutely-organized.ca](mailto:welcome@absolutely-organized.ca)  
[www.absolutely-organized.ca](http://www.absolutely-organized.ca)

### 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)

### Grafton Lodge

506 Grafton Street  
**250-384-2194**

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

### Hillside Terrace

1460 Hillside Avenue  
**250-383-1977**

### Victoria Cool Aid Society

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

### Jesken Aerie

817 Goldstream Avenue  
**250-474-1524**

### 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

408 Parry Street  
**250-382-4443**

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

### Sunrise Senior Living

920 Humboldt Street  
**250-220-6585**

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

## ISLAND WOMAN MAGAZINE

Women Sharing • Stories • Creativity  
• Ideas • Interests • Businesses



Share YOUR Story.

*Island Woman* **250-246-1227**  
[islandwoman@shaw.ca](mailto:islandwoman@shaw.ca)

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

## Independent Living



### Abbeyfield St. Andrews

10017- 5th Street, Sidney  
**250-652-5410**  
[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.alexandermackielodge.ca](http://www.alexandermackielodge.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)



**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)**Chartwell Vista Retirement Community**

622 Admirals Road

**778-247-0780**[www.chartwell.com](http://www.chartwell.com)**Cherish at Central Park**

917 Avrill 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)**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)**The Kensington by Optima**

3965 Shelbourne Street

**250-477-1232**[www.kensingtonseniors.ca](http://www.kensingtonseniors.ca)**Legion Manor Victoria**

7601 E. Saanich Rd., Saanichton

**250-652-3261**[www.legionmanorvictoria.com](http://www.legionmanorvictoria.com)**Luther Court Apartments**

1525 Cedar Hill Cross Road

**250-477-7241**[www.luthercourt.org](http://www.luthercourt.org)**Parkwood Place by Optima**

3051 Shelbourne Street

**250-598-1565**[www.parkwoodplaceseniors.ca](http://www.parkwoodplaceseniors.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**

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

**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)**Trillium Highgate Lodge**

1538 Cedar Hill Cross Road

**250-472-0077**[www.trilliumcommunities.com](http://www.trilliumcommunities.com)**Trillium Norgarden**

2300 Henry Avenue, Sidney

**250-656-8822**[www.trilliumcommunities.com](http://www.trilliumcommunities.com)**Trillium The Peninsula**

2290 Henry Avenue

**250-656-8827**[www.trilliumcommunities.com](http://www.trilliumcommunities.com)**Trillium West Shore Village**

333 Wale Road

**250-478-7527**[www.trilliumcommunities.com](http://www.trilliumcommunities.com)**The Wellesley**

2800 Blanshard Street

Jeff Nahnybida

**250-383-9099**[www.retirementconcepts.com](http://www.retirementconcepts.com)

**Long Term Care  
Memory Care**

**Aberdeen Hospital**  
1450 Hillside Avenue  
**250-388-2273**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Amica Jubilee House**  
1900 Richmond Road  
**250-592-1200**  
[www.amica.ca/jubilee-house](http://www.amica.ca/jubilee-house)

**Ayre Manor**  
6679 Sooke Road, Sooke  
**250-642-1750**  
[www.ayremanor.ca](http://www.ayremanor.ca)

**Ayre Manor Lodge**  
6754 Ayre Road, Sooke  
**250-642-1750**  
[www.ayremanor.ca](http://www.ayremanor.ca)

**Beacon Hill Villa**  
635 Superior Street  
**250-383-5447**  
[www.retirementconcepts.com](http://www.retirementconcepts.com)

**Beckley Farm Lodge**  
530 Simcoe Street  
**250-381-4421**  
[www.broadmeadcare.com](http://www.broadmeadcare.com)

**Berwick House**  
4062 Shelbourne Street  
**250-721-4062**  
[www.berwickretirement.com/bh/](http://www.berwickretirement.com/bh/)

**Brentwood House**  
1167 Stelly's Cross Road  
**250-652-0635**  
[www.broadmeadcare.com](http://www.broadmeadcare.com)

**Central Care Home**  
844 Johnson Street  
**250-812-1764**  
[www.phs.ca](http://www.phs.ca)

**Chartwell Vista  
Retirement Community**  
622 Admirals Road  
**778-247-0780**  
[www.chartwell.com](http://www.chartwell.com)

**Chinatown Care Centre**  
555 Herald Street  
**250-381-4322**  
[victoriachinatowncare.ca](http://victoriachinatowncare.ca)

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

**Glengarry**  
1780 Fairfield Road  
**250-388-2273**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Glenwarren Lodge**  
1230 Balmoral Road  
**250-383-2323**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Gorge Road Hospital**  
63 Gorge Road East  
Arbutus View: **250-516-3510**  
Water View: **250-519-3514**

**The Heights at Mt.View**  
3814 Carey Road  
**250-384-1313**  
[www.baptisthousing.org](http://www.baptisthousing.org)

**Island View Place**  
7013 East Saanich Road  
**250-652-0891**  
[www.islandviewplacecare.ca](http://www.islandviewplacecare.ca)

**James Bay Care Centre**  
336 Simcoe Street  
**250-388-6457**  
[www.reveraliving.com](http://www.reveraliving.com)

**The Kiwanis Pavilion**  
3034 Cedar Hill Road  
**250-598-2022**  
[www.kiwanispavilion.ca](http://www.kiwanispavilion.ca)

**Lodge at Broadmead**  
4579 Chatterton Way  
**250-658-0311**  
[www.broadmeadcare.com](http://www.broadmeadcare.com)

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

**Marrion Village**  
1968 Bee Street  
**250-592-2231**  
[www.baptisthousing.org](http://www.baptisthousing.org)

**Memorial Pavilion**  
1952 Bay Street  
**250-370-8000**

**Mount St. Mary**  
861 Fairfield Road  
**250-388-2273**  
[www.mountstmary.ca](http://www.mountstmary.ca)

**Mount Tolmie Hospital**  
3690 Richmond Road  
**250-388-2273**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Nigel House**  
846 Nigel Avenue  
**250-475-2050**

**Oakwood Manor by Optima**  
3000 Shelbourne Street  
**250-598-1575**  
[www.oakwoodmanorseniors.ca](http://www.oakwoodmanorseniors.ca)

**Piercy Respite Hotel**  
1454 Hillside Road  
**1-877-370-8699**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Priory & Heritage Woods**  
567 Goldstream Avenue  
Langford  
**250-370-5626**  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Rest Haven Lodge**  
2281 Mills Road  
Sidney, BC  
**250-656-0717**  
[www.broadmeadcare.com](http://www.broadmeadcare.com)

**Saanich Peninsula Hospital**  
2166 Mount Newton X Road  
Saanichton  
**250-544-7676**  
[www.islandhealth.ca](http://www.islandhealth.ca)



### **Sandringham Hospital**

1650 Fort Street

**250-595-2313**

[reveraliving.com](http://reveraliving.com)

### **Selkirk Place**

385 Waterfront Crescent

**250-940-1028**

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

### **Sidney All Care Residence**

2269 Mills Road, Sidney

Terra Munro

[tmunro@allcarecanada.ca](mailto:tmunro@allcarecanada.ca)

**778-351-2505**

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

### **Sidney Care Home**

9888 Fifth Street

Sidney BC

**250-656-0121**

[www.tgcare.com/sidney](http://www.tgcare.com/sidney)

### **Sluggett House**

1336 Marchant Road,

Brentwood Bay

**250-544-0925**

### **Sunrise Senior Living**

Amanda Price

920 Humboldt Street

**250-220-6585**

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

### **Sunset Lodge**

952 Arm Street

**250-385-3422**

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

### **Trillium Clover Point Care**

90 Linden Avenue

**250-590-7885**

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

### **Trillium Craigdarroch Care**

1048 Craigdarroch Road

**250-595-3813**

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

### **Trillium Douglas Care**

657 Niagara Street

**250-383-9011**

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

### **Trillium Hart House**

1961 Fairfield Road

**250-598-3542**

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

### **Trillium**

#### **Saint Charles Manor**

1006 St. Charles Street

**250-595-4255**

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

### **Subsidized Housing**

#### **Carey Place**

3812 Carey Road

**250-414-7280**

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

#### **Elgin Gardens**

1787 Elgin Road

**250-592-2231**

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

#### **Linwood Court**

3200 Linwood Avenue

**250-380-5496**

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

#### **Marrion Village**

1968 Bee Street

**250-592-2231**

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

## **Supporting Independence**



**250-382-2328**  
[careandcompanygroup.ca](http://careandcompanygroup.ca)

**Care & Company**  
HOME CARE SERVICES



Lonely senior?

Our certified therapy dogs  
are the answer.

Private or group visits to  
homes and care communities.

First visit free – ask us how!

778-922-7297 • [healinghounds.ca](http://healinghounds.ca)



**Rehab in the Home**  
Physiotherapy  
that comes to You!  
Call **250-419-6855**  
[www.rehabinthehome.ca](http://www.rehabinthehome.ca)

**Helping you get your affairs in order.**

- Orderly Affairs Guide
- Advance Care Planning
- Aging Navigation Education

**250.658.4828**  
[info@orderlyaffairs.ca](mailto:info@orderlyaffairs.ca) | [www.orderlyaffairs.ca](http://www.orderlyaffairs.ca)

**ORDERLY AFFAIRS**

## Churches, Places of Faith & Meditation



### **Anglican Church of St. John the Divine**

1611 Quadra Street  
**250-383-7169**

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

### **Broadmead United**

3703 St Aidans Street  
**250-590-3677**

[office@broadviewunited.com](mailto:office@broadviewunited.com)

### **Centennial United**

649 Gorge Road East  
**250-384-6424**

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

### **Central Baptist**

Pandora Avenue  
**250-385-7786**

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

### **Christ Church Cathedral**

930 Burdett Avenue  
**250-383-2714**

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

### **Christ Community**

3897 Holland Avenue  
**250-479-3227**

### **Church of Truth**

111 Superior Street  
**250-382-5412**

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

### **Congregation Emanu-el Synagogue**

1461 Blanshard Street  
**250-382-0615**

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

### **Cordova Bay United**

813 Claremont Avenue  
**250-658-5911**

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

### **Cornerstone Christian Fellowship**

2124 Chambers Street  
**250-380-3821**

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

### **Elk Lake Baptist**

5349 Hampsterly Road  
**250-658-8111**

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

### **Emmanuel Baptist**

2121 Cedar Hill Cross Road  
**250-592-2418**

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

### **Fairfield United**

1303 Fairfield Road  
**250-384-2425**

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

### **First Baptist**

877 North Park Street  
**250-383-6011**

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

### **First Unitarian Church of Victoria**

5575 West Saanich Road  
**250-744-2665**

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

### **Glad Tidings**

1800 Quadra Street  
**250-384-7633**

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

### **Good Shepherd Lutheran**

2815 Cedar Hill Road  
**250-658-8704**

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

### **Gurdwara Singh Sabha**

470 Cecelia Road  
**250-475-2280**

### **Holy Cross Catholic Parish**

4049 Gordon Head Road  
**250-477-5321**

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

### **Hope Lutheran**

1924 Carrick Street  
**250-592-4124**

[www.lutheranchurch-canada.ca](http://www.lutheranchurch-canada.ca)

### **James Bay United**

511 Michigan Street  
**250-384-5821**

### **Knox Presbyterian**

2964 Richmond Road  
**250-592-6323**

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

### **Lambrick Park**

1780 Feltham Road  
**250-477-9721**

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

### **Lutheran Church of the Cross**

3787 Cedar Hill Road  
**250-477-6222**

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

### **Mustard Seed**

625 Queens Avenue  
**250-953-1575**

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

### **Oak Bay United**

1355 Mitchell Street  
**250-598-5021**

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

### **Peninsula Anglican**

Mount Newton Cross Road  
**250-656-2721**

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

### **Punjabi Akali Sikh Temple**

2721 Graham Street  
**250- 386-1081**

### **Redeemer Lutheran**

324 Jacklin Road  
**250-478-4149**

### **Saanich Peninsula Friends**

1229 Clark Road  
**250-652-5434**

### **Saanich Peninsula Presbyterian**

9296 East Saanich Road  
**250-656-2241**

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

### **Saanich Peninsula Roman Catholic Parish**

10030 Third Street  
**250-656-7433**

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



**St. Andrews Anglican**  
9691 4th Street, Sidney  
**250-656-5322**  
[www.standrewssidney.ca](http://www.standrewssidney.ca)

**St. Andrew's Cathedral**  
740 View Street  
**250-388-5571**  
[www.standrewscathedral.com](http://www.standrewscathedral.com)

**St. George the Martyr Anglican**  
3909 St. George's Lane  
**250-472-2090**  
[stgeorgcadborobay.ca](http://stgeorgcadborobay.ca)

**St. George Ukrainian Orthodox**  
1100 Colville Road  
**250-381-1352**

**St. Martin-in-the Fields Anglican**  
550 Obed Avenue  
**250-386-7321**

**St Paul's United**  
2410 Malaview Avenue, Sidney  
**250-656-3213**  
[www.stpaulsunitedbc.com](http://www.stpaulsunitedbc.com)

**The Salvation Army**  
4030 Douglas Street  
**250-383-6290**

**Sikh Temple KDS Victoria**  
1210 Topaz Avenue  
**250-294-6822**  
[www.sikhemplekds victoria.ca](http://www.sikhemplekds victoria.ca)

**Temple Yeshua**  
886 Craigflower Road  
**250-477-2763**  
[www.templeyeshua.com](http://www.templeyeshua.com)

**Ukrainian Catholic Church of St. Nicholas**  
1110 Caledonia Avenue  
**250-384-2292**

**Unitarian Church of Victoria**  
5575 West Saanich Road  
**250-744-2665**

**Victoria Christadelphian Ecclesia**  
1396 McKenzie Avenue  
**250-477-2112**  
[www.victoriabiblestudy.com](http://www.victoriabiblestudy.com)

**Victoria 7th-Day Adventist**  
983 Pandora Avenue  
**250-383-1510**  
[www.churchinvictoria.org](http://www.churchinvictoria.org)



## Retirement Living at Shannon Oaks

Providing comfort, community and wellness in Independent Living

Call for a Personal Tour Today

**250-595-6257**

  
**SHANNON OAKS**  
VICTORIA

A BAPTIST HOUSING COMMUNITY

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



## Coaches, Counsellors & Advocates



**Advanced Grief Recovery Specialist** Hounaida Bellasfar  
**250-948-8734**  
[www.welcomeyourdream.com](http://www.welcomeyourdream.com)

**Boost Potential**  
Anna Harvey  
**Retirement Coaching & Workshops**  
[www.BoostPotential.ca](http://www.BoostPotential.ca)

**Kathleen Bellamano** BSW, RSW  
**250-213-7898**  
[www.katbellamano.com](http://www.katbellamano.com)

## Life After Work

Anne Griffin  
**415-428-1502**  
[www.lifeafterworkconsulting.ca](http://www.lifeafterworkconsulting.ca)

**Navigating Healthcare**  
Beth Campbell Duke  
**250-650-1527**  
[NavigatingHealthcare.ca](http://NavigatingHealthcare.ca)

**NextStep - Advocacy Services for Seniors**  
Melanie Murray  
**250-886-8808**  
[melaniemurray@nextstepvictoria.ca](mailto:melaniemurray@nextstepvictoria.ca)  
[www.nextstepvictoria.ca](http://www.nextstepvictoria.ca)

**Office of the Seniors Advocate**  
1405 Douglas Street 6th flr  
information & referral line:  
**250-952-3181**  
[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)



## WHAT IF...

home was a place where laughter, friendship, and joy filled the air?

[Contact us to learn more!](#)



 **250-598-1575**  
[oakwoodmanorseniors.ca](http://oakwoodmanorseniors.ca)  
3000 Shelbourne Street, Victoria

Long-Term Care



 **250-598-1565**  
[parkwoodplaceseniors.ca](http://parkwoodplaceseniors.ca)  
3051 Shelbourne Street, Victoria

Independent Living



 **250-477-1232**  
[kensingtonseniors.ca](http://kensingtonseniors.ca)  
3965 Shelbourne Street, Victoria

Independent Living

Canadian owned and operated 

## Delivery Services



**Beacon Community Service**  
Saanich Peninsula  
**250-656-5537**  
[www.beaconcs.ca](http://www.beaconcs.ca)

**Better Meals**  
**888-838-1888**  
[www.bettermeals.ca](http://www.bettermeals.ca)

**Capital City Volunteers  
Better at Home Program**  
547 Michigan Street  
**280-388-7844 ext. 310**  
[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

**Chef on the Run**  
2020 Oak Bay Avenue  
**250-595-3151**  
[www.chefontherun.ca](http://www.chefontherun.ca)

**Heart to Home Meals**  
627 Dunedin Street  
**250-812-1974**  
[downton67@gmail.com](mailto:downton67@gmail.com)

**SendialThrifty Foods**  
**250-544-1234 ext 2**  
[www.thriftyfoods.com](http://www.thriftyfoods.com)

**Wolfmeal Prep**  
**250-217-6465**  
[www.wolfmealprep.com](http://www.wolfmealprep.com)

## Denturists, Dentists & Hygienists



**Cook Street Denture Clinic**  
**314-A Cook Street**  
**250-386-5599**  
[cookstdenture@shaw.ca](mailto:cookstdenture@shaw.ca)  
[www.victoriadenturist.ca](http://www.victoriadenturist.ca)

**Hillside Dental Centre**  
15-1644 Hillside Avenue  
**250-592-8282**  
[www.hillsidedentalcentre.com](http://www.hillsidedentalcentre.com)

**Oak Bay Dental Clinic**  
2015 Oak Bay Avenue  
**250-592-3013**  
[www.oakbaydentalclinic.ca](http://www.oakbaydentalclinic.ca)

**Royal Jubilee Denture Clinic**  
#300-1964 Fort Street  
**250-592-8338**  
[www.rjdc.ca](http://www.rjdc.ca)

**Royal Oak Denture Clinic**  
4468B West Saanich Road  
**250-744-2512**  
[www.royaloakdentureclinic.com](http://www.royaloakdentureclinic.com)

**Sidney Harbour Dental**  
9833 3rd Street  
**604-359-1563**  
[www.sidneydental.ca](http://www.sidneydental.ca)

## Give Your Home the Fresh, Clean Look



**CALL 604-803-1042**

[horizonhomecareltd@gmail.com](mailto:horizonhomecareltd@gmail.com) | [www.horizonhomecare.ca](http://www.horizonhomecare.ca)

## Rexall HOME HEALTH CARE

**Ostomy  
Walkers  
Scooters**

**Compression Wear  
Braces  
Lift Chairs**

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



## Quality Home Medical & Mobility Equipment



**ISLANDMEDIQUIP**

Home Medical Equipment Specialists



Island Owned & Operated Since 2003 • Toll Free 1.800.231.7188 • [islandmediquip.com](http://islandmediquip.com)





## 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

SENIOR LIFESTYLES

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



## INSPIRED 55+ lifestyle magazine

**Proud Ambassadors of the 55+ Lifestyle**

Our monthly print magazine features inspiring people who are living  
life to its fullest. Discover products and services to meet your unique  
lifestyle. Dive into stories that resonate with real-life experiences.

Grab a free copy at locations across Victoria and Vancouver,  
including grocery stores and recreation centers. Or opt for the  
convenience of home delivery with our paid subscriptions.  
Follow us online at [www.seniorlivingmag.com](http://www.seniorlivingmag.com)



### Enjoy These Related Products and Services



#### 55+ Lifestyle Show

Inspiring ideas, products and  
services for people over 55.



#### 55+ Travel Club

In person travel presentations in Victoria,  
Vancouver & Nanaimo, regular newsletters,  
travel buddy network events, hosted trips.

**HEART TO  
HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

Scott & Debra Downton - Owners



Order



Deliver



Enjoy

**Toll Free: 1-844-812-1974 | Phone: 778- 486-9889**

Lunch & Dinner | Breakfast | Soup | Dessert | Special Diets  
[www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

## Education & Lifelong Learning



**Camosun College**  
3100 Foul Bay Road  
4461 Interurban Road  
**250-370-3000**  
[www.camosun.ca](http://www.camosun.ca)

**Royal Roads University**  
2005 Sooke Road  
**1-877-778-6227**  
[www.royalroads.ca](http://www.royalroads.ca)

**UVIC, Institute on Aging & Lifelong Health**  
(Self-Management BC)  
**1-866-902-3767**  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

**VIU Elder College**  
900 Fifth Street  
**1-888-920-2221**  
[www.lifetimelearningcentre.org](http://www.lifetimelearningcentre.org)



Lonely senior?  
Our certified therapy dogs  
are the answer.  
Private or group visits to  
homes and care communities.  
First visit free – ask us how!  
**778-922-7297 • [healinghounds.ca](http://healinghounds.ca)**



## End of Life Services



**Earth's Option Cremation & Burial Services**  
4392 West Shore Parkway  
**778-440-8500**  
[info@earthsoption.com](mailto:info@earthsoption.com)  
[www.earthsoption.com](http://www.earthsoption.com)

**Care Funeral Services Ltd.**  
934 Goldstream Avenue  
Victoria Office  
**250-391-9696**

9787 Fourth Street, Sidney  
**250-655-9669**

2016 Sheilds Road, Sooke  
**250-642-2444**  
[www.carefuneral.com](http://www.carefuneral.com)

**First Memorial Funeral Services**  
4725 Falaise Drive  
**250-658-5244**

1155 Fort Street  
**250-384-5512**  
[www.dignitymemorial.com](http://www.dignitymemorial.com)

**Hatley Memorial Gardens Cemetery**  
2050 Sooke Road  
**250-478-1754**  
[www.hatleymemorial.ca](http://www.hatleymemorial.ca)

### Karla Kerr End of Life Planning & Care

Home Funerals & Values Base Planning  
[www.karlakerr.ca](http://www.karlakerr.ca)

**McCall Gardens Funeral and Services**  
4665 Falaise Drive  
**250-365-4465**  
[www.mccallgardens.com](http://www.mccallgardens.com)

**McCall Gardens Downtown**  
#1-1315 Cook Street  
**250-385-4465**  
[www.mccallgardens.com](http://www.mccallgardens.com)

**Orderly Affairs**  
Daralynn Wei  
**250-658-4828**  
[info@orderlyaffairs.ca](mailto:info@orderlyaffairs.ca)  
[www.orderlyaffairs.ca](http://www.orderlyaffairs.ca)

**Royal Oak Burial Park**  
4673 Falaise Drive  
**250-658-5621**  
[www.royaloakburialpark.ca](http://www.royaloakburialpark.ca)

**Sands Funeral Chapel**  
1803 Quadra Street  
**250-388-5155**  
  
317 Goldstream Avenue  
**250-478-3821**  
[www.sandscolwood.ca](http://www.sandscolwood.ca)

**Salt Spring Island Natural Cemetery**  
2100 Fulford-Ganges Road  
**250-653-9884**  
[www.saltspringcemetery.ca](http://www.saltspringcemetery.ca)

**Veterans Cemetery National Historic Site**  
1190 Colville Road  
**1-866-522-2122**

*"After 3 Decades, Our Name Still Says it All."*

**Victoria Office**  
934 Goldstream Ave  
Victoria, V9B 3Z2  
**(250) 391-9696**

**Sidney Office**  
9787 Fourth St  
Sidney, BC V8L 2Y9  
**(250) 655-9669**

**Sooke Office**  
2016 Sheilds Road  
Sooke, BC V9Z 0E5  
**(250) 642-2444**

*LARGE enough to serve every need. small enough to CARE*

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



**C·A·R·E**  
Funeral Services





## Financial & Legal Services



**Baker Tilly Victoria Ltd.**  
#540-645 Fort Street  
**250-386-0500**  
[www.btvic.com](http://www.btvic.com)

**C.E. Craig & Associates**  
Licensed Insolvency Trustee  
204 - 2736 Quadra Street  
**250-386-8778**  
[www.cecraig.com](http://www.cecraig.com)

**Coast Capital Tillicum**  
3170 Tillicum Rd Unit 169

**Coast Capital Broadmead**  
777 Royal Oak Dr Unit 150

**Coast Capital Bay Centre**  
#212-1150 Douglas Street

**Colleen Craig, CPA CA, CIRP**  
Licensed Insolvency Trustee  
204-2736 Quadra Street  
**250-386-8778**  
[www.cecraig.com](http://www.cecraig.com)

**Enabled Financial Solutions**  
132 - 328 Wale Road  
**1-877-381-2610**  
[www.dtcassist.ca](http://www.dtcassist.ca)

**Downsizing your home? Financial Advisor Retiring?**

**Book a complimentary portfolio review today!**



**Pam Katunar**  
Wealth Manager  
**250.405.2455**



**April Dorey Hartwig**  
Wealth Manager  
**250.405.2429**



**Chad Katunar**  
Wealth Manager  
**250.405.2423**

[www.heartwealth.ca](http://www.heartwealth.ca) | [pam.katunar@raymondjames.ca](mailto:pam.katunar@raymondjames.ca)



**Jacqueline Horton**  
The Genesis Law Group  
**250-475-0775**  
E: [jhorton@genesislawgroup.ca](mailto:jhorton@genesislawgroup.ca)

**Heart Wealth Management**  
Group of Raymond James Ltd.  
#1000-1175 Douglas Street  
**250-405-2455**  
E: [pam.katunar@raymondjames.ca](mailto:pam.katunar@raymondjames.ca)  
E: [april.dorey@raymondjames.ca](mailto:april.dorey@raymondjames.ca)

**Select Mortgage Locations**  
102-1497 Admirals Road  
**250-483-1360**  
106-3212 Jacklin Road  
**250-391-2933**  
1A-111 Presley Place  
**250-590-2777**  
219-2186 Oak Bay Avenue  
**250-370-7601**  
[www.selectmortgage.com](http://www.selectmortgage.com)

**Senior Abuse & Prevention Line (SAIL)**  
**1-866-437-1940**

**Victim Link**  
**1-800-563-0808**  
E: [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca)  
W: [victimlinkbc.ca](http://victimlinkbc.ca)

**Westland Insurance**  
#105 - 176 Wilson Street  
**250-419-0015**  
#106 - 3680 Uptown Blvd  
**250-405-5040**  
[www.westlandinsurance.ca](http://www.westlandinsurance.ca)



**NextStep** Compassionate, personalized support for seniors & families when it matters most.

- Guidance through life transitions
- Help with home, health & care decisions
- Support for legal & financial next steps
- Trusted referrals and local experts
- Peace of mind for families near and far



**250-886-8808** | [www.nextstepvictoria.ca](http://www.nextstepvictoria.ca)



**FAMILY OWNED | MOBILE**  
BC BASED FUNERAL GROUP | ECOFRIENDLY

**We bring our care to your doorstep**

Pre-Planning, We accept all prearrangements  
Green burials, Ecofriendly caskets & urns  
Low overhead, No commissioned sales  
Sea scattering & International shipping  
Honouring Memorial Society Memberships

**778 440 8500**  
[www.EarthsOption.com](http://www.EarthsOption.com)

RSR Family Holdings Ltd.



## Fashion



### **Citizen Clothing (Men's)**

551 Johnson Street

**250-590-6716**

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

### **House of Savoy Consignment**

1869 Oak Bay Avenue

**250-598-3555**

### **Home Health Care Supply**

Adaptive Clothing

**250-474-6966**

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

### **Just For You Fashions**

3142 Cedar Hill Road

**250-598-1852**

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

## Foot Care



### **Natural Foot Care**

Diane Curet (LPN)

Caring safely for your feet

Call/Text: **250-686-3504**

**Call: 250-590-1152**

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

### **South Island Nursing**

**Footcare (SINFA)**

**250-413-3128**

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

### **Vancouver Island**

**Foot Care Nurse**

**250-986-3668**

[info@vifcn.ca](mailto:info@vifcn.ca)

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

## Health Care Aides Products & Services



### **Anti-Slip Anywhere**

Flooring material

**855-582-7233**

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

### **Canada Scooters**

2005 Cook Street

**250-383-7383**

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

### **Canadian Red Cross**

909 Fairfield Road

**250-382-2043**

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

### **Health Essentials**

#101 300 Gorge Road West

**250-590-5524**

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

### **Home Health Care Supply**

875 Cecil Blogg Drive

**250-474-6966**

### **House of Nutrition**

#4-1516 Fairfield Road

**250- 595-5387**

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

### **Island Mediquip**

750 Enterprise Crescent

**250-391-0388**

[islandmediquip.com](http://islandmediquip.com)

## **Joyful Moments Elder Care Services**

Kate Thwaites

Companion care, activities, respite  
care for caregivers.

**250-580-3433**

E: [kate.thwaites@telus.net](mailto:kate.thwaites@telus.net)

## **Lifestyle Markets**

180-2950 Douglas Street

**250- 384-3388**

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

## **Rexall Home Health Care**

3098 Nanaimo Street

**250-384-7196**

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

## **Sidney Natural Foods**

2473 Beacon Avenue, Sidney

**250- 656-4634**

## **Soul Comfort Natural Sheepskin/Wool Products**

**1-800-404-0622**

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

## **Triangle Healing Products**

770 Spruce Avenue

**250-370-1818**

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

## **Water Down in-Home Bathing Services**

Tina Hyatt, LPN

**250-516-2351**

E: [waterdown@shaw.ca](mailto:waterdown@shaw.ca)

*We care at Pacific Coast!*



**250-389-0202**

### **We offer:**

- ✓ Service in Victoria and Nanaimo
- ✓ Compassionate and Professional Staff
- ✓ From Companion to Personal Care
- ✓ Special Training for Special Needs
- ✓ Nursing Management and Oversight
- ✓ Client Status Reports
- ✓ We can be reached 24/7

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



## To care for your ears is to care for yourself

<b>DOWNTOWN</b>	250-590-1121
<b>FAIRFIELD</b>	250-590-2088
<b>GORDON HEAD</b>	250-385-1111
<b>OAK BAY</b>	250-598-9884
<b>ROYAL OAK</b>	250-590-6569
<b>SIDNEY</b>	778-351-4600
<b>SOOKE</b>	778-352-3277
<b>WESTSHORE</b>	250-590-3277



Formerly **NEXGEN HEARING**

Love your ears

WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NIHB accepted.  
Registered under the College of Speech and Hearing Health Professionals of BC.



## CHANGING PLACES DOWNSIZING SERVICES

### Get "Realtor Ready"

Helping seniors & their families  
downsize & move since 1991

**PACKING • REMOVAL • CLEANING  
CONTRACTING • TRANSPORTATION  
• CUSTOM SERVICES •**

**CALL TODAY FOR YOUR FREE CONSULTATION**

**(250) 721-4490**

**www.changingplaces.ca**



## Hearing Services



**HearCANADA**  
#102-1821 Fort Street  
**250-595-2388**  
[www.hearcanada.com](http://www.hearcanada.com)

**Hearing Care Clinic**  
C3-100 Aldersmith Place  
**250-590-1118**  
[www.hearingcareclinic.ca](http://www.hearingcareclinic.ca)

360-2720 Mill Bay Road  
**250-929-4468**  
[www.hearingcareclinic.ca](http://www.hearingcareclinic.ca)

**HearingLife**  
*formerly NexGen Hearing*  
[www.hearinglife.ca](http://www.hearinglife.ca)

617 Fort Street  
**250-590-1121**

10-1516 Fairfield Road  
**250-590-2088**

102-3930 Shelbourne Street  
**250-385-1111**

2215 Oak Bay Avenue  
**250-598-9884**

201-4500 West Saanich Road  
**250-590-6569**

2-9764 Fifth Street,  
Sidney  
**778-351-4600**

201-2537 Beacon Avenue,  
Sidney  
**1-888-443-9361**

Saanich Plaza  
3560 Blanshard Street  
**1-888-442-9323**

1B-6631 Sooke Road  
**778-352-3277**

112-3022 Merchant Way  
**250-590-3277**

**Island Deaf + Hard of  
Hearing Centre**  
130-1555 McKenzie Avenue  
**250-592-8144**  
[www.idhhc.ca](http://www.idhhc.ca)



**HEARING CARE CLINIC™**

*Your Personal Hearing Aid Provider*

*"I don't need to strain anymore or wonder what I have missed.  
The service was excellent, the personnel delightful."*

**Locations in Victoria, Mill Bay & Chemainus**  
**250-590-1118 • 250-929-4468 • 250-324-4002**



## Home Care & Companion Services



**Bayshore Home Health**  
#103-1831 Oak Bay Avenue  
**250-370-2253**  
[www.bayshore.ca](http://www.bayshore.ca)

**Care and Company Ltd.**  
Unit 343-4000 Douglas Street  
**250-382-2328**  
[www.seniorcarevictoria.ca](http://www.seniorcarevictoria.ca)

**Comfort Keepers**  
#207 1001 Cloverdale  
**778-265-5999**  
E: [margo@comfortkeepers.ca](mailto:margo@comfortkeepers.ca)

**Healing Hounds**  
Therapy Dog Service  
**778-922-7297**  
[hello@healinghounds.ca](mailto:hello@healinghounds.ca)  
[www.healinghounds.ca](http://www.healinghounds.ca)

**Helping Hands Personal Support Services**  
**250-881-0118**  
[www.helpinghandspss.ca](http://www.helpinghandspss.ca)

**Home Care Assistance**  
#16-21 Dallas Road  
**250-592-4881**  
[www.homecareassistancevictoria.ca](http://www.homecareassistancevictoria.ca)

**Home Instead**  
In-Home Senior Care  
622 Admirals Rd Suite 1005  
**250-382-6565**  
[www.HomeInstead.com/VictoriaBC](http://www.HomeInstead.com/VictoriaBC)

**Joyful Moments Elder Care Services**  
**250-580-3433**  
[kate.thwaites@telus.net](mailto:kate.thwaites@telus.net)

**KINpanion Services**  
**250-881-8100**  
[kinpanion@gmail.com](mailto:kinpanion@gmail.com)  
[victoriakinpanionservices.com](http://victoriakinpanionservices.com)

**LUXCARE Lifestyle Inc.**  
115-1773 Feltham Road  
**250-590-1689**  
[www.luxcarelifestyle.com](http://www.luxcarelifestyle.com)

**Molly Maid**  
**250-984-7042**  
[www.mollymaid.ca](http://www.mollymaid.ca)

**Pacific Coast Health Services**  
2631 B Douglas Street  
**250-389-0202**  
[www.pacificcoasthealthservices.ca](http://www.pacificcoasthealthservices.ca)

**Qualicare**  
Kim Duffus  
**778-678-7488**  
[www.qualicare.com/southisland](http://www.qualicare.com/southisland)

**Rehab in the Home**  
**250-419-6855**  
E: [info@rehabinthehome.ca](mailto:info@rehabinthehome.ca)  
[www.rehabinthehome.ca](http://www.rehabinthehome.ca)

**Serenity Home Care**  
#103-1831 Oak Bay Avenue  
Victoria, Sidney & The West Shore  
**778-654-7121**  
[www.serenityhomecare.ca](http://www.serenityhomecare.ca)

**Surework Home Care Solutions**  
304-1095 McKenzie Avenue  
**250-361-2028**  
2091-2513 Beacon Avenue  
**250-984-7615**  
[www.sureworksolutions.com](http://www.sureworksolutions.com)

# Too Young for Bingo? Too Old for Break Dancing?

## Join us at SilverThreads Service

Health, Wellness & Social Programs  
for 55+ Helping older adults fit in  
since 1956

**Visit [www.silverthreads.ca](http://www.silverthreads.ca)  
for more information**

**Saanich Centre**  
286 Hampton Rd. | 250 382-3151

**Victoria Centre**  
1911 Quadra St. | 250 388-4268



## Lifestyle



### CanAssist UVic

Request an Assistive Technology  
**250-472-4888**  
[canassistprodev@uvic.ca](mailto:canassistprodev@uvic.ca)  
[www.canassist.ca](http://www.canassist.ca)

### HealthLink BC 811

[www.healthlinkbc.ca/healthwise/healthy-aging](http://www.healthlinkbc.ca/healthwise/healthy-aging)



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

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



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

### Inspired 55+ Lifestyle

Celebrating the 55+ demographic  
**250-479-4705**  
[www.seniorlivingmag.com](http://www.seniorlivingmag.com)

### Island Woman Magazine

Celebrating the women of Van. Isle.  
 P.O. Box 41, Chemainus  
**250-246-1227**  
[www.islandwoman.ca](http://www.islandwoman.ca)

### SeniorsNews

A Franchisee of Wellness Canada Inc.  
**250-516-5302**  
 E: [JimB@wellnessnews.ca](mailto:JimB@wellnessnews.ca)

### Victoria Ballroom Dance Society

E: [infor@vbds.org](mailto:infor@vbds.org)  
[www.vbds.org](http://www.vbds.org)

### Victoria Curling Club

1952 Quadra Street  
**250-386-6396**  
[www.victoriacurlingclub.com](http://www.victoriacurlingclub.com)

### Victoria Lawn Bowling Club

100 Cook Street  
**250-383-5851**  
[www.victorialbc.com](http://www.victorialbc.com)



**Physiotherapy**  
 that comes to You!  
 Call **250-419-6855**  
[www.rehabinthehome.ca](http://www.rehabinthehome.ca)

## Markets



### Bastion Square Market

Bastion Square  
 from Wharf to Government  
[bastionsquareom@gmail.com](mailto:bastionsquareom@gmail.com)

### Chemainus Public Market

9790 Willow Street, Chemainus  
**250- 324 -4710**

### Esquimalt Community Market

Esquimalt Town Square  
**250-385-7658**  
[www.esquimaltmarket.com](http://www.esquimaltmarket.com)

### James Bay Market

Corner of Menzies & Superior  
 Sat 9 am-3pm May 2-Sept 26  
[www.jamesbaymarket.com](http://www.jamesbaymarket.com)

### Moss Street Market

Porter Park and Brooke St Park  
 Sat 10 am-2 pm May-Oct  
 Sat 10 am-1 pm Nov-Apr  
[www.mossstreetmarket.com](http://www.mossstreetmarket.com)

### Oaklands Sunset Market

2827 Belmont Avenue  
 Wed 4:30-8:30 pm Jul 8-Sept 2  
[www.oaklandscommunitycentre.com](http://www.oaklandscommunitycentre.com)

### Oak Bay Seafood

2024 Oak Bay Avenue  
**778-432-0227**  
[www.oakbayseafood.com](http://www.oakbayseafood.com)

### Peninsula Country Market

Saanich Fair Grounds  
 1528 Stelly's Cross Road  
[www.peninsulacountrymarket.ca](http://www.peninsulacountrymarket.ca)

### Red Barn Market

751 Vanalman Avenue  
**250-888-6713**  
[www.redbarnmarket.ca](http://www.redbarnmarket.ca)

### Sidney Street Thursday Night Market

2466 Beacon Avenue #2504  
**250-507-0108**  
[www.sidneystreetmarket.com](http://www.sidneystreetmarket.com)

### Sooke Country Market

John Phillips Park  
 2201 Otter Point Road  
[www.sooke.org/countrymarket](http://www.sooke.org/countrymarket)

### Victoria Market Collective

225-1150 Douglas Street  
**778-406-1150**  
[victoriamarketcollective.com](http://victoriamarketcollective.com)



## Medical Alarms & Equipment



**Canadian Red Cross**  
909 Fairfield Road  
**250-382-2043**  
[www.redcross.ca](http://www.redcross.ca)

**Canada Scooters**  
2005 Cook Street  
**250-383-7383**  
[www.canadascooters.com](http://www.canadascooters.com)

## FREE ASSISTANCE FOR SENIORS WHO NEED HELP LOOKING AFTER THEIR DOG

- Dog Walking
- Transportation to Vet Appts.
  - Picking up Dog Food
- Minor grooming & Hygiene
- Temporary Care During Hospitalization/Rehoming



**ELDERDOG**  
CANADA

[elderdogvictoriadr@gmail.com](mailto:elderdogvictoriadr@gmail.com)

## City Wide Scooter

725 Goldstream Avenue  
**250-478-2978**  
[www.citywidescooters.ca](http://www.citywidescooters.ca)

## Home Health Care Supply

875 Cecil Blogg Drive  
**250-474-6966**

## Island Mediquip

750 Enterprise Crescent  
**250-391-0388**  
[www.islandmediquip.com](http://www.islandmediquip.com)

## Motion

1856 Quadra Street  
**250-384-8000**  
[www.motioncares.ca/location/victoria](http://www.motioncares.ca/location/victoria)

## Philips Lifeline

**1-888-832-6073**  
[www.lifeline.ca](http://www.lifeline.ca)

## Vancouver Island Stairlifts

**250-634-0467**  
[www.vancouverislandstairlifts.ca](http://www.vancouverislandstairlifts.ca)



**Want Flawless Drywall Results?**

Transform your space today with 30+ years of quality craftsmanship and professional expertise.

*"He gets things done in a timely manner and he is very conscious of his surroundings. He takes time to ensure we are as dust free as possible while working inside the home."*  
Judie Robertson

**Andy's DRYWALL LTD**  
**250-889-9899**  
[www.andysdrywall.ca](http://www.andysdrywall.ca)

## Moving & Relocation



## Absolutely Organized

Serving Victoria to Cobble Hill  
Kathie Wagner  
**778-678-6155**  
[absolutely-organized.ca](http://absolutely-organized.ca)

## Changing Places

Serving South Vancouver Island  
**250-721-4490**  
[www.changingplaces.ca](http://www.changingplaces.ca)

## Couvur Logistics

Moving Company  
**778-269-4564**  
[cougurlogistics.ca](http://cougurlogistics.ca)

## Different Path Services

**250-891-5969**  
[www.differentpathservices.com](http://www.differentpathservices.com)

## Handyman Connection

598 Head Street  
**250-384-496**  
[www.handymanconnection.com](http://www.handymanconnection.com)

## Hendra Moving & Storage

#102 - 6649 Butler Crescent  
**250-477-6514**  
[www.hendramoving.com](http://www.hendramoving.com)

## Pack on Track

**250-618-3135**  
[www.pack-on-track.com](http://www.pack-on-track.com)

## Paramount Moving

1604 Derby Road  
**250-217-4724**  
[www.paramountmoving.ca](http://www.paramountmoving.ca)

## Sweenie Moving

**250-544-6462**  
[www.sweeniemoving.ca](http://www.sweeniemoving.ca)




**SUNRISE**  
SENIOR LIVING

**VICTORIA**

**The Best in Senior Care**

**250-383-1366**



 2024 Sunrise Senior Living



## Optical Services



**Esquimalt Optical**  
#20 1153 Esquimalt Road  
**250-380-2020**  
[www.esquimaltoptical.ca](http://www.esquimaltoptical.ca)

**Hudson Optical**  
2-1701 Douglas Street  
**778-433-7789**  
[www.hudsonoptical.ca](http://www.hudsonoptical.ca)

**IRIS Optometrist & Optician**  
707 View Street  
**250-953-8000**

2423 Beacon Avenue, Sidney  
**250-656-1413**

693 Hoffman Avenue, Langford  
**250-478-0213**  
[iris.ca/en/find-a-store](http://iris.ca/en/find-a-store)

**Oak Bay Optometry**  
2075 Cadboro Bay Road  
**250-595-8500**  
[www.oakbayoptometry.com](http://www.oakbayoptometry.com)

**Victoria Vision Eye Care**  
101-838 Broughton Street  
**250-383-2821**  
[www.victoriavisioneyecare.ca](http://www.victoriavisioneyecare.ca)

## Pet Services



**Blue World Aquariums**  
1393 Hillside Avenue  
**250-590-9580**

**The Bone & Biscuit**  
#105 3571 Blanshard Street  
**250-590-2663**  
[www.boneandbiscuit.ca](http://www.boneandbiscuit.ca)

**Elder Dog**  
Free Help for Your Dog  
E: [elderdogvictorialdr@gmail.com](mailto:elderdogvictorialdr@gmail.com)  
[www.elderdog.ca](http://www.elderdog.ca)

**Paws on Cook Pet Store Inc.**  
200 Cook Street - Suite 111  
**250-888-9399**

**PetSmart**  
#10 3501 Blanshard Street  
**250-381-2859**

**Pet Pampering**  
4910 W Saanich Road  
**250-381-5889**  
[www.pet-pampering.com](http://www.pet-pampering.com)

**Sidney Pet Centre**  
9769 Fifth Avenue, Sidney  
**250-656-3314**

## Pharmacies



**I.D.A. Forbes Pharmacy**  
27 Helmcken Road #20  
**778-265-8181**

### Rexall Locations

1511 Admirals Road  
**250-385-1800**

#103-1646 McKenzie Avenue  
**250-477-2225**

912 Douglas Street  
**250-384-1195**

#101-230 Cook Street  
**250-386-6171**

1120 Yates Street  
**250-385-7701**

#101-1990 Fort Street  
**250-590-8799**

**250-652-8813**  
7143 West Saanich Road,  
Brentwood Bay

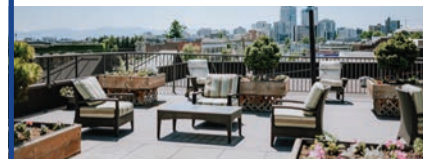
**250-478-1735**  
#102-1880 Island Highway,  
Colwood

**Victoria Compounding Pharmacy**  
1089 Fort Street  
**250-388-5181**  
[www.wecompound.com](http://www.wecompound.com)

**View Street Pharmacy**  
867 View Street  
**250-361-3773**  
[www.viewstreet.ca](http://www.viewstreet.ca)

**Voted Best  
of the City  
5 Years in a Row**

Book a tour today  
**250-381-8666**  
[info@rossplace.ca](mailto:info@rossplace.ca)



**ROSS  
PLACE**  
SENIORS COMMUNITY

[rossplace.ca](http://rossplace.ca) | 2638 Ross Lane, Victoria



## Planned Giving



**Baptist Housing Senior Living**  
Unit #106, 15300 54A Avenue  
Surrey, BC  
**604-940-1960**  
[www.baptisthousing.org](http://www.baptisthousing.org)

**BC Conservation Foundation**  
#105 1885 Boxwood Road  
**250-390-2525**  
[www.bccf.com/welcome](http://www.bccf.com/welcome)

**BC Dementia Care Society**  
[info@bcdementiacare.org](mailto:info@bcdementiacare.org)  
**778-888-7445**  
[bcdementiacare.org](http://bcdementiacare.org)

**Broadmead Care Society**  
4579 Chatterton Way,  
**250-658-0311**  
[www.broadmeadcare.com](http://www.broadmeadcare.com)

**Children's Health Foundation of Vancouver Island**  
345 Wale Road  
**250- 940-4950**  
[www.islandkidsfirst.com](http://www.islandkidsfirst.com)

**Eldercare Foundation**  
1454 Hillside Ave,  
**250-370-5664**  
[www.gvef.org](http://www.gvef.org)

**MAKE *Caring* Your Legacy**

Leave a Gift in Your Will

Partnered with **WILL POWER**

With the growing population of the Saanich Peninsula and surrounding areas, there is an increasing need for quality health care. Saanich Peninsula Hospital is well respected for its quality of care and expertise, and is a much sought after place for healthcare professionals to work.

This is only possible through the gifts received from our donors, enabling the hospital to purchase state-of-the-art equipment, conduct necessary upgrades and renovations, and staff units with highly trained specialists to ensure the best care for all patients.

250-656-2948 [sphf.ca](http://sphf.ca)

**SAANICH PENINSULA HOSPITAL & HEALTHCARE FOUNDATION**

**Habitat for Humanity**  
Office: **250-480-7688**  
ReStore: **250-386-7867**  
[habitatvictoria.com/legacy](http://habitatvictoria.com/legacy)

**Help Fill A Dream Foundation**  
4085 D Quadra Street  
**250-382-3135**  
[www.helpfilladream.com](http://www.helpfilladream.com)

**Ronald McDonald House**  
**604-736-2957**  
[www.rmhbc.ca](http://www.rmhbc.ca)

**Saanich Peninsula Hospital & Healthcare Foundation**  
**250-656-2948**  
E: [info@sphf.ca](mailto:info@sphf.ca)  
[www.sphf.ca](http://www.sphf.ca)

**Victoria Cool Aid Society**  
#101 749 Pandora Avenue  
**250-383-1977**  
[www.coolaid.org](http://www.coolaid.org)

#201 633 Courtney Street  
**250-385-6708**  
[www.uwsvi.ca](http://www.uwsvi.ca)

**Victoria Foundation**  
#200-703 Broughton Street  
**250-381-5532**  
[www.victoriafoundation.bc.ca](http://www.victoriafoundation.bc.ca)

**United Way**  
Southern Vancouver Island  
**250-385-6708**  
[www.uwsvi.ca](http://www.uwsvi.ca)

**Variety**  
The Children's Charity of BC  
**1-800-381-2040**  
[www.variety.bc.ca](http://www.variety.bc.ca)

**Victoria Hospitals Foundation**  
1952 Bay Street  
**250-519-1750**  
[www.victoriahf.ca](http://www.victoriahf.ca)

**Where there's a Will, there's a way...**

A gift in your Will is a promise today of care for tomorrow.

To learn how you can support the future health of Island children, contact [legacy@islandkidsfirst.com](mailto:legacy@islandkidsfirst.com) or scan

*Island kid Ephraim*

Champions for the health of every Island family since 1926.

**children's HEALTH FOUNDATION OF VANCOUVER ISLAND**

formerly **QUEEN ELIZABETH FOUNDATION FOR CHILDREN**

## Real Estate Services



**Greater Victoria Property Group**  
Cheri Crause  
**250-213-6014**  
[www.greatervictoriapropertygroup.com](http://www.greatervictoriapropertygroup.com)

**Herrick Real Estate Victoria**  
Victoria's Downsizing Specialists  
**250-588-9954**  
[jay@jayherrick.com](mailto:jay@jayherrick.com)  
[herrickrealestatevictoria.com](http://herrickrealestatevictoria.com)

**Kent McFadyen**  
Seniors Real Estate Specialist®  
Homes of Victoria  
**250-886-9906**  
[kent@homesofvictoria.ca](mailto:kent@homesofvictoria.ca)  
[www.homesofvictoria.ca](http://www.homesofvictoria.ca)

**Kelly Regen**  
MacDonald Realty  
Salt Spring Island Realtor®  
**250-537-6258**  
E: [saltspringkelly@gmail.com](mailto:saltspringkelly@gmail.com)  
[www.gulfislandsrealestate.com](http://www.gulfislandsrealestate.com)

**Pemberton Holmes**  
**Real Estate Victoria**  
#150 - 805 Cloverdale Avenue  
**250-384-8124**  
[www.pembertonholmes.com](http://www.pembertonholmes.com)

## Renovations & Repairs



**Andy's Drywall**  
Flawless drywall for your home renos  
**250-889-9899**  
[www.andysdrywall.ca](http://www.andysdrywall.ca)

**BC Rebate for Accessible Home Adaptations**  
[www.bchousing.org/housing-assistance/BC-RAHA](http://www.bchousing.org/housing-assistance/BC-RAHA)

**Dri-Way Carpet**  
550-2950 Douglas Street  
**250-475-2468**  
[www.dri-way.ca](http://www.dri-way.ca)

**Fenwick Bath**  
506 Alpha Street  
**250-479-3166**  
[www.fenwickbath.ca](http://www.fenwickbath.ca)

**Horizon Homecare Ltd.**  
Property Maintenance Services  
**604-802-4633**  
[horizonhomcare.ca](http://horizonhomcare.ca)

**Rather Be Plumbing**  
756 Chesterlea Road  
**250-589-8555**  
[www.ratherbeplumbing.com](http://www.ratherbeplumbing.com)

## When Your Home Needs Cleaning CALL US

Every client deserves respect, expert service, and honesty. Our professionals deliver high-quality work on time, with care for your property and a positive attitude. *Integrity is the foundation of our work.*

- Roof Cleaning • Moss Removal • Gutter Cleaning
- Pressure Washing • Window Washing
- Home Exterior Cleaning

"Coddie and Dan were exceptional. They are professional, they know their stuff - and they show up when they say they will. They're very cordial young men, they work very efficiently. I have already referred them to friends and will continue to do so." Mary F.



**CALL 604-803-1042**  
[horizonhomecareltd@gmail.com](mailto:horizonhomecareltd@gmail.com) | [www.horizonhomecare.ca](http://www.horizonhomecare.ca)



**Downsizing or Relocating?**  
**Kent McFadyen**  
Personal Real Estate Corporation  
**Seniors Real Estate Specialist®**

**FREE Consultations**

"I had an absolutely fantastic experience using Kent McFadyen as my Realtor. As a senior who is moving to assisted living, I really appreciated his patience, and how he explained all the details to me. Kent's trustworthiness and commitment were clear throughout, which was really important to me." **Tina P.**



[kent@homesofvictoria.ca](mailto:kent@homesofvictoria.ca)

[HomesofVictoria.ca](http://HomesofVictoria.ca)  
**250-886-9906**





## Senior Activity Centres



### Burnside Gorge

471 Cecelia Road

**250-388-5251**

[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

755 Pandora Avenue

**250-383-0076**

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

### James Bay New Horizons

234 Menzies Street

**250-386-3035**

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

### Juan De Fuca 55 Plus

1767 Island Highway

**250-474-8618**

### Monterey Recreation Centre

1442 Monterey Avenue

**250-370-7300**

[www.oakbay.ca/parks-recreation](http://www.oakbay.ca/parks-recreation)

### Oakland Community Centre

#1-2827 Belmont Avenue

**250-370-9101**

[www.oaklands.life](http://www.oaklands.life)

# Rexall<sup>®</sup> HOME HEALTH CARE

**Ostomy  
Walkers  
Scooters**

**Compression Wear  
Braces  
Lift Chairs**

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



### Quadra Village Community

901 Kings Road

**250-388-7696**

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

### Silver Threads Service

Saanich Centre

286 Hampton Road

**250-388-4268**

Victoria Centre

1911 Quadra Street

**250-382-3151**

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

### Victoria West

521 Craigflower Road

**250-590-8922**

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

## When you need a Professional Photographer

- Portraits
- Family Events
- Social Occasions
- Real Estate
- AirB&B



**coastline**  
MARKETING

Call: 250.516.6287

## Healthy meals delivered right to your door!

Our meals are made with low-processed, whole foods that provide a healthy take on classic favourites. WOLF meals pack in nutritional value without compromising on flavour!

Lemon Chicken



Chicken Parmesan



**WOLF**  
WAY OF LIFE FOODS  
MEAL PREP

New menu every week  
**\$10 Seniors Meals!**

Order online or call:

**250-217-6465**

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

Roast Beef



Meat Loaf



## Service & Volunteer Organizations

### Capital City Volunteers

547 Michigan Street

**250-388-7844**

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

### Creating Community Wellness Society

Kim Duffus, Executive Director

**Ph: 778-440-0221**

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

### 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)

### 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

1911 Quadra Street

**250-413-3211**

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

### Volunteer Victoria

#602 620 View Street

**250-386-2269**

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

### Full List of Service Clubs

[www.seniors101.ca/service-clubs](http://www.seniors101.ca/service-clubs)

## COMING SOON Senior Directories

- Westshore July 2025
- Nanaimo Sept 2025
- Cowichan Valley Nov 2025



## Transportation



### BC Transit Victoria

**250-382-6161**

[www.bctransit.com/victoria/home](http://www.bctransit.com/victoria/home)

### Bluebird Cabs Ltd.

2612 Quadra Street Suite 2

**250-382-2222**

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

### Bus Pass Program

**1-800-866-0800**

### Comfort Keepers

207-1001 Cloverdale Avenue

**778-265-5999**

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

### Driving Miss Daisy

Marcela - Victoria

**250-588-4638**

[marcela@drivingmissdaisy.net](mailto:marcela@drivingmissdaisy.net) [www.drivingmissdaisy.ca](http://www.drivingmissdaisy.ca)

### Fig's Mobile Detailing

Jeff Crone

**778-677-1754**

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

### HandyDart Program

**250-727-7811**

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

### Joan Wallace Driving School

1814 Vancouver Street, #102

**250-383-7483** (Victoria)

**250-737-1991** (Duncan)

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

### Victoria Taxi

3101-3045 Douglas Street

**250-383-7111**

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

### Yellow Cab of Victoria

817 Fisgard Street

**250-381-2222**

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

## DO YOU SERVE OLDER ADULTS?



### OUR MISSION

To generate a platform for senior service providers to network, collaborate & share resources.

### INTERESTED IN JOINING US?

We meet monthly on the last Thursday at 7:30 am at the Wellesley 2800 Blanshard Str., Victoria

Email: [JimB@wellnessnews.ca](mailto:JimB@wellnessnews.ca)

Web: [www.efcncanada.com](http://www.efcncanada.com)

Phone: **250-516-5302**



## Travel & Vacations



### BC Gov. Travel Info

Service BC Agent  
**1-888-268-4319**  
Deaf & Hard of Hearing **711**

### Departures Travel

1889 Oak Bay Avenue  
**250-595-1161 (Victoria)**  
**250-999-9800 (Sidney)** [www.departurestravel.com](http://www.departurestravel.com)

### Destinations by Design

Rhonda Parker  
**250-361-7899**  
[www.destinationsbydesign.ca](http://www.destinationsbydesign.ca)

### Expedia Cruises

748 Goldstream Avenue  
**250-474-2744**  
[www.expediacruzises.ca](http://www.expediacruzises.ca)

### FAB Freedom Adventure Bus

Group tours and accessible transportation max. 18 passengers  
**250-508-1808**  
[FreedomAdventureBus.com](http://FreedomAdventureBus.com)  
[fabtours@fastmail.com](mailto:fabtours@fastmail.com)

### Flight Centre

615 Broughton Street  
**1-866-210-6135**  
[www.flightcentre.ca](http://www.flightcentre.ca)

**Hello BC-Important Updates**  
[www.hellowbc.com/know-before-you-go](http://www.hellowbc.com/know-before-you-go)

### Pauline Cohen, Travel Specialist

South Pacific Freighter Cruises  
& Land Tours  
**250-744-7636**  
E: [saveontravel@shaw.ca](mailto:saveontravel@shaw.ca)

### Wells Gray Tours

102-736 Broughton Street  
**250-590-7889**  
**1-800-667-9552**  
[www.wellsgraytours.com](http://www.wellsgraytours.com)



## 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. We recommend you independently research and review the products and services to ensure they meet your requirements before you make a purchase. Thank you.

© 2025 Copyright  
All Rights Reserved

# SIDNEY All Care Residence

## *We're All About Care ...*

## Welcome Home to Sidney All Care Residence

A private long-term care home located in beautiful Sidney by the Sea.



- Private room with ensuite bathroom
- 24-hour licensed nursing
- Memory Care
- Palliative Care
- Personal Care including help with mobility
- Exceptional made-from-scratch cuisine
- Variety of recreation programs designed to support physical and mental health

Our compassionate team includes Physicians, Registered Nurses, Licensed Practical Nurses, and Health Care Aides who ensure your loved one is provided with the highest quality care and a superior quality of life.

To learn more about Sidney All Care, please contact our Community Relations Manager, **Terra Munro** @ [tmunro@allcarecanada.ca](mailto:tmunro@allcarecanada.ca), or **778-351-2505**



*All Care, We Care, I Care*

Proudly Offering Long Term, Respite and Palliative Care

778-351-2505 • [www.allcarecanada.ca](http://www.allcarecanada.ca) • 2269 Mills Rd, Sidney



THE WELLESLEY



*A retirement community  
in the heart of Victoria*