

Nanaimo

Seniors' Directory

2025/2026



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Friday, Oct. 3, 2025 @ 7:30pm

Ne.Sans Opera & Dance TAKE THIS WALTZ: CELEBRATING THE MUSIC OF LEONARD COHEN

Wednesday, Oct. 29, 2025 @ 7:30pm

THE LIGHTFOOT BAND

Tuesday, Nov. 11, 2025 @ 8:00pm

Atlantic Ballet of Canada PISUWIN

Friday, Nov. 14, 2025 @ 7:30pm

LightningCloud BEAR GREASE THE MUSICAL

Saturday, Dec. 6, 2025 @ 7:30pm

WINTER HARP

Saturday, Dec. 13, 2025 @ 3:30pm

INTERNATIONAL GUITAR NIGHT

Friday, Jan. 30, 2026 @ 7:30pm

Royal Winnipeg Ballet CARMINA BURANA & T'ƏL

Friday, Feb. 6, 2026 @ 7:30pm

UPU A Journey Through the Heartbeat of Pacific Poetry

Tuesday, Feb. 24, 2026 @ 7:30pm

Ballet Kelowna VIVIDUS: FULL OF LIFE

Friday, Mar. 20, 2026 @ 7:30pm

NETFLIX'S THE MAKING OF LIFE ON OUR PLANET

Sunday, Apr. 12, 2026 @ 2:00pm

Lost Dog JULIET & ROMEO

Wednesday, May 6, 2026 @ 7:30pm

Ballet Victoria ALICE IN WONDERLAND

Wednesday, May 20, 2026 @ 7:30pm



porttheatre.com/spotlight | 250-754-8550



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

Victoria:

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

Nanaimo Arts & Culture



The Port Theatre
www.porttheatre.com



The Vancouver Island Symphony
www.vancouverislandsymphony.com



The Nanaimo Arts Council
www.nanaimoartscouncil.ca

The Nanaimo Art Gallery
www.nanaimogallery.ca



The Nanaimo Aboriginal Centre
www.nanaimoaboriginalcentre.ca

Nanaimo Historical Society
www.nanaimohistoricalsociety.ca



The Nanaimo Museum
www.nanaimomuseum.ca

The Nanaimo Theatre Group
www.nanaimotheatregroup.ca

The Vancouver Island Military Museum
www.vimms.ca

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

Vancouver Island Exhibition
www.viex.ca

Loyal Nanaimo Bathtub Society
www.bathtubbing.com



VANCOUVER ISLAND
UNIVERSITY



On behalf of Council of the City of Nanaimo, I am delighted to welcome you to this special edition of the Seniors 101 Directory, published during a landmark year – our 150th anniversary of incorporation!

The City of Nanaimo has grown from a coal mining hub into one of Canada's fastest growing metropolitan areas, now home to over 100,000 residents.

This milestone is not only a celebration of our city's vibrant history and dynamic future, but also a moment to honour the enduring legacy of the Snuneymuxw First Nation and the traditional territory we are located on.

Nanaimo is proud to be recognized as an age-friendly community, an honour that reflects our commitment to ensuring that Nanaimo is a place where residents of all ages can thrive, and this directory serves as a valuable resource for older adults, caregivers, and families with services, programs, and opportunities available in our region. Whether you're looking for support, inspiration, or simply ways to stay active and involved, this brochure is a testament to the caring and collaborative spirit of our community.

We are dedicated to ensuring that everyone, regardless of age, has access to the services, activities, and opportunities that contribute to a fulfilling life.

Our seniors have built the foundation of our community, and we continue to benefit from your wisdom, contributions, and spirits.

Whether you are a lifelong resident or newly arrived, we invite you to celebrate with us and enjoy all that our city has to offer. A classic West Coast community offering natural beauty nestled between the mountains and the ocean boasting an exceptional quality of life.

Here's to the next 150 years, rooted in history, thriving in community, and shining with possibilities. Thank you for being part of our vibrant and caring community.

Mayor Leonard Krog

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Important Telephone Numbers

All Emergencies: 911

Non-Emergency Numbers:

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

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

BC Nurse Line: 811

Crisis Information: 1-800-494-3888

HealthLink: 811

General Hospital: 250-755-7691

Poison Control Centre: 1-800-567-8911

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

Information & Support Services

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

After Stroke Recovery
1-888-540-6666
 afterstroke.ca

Alcoholics Anonymous
 495 Dunsmuir Street, #505
250-753-7513
 nanaimoaa.org

BC Farmers Market Nutrition Coupon Program
250-753-9393
 bcfarmersmarket.org

BC MSP (Pharmacare)
1-800-663-7100
 www2.gov.bc.ca



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

BC Ministry of Poverty Reduction
1-866-866-0800
www2.gov.bc.ca/gov

Better at Home
250-754-3331
nflabc.org/programs/
better-at-home

Better Meals
1-888-838-1888
bettermeals.ca

Credit Counselling Society
1-888-527-8999
nomoredebts.org

Code Dental Clinic
dental services for people in need
250-591-0071

Nanaimo Senior Services Network

NSSN is a networking group for businesses & non-profit organizations. If you provide products or services to seniors in Nanaimo, we encourage you to join us. Go to our website for more information.



Dietician (on call)
8-1-1

Disability Parking Permits (NDRC)
250-758-5547
ndrc.info/programs/parking

Emergency Preparedness
250-952-5848

Family Caregivers of BC
3318 Oak St #6, Victoria
1-877-520-3267
familycaregiversbc.ca

Good Food Box Delivery
250-713-7311
nanaimofoodshare.ca/
campaign/good-food-box

Harbour City Seniors
250-755-7501

Home & Community Care
250-739-5740
slandhealth.ca

Income Tax Help (Salvation Army)
250-754-2621
salvationarmy.ca

COMMUNITY RESOURCES

Find our full, comprehensive listing of A - Z resources for seniors & families on Vancouver Island.

More information on SENIORS101.ca

Income Tax Help (Veteran Affairs)
1-866-522-2122
veterans.gc.ca

Island Integrated Counselling
#406-235 Bastion Street
250-716-8888
islandcommunitycounselling.ca

Legion Branch 10
129 Harewood Road
250-753-4442

Legion Branch 256
1630 E Wellington Road
250-754-8128

Legion Branch 257
7227 Lantzville Road
250-390-2841

Libraries (V.I. Regional)
90 Commercial Street
3200 North Island Highway
6250 Hammond Bay Road
1-877-415-8475
virl.bc.ca

Loaves & Fishes
210 Fry Street
250-754-8347
nanaimoloavesandfishes.org

Mid Island Legal Aid
210 Milton Street
250-753-4396

MLA George A.G. Anderson
Nanaimo - Lantzville
250-716-5221
george.Anderson.MLA@leg.bc.ca

MP Tamara Kronis
3188 Barons Rd #3
250-434-7110
tamarakronismp.ca

Nanaimo Citizen Advocacy
250-753-2321

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

Nanaimo Lifeline
250-739-5770
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www.OriginLongwood.ca

Nanaimo Pain Clinic
250-591-2565
nanaimorecovers.com

**NFL-engAGE
Volunteer Program**
250-754-3331
nflabc.org/programs

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

Prostate Support Group
777 East Poplar Street
250-741-8180

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

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

Seniors First BC
604-437-19403
seniorsfirstbc.ca

Seniors OutreachTeam (SORT)
250-755-3301

**Senior Peer
Counselling Program**
250-754-3331
nflabc.org/programs

Senior Well Program
250-753-0633

Service Canada (CPP/OAS)
1-800-277-9914
canada.ca

**Snuneymuxw
Elder Care Program**
250-740-2337
snuneymuxw.ca

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

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

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

Tillicum Lelum Aboriginal Friendship Centre
250-716-3438
tillicumlelum.ca

VI Gaming Support
vigamingsupport.ca

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

Volunteer Nanaimo
 E-3148 Barons Road
250-758-7121
volunteernanaimo.ca



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berwickretirement.com/bol

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

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

Edgewater by Avenir
 4750 Rutherford Road
250-713-0748
liveatedgewater.ca

Kiwanis Village Nanaimo
 1233 Kiwanis Crescent
250-753-6471
kiwanisvillage.ca

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

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Nanaimo Seniors Village
6089 Uplands Drive
250-729-9524
retirementconcepts.com

Oak Tree Manor
325 Hecate Street
250-716-1799
oaktreemanor.ca

Origin at Longwood
6205 Oliver Road
250-751-7755
OriginLongwood.ca

The Hamlets at Duncan
5950 York Road, Duncan
250-597-7995
thehamletsatduncan.ca

Wexford Creek Community
80-10th Street
250-753-4044



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250-585-1980
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Long Term Care Communities

Dufferin Place
1200 Dufferin Crescent
250-755-7632
islandhealth.ca

Eden Gardens
Dementia Care
1917 Northfield Road
250-758-4676
edengardens.ca

Harmony House
2316 Arbot Road
250-753-2316
harmonyhousenanaimo.com

Kiwanis Village Lodge
1233 Kiwanis Crescent
250-740-2815
kiwanisvillage.ca

Malaspina Gardens
100 Eleventh Street
250-754-7711
islandhealth.ca

Nanaimo Seniors Village
6089 Uplands Drive
250-729-9524
retirementconcepts.com

Woodgrove Manor
6304 Metral Drive
250-390-1036
trilliumcommunities.com

Churches, Places of Faith & Worship



Brechin United
2020 Estevan Road
250-754-9212
brechinunited.ca

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

Christian Science Society
#101 10 Esplanade
250-753-8036
christianscience.bc.ca/nanaimo

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

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

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

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

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

St. Peter's Parish
301 Machleary Street
250-758-2676
stpetersnanaimo.ca

Sikh Temple
328 Third Street
250-754-5516

The Salvation Army
19 Nicol Street
250-714-1142
salvationarmy.ca

Trinity Catholic
6234 Sparton Road
250-390-2612
holyltrinitynanaimo.com

St. Andrews Presbyterian
4235 Departure Bay Road
250-758-2676
standrewsnanaimo.ca

**St. Michaels
Ukrainian Catholic**
4017 Victoria Avenue
250-327-1763
stmichaelnanaimo.ca

St. Paul's Anglican
29 Church Street
250-753-2523
stpaulsnanaimo.ca

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

Denturists, Dentists
& Hygienists



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

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

Pacific Pearl Dental Clinic
3034 Ross Road
250-619-2982
#12-740 First Avenue Ladysmith
250-802-2812
pacificpearl.ca

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jason.bluephoenix@gmail.com
bluephoenixcoaching.ca

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Counselling
2B-6135 Metral Drive
250-618-0216
izumitherapy.com

Mid Island Elder Collage
Parksville, BC
250-797-9055
eldercollege.org

End of Life Services



Cedar Valley Memorial Gardens
2347 Cedar Road
778-403-4689
arbormemorial.ca

First Memorial Funeral Services
1720 Bowen Road
250-754-8333
dignitymemorial.com



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Life Support Specialist

250-802-1583
gracefuljourneys52@gmail.com

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250-741-8558

nomoredebts.org

Health Law LLP

200-1808 Bowen Road

250-753-2202

nanaimolaw.com

Island Savings

First West Credit Union

Woodgrove Branch

97-6631 Island Highway North

Cedar Branch

1830 Cedar Road

1-888-597-1083

islandsavings.ca

Legal Aid

Justice Access Centre

302-65 Front Street

250-741-5529

Pacific Station Notaries

#101-5220 Dublin Way

250-756-7720

nanaimonotary.ca

Rockmoor Wealth Management

204-5160 Dublin Way

250-619-2024

rockmoorwealth.com

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604-437-1940

seniorsfirstbc.ca



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fcbychristine@gmail.com

nursingfootcarenanaimo.ca

Healthy Soles Foot Care

250-713-1365

ourhealthsole@gmail.com

healthsoles.ca

Island Foot Clinics

201-1808 Bowen Road

250-754-4192

islandfootclinics.com

Nitty-Gritty Foot Care

Mobile Services Available

Advanced Foot Care Nurse,

LPN Kristal Kidd

250-713-6825

nittygrittyfootcare.ca

Health Care Products & Services



Achieve Balance Holistic Health

B-3603 Hammond Bay Road

250-816-5543

abholistichealth.com

Arbour Wellness Centre

3955 Victoria Avenue

250-729-4969

arbourcentre.com/clinic

Atlas Chiropractic

#4-4515 Uplands Drive

250-585-6325

atlaschiropractic.ca

Canadian Mental Health Association

437 Wesley Street

250-244-4042

mid-island.cmha.bc.ca

Divine Healing

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250-741-7597

divinehealing.health

Family Caregiver Support Group

2465 Labieux Road

250-754-7334

ifmhomesolutions@gmail.com

Island Mediquip
2258 Dorman Road B
250-824-0390
islandmediquip.com

Island Optimal Health & Performance
1881 Dufferin Crescent
250-753-9449
islandoptimal.com

Lulu Chinese Health Centre
#270-2000 Island Hwy N.
250-756-9229
luluchinesehealthcenter.com

Nanaimo Acupuncture
802-B Fitzwilliam Street
250-591-5412
nanaimoacupuncture.com

Nanaimo Massage Therapy
3602 Glen Oaks Drive
250-585-4700
nanaimomassagetherapy.ca

Nexus Primary Care Clinic
Nurse Practitioners
#3-1273 Island Highway
778-841-0685
npclinics.ca/nexus

Seeds of Health Acupuncture
#330-256 Wallace Street
780-996-7361
seedsofhealthacupuncture.com

Soul Comfort Sheepskin
190 - 4th Street, Duncan
250-737-1281
soulcomfortsheepskin.com

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Southcare Chiropractic
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250-755-1554
southcare.ca

Hearing Services



Hearing Care Clinic
103B-3055 Oak Str, Chemainus
250-324-4002
hearingcareclinic.ca

HearCANADA
#110-2124 Bowen Road
250-760-0749
hearcanada.com

Hearing Life
#99A, 6631 Isl. Hwy N.
#1A-5779 Turner Road
#107-650 Terminal Avenue S.
1-888-898-3350
hearinglife.ca

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QUALICUM BEACH | VICTORIA: GORDON HEAD & ROYAL OAK

GET READY TO ENJOY AN ALL INCLUSIVE LIFESTYLE OF FLEXIBLE, UPSCALE & AFFORDABLE INDEPENDENT LIVING.

Berwick is a second generation, family-run business with a reputation for offering an unparalleled standard of living with the amenities of a friendly and vibrant community. Berwick on the Lake offers independent older adults a lifestyle with diverse active living programming designed to help you live active longer.

Simply live and enjoy your best life here with us.

FOR INFORMATION CALL 250-729-7995

Voted BEST Retirement Community
Six years in a row!

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ON THE LAKE
RETIREMENT COMMUNITY

INDEPENDENT LIVING | ASSISTED LIVING

**Family Caregiver
Coach**

**PEGGY
HOULT**
& Associates



Need help navigating "The System" for care options for a family member?

Your one-stop shop for assistance with the financial & administrative side of aging and disabilities.

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info@peggyhault.com | www.peggyhault.com

Home Care Services



Bayshore Home Health

Suite 204-1650 Terminal Ave N
778-841-0109
bayshore.ca

Care & Company Home Care Services

#401 - 3035 Ross Road
250-383-2328
www.careandcompanygroup.ca



Live Well, Every Day

At The Hamlets At Duncan, experience friendly, carefree living in a community built for comfort and connection.



Scan the QR code or call
250-597-7995

5950 York Road, Duncan | thehamletsatduncan.ca
Independent Living | Assisted Living | Private Long-Term Care
Proudly Canadian owned and operated.

Comfort Keepers

#104-154 Memorial Avenue
Parksville
778-716-0276
comfortkeepers.ca/parksville

Just Like Family Home Care

1-800-728-9801
justlikefamily.ca

Home Instead

327 Prideaux St Unit 14
844-402-7802
homeinstead.com

Nurse Next Door

1801 Bowen Road
250-667-0190
nursenextdoor.com

Ohana Care Health Services

Serving all of Vancouver Island and Vancouver
250-980-0598
ohanacare.ca/nanaimo

Pacific Coast Health Services

250-389-0202
pacificcoasthealthservices.ca



Willow Wellness Senior Respite & Recreation Services
250-618-8771

willowwellnessnanaimo@gmail.com
willowwellnessnanaimo.com

Home Help



ElderDog Canada

Caring Help for your Canine
1-855-336-4226
elderdog.ca

Emerald Maid Service Ltd.

Nanaimo to Parksville
250-327-1864
emeraldmaidservice.ca

Family Caregiver Coach

Peggy Hoult & Associates
info@peggyhoult.com

Island Health Caregiver Support

Central: **1-877-734-4101**
North: **1-866-928-4988**
islandhealth.ca/cvc

The Laundry Fairy

250-816-9600
thelaundryfairy.ca

Maid to Please Cleaning Services

250-618-1734
maidtopleasecleaning.com



QUESTIONS?
(250) 980-0598

Hello!
I'm Melissa Therrien, RN
General Manager at Ohana Care

In-Home Care Services

★★★★★ 700+ reviews

We understand the challenges of finding compassionate, reliable care. We're a locally operated, non-franchise business dedicated to providing personalized support for individuals of all ages—whether you're a senior seeking to maintain independence or someone in need of assistance with daily activities. Continuity, communication, and kindness are at the heart of what we do.

- ✓ Companionship
- ✓ Dementia Care
- ✓ Personal Care
- ✓ Respite Care
- ✓ 24-Hour Care



ohanacare.ca/oceanside

Lifestyle & Entertainment



Casino Nanaimo
620 Terminal Avenue
250-753-3033
casinonanaimo.com

Chemainus Theatre Festival
9737 Chemainus Road
250-246-9820
chemainustheatrefestival.ca

Inspired 55+ Lifestyle Magazine
seniorlivingmag.com

Island Woman Magazine
250-246-1227
islandwoman.ca

NextGen Story: Custom Publishing
Memoir & legacy book writing & editing.
Mali Bain
1-800-953-4942
mali@nextgenstory.com

The Port Theatre
125 Front Street
250-754-4555
porttheatre.com

Wellness News
250-585-5795
wellnessnews.ca

Markets



Cedar Farmers Market
1984 Woodbank Road
250-618-3565
cedarfarmersmarket.org

Commercial Street Night Market
121 Bastion Street

Island Roots
Wednesdays 3:00 - 6:00 pm
2300 Bowan Road
islandrootsmarket.ca

Nanaimo Farmers Market
2300 Bowen Road
facebook.com/
IslandRootsMarket

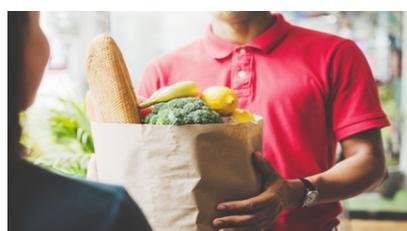
Nanaimo Quay Market
680- Trans-Canada Hwy #3
604-685-2391
nanaimoquay.com

COMMUNITY RESOURCES

Find our full, comprehensive listing of A - Z resources for seniors & families on Vancouver Island.

More information on SENIORS101.ca

Meals & Deliveries



Better Meals
604-299-1877
1-888-838-1888
contact@bettermeals.ca

Heart To Home Meals
Delicious meals made for seniors.
1-888-777-2219
hearttohomemeals.ca

Meals on Wheels
Kiwaniis Village Nanaimo
250-753-1300
kiwanisvillage.ca/services/
meals-on-wheels

NANAIMO COMMUNITY HOSPICE
Caring • Commitment • Compassion
(250) 591-8811
1080 St. George Crescent
info@nanaimohospice.com
www.nanaimohospice.com

Medical Equipment & Supplies



HME Nanaimo
#105 - 1875 Boxwood Road
844-821-0075
hmebc.com

Island Mediquip
2258 - B Dorman Road
250-824-0390
islandmediquip.com

Life Support Assisted Living Systems
Nanaimo North Town Centre
250-585-3035
lifesupportstore.ca

Nanaimo Senior Services Network

NSSN is a networking group for businesses & non-profit organizations. If you provide products or services to seniors in Nanaimo, we encourage you to join us. Go to our website for more information.

NSSN
www.nssn.ca

Medicine Centre Pharmacy
Central Drug Store Dunsmuir
495A Dunsmuir Street
250-753-6401

Motion
#114-1925 Boxwood Road
250-756-9875
motioncares.ca/location/
nanaimo

Mobility Store
#7-4115 Mostar Road
250-756-2727
mobilitystore.ca

**Nanaimo Lifeline
& Hospital Foundation**
#102 - 1801 Bowen Road
250-739-5770
nanaimolifeline.ca

National Seating & Mobility
Unit 4 - 2227 Wilgress Road
250-751-3735
nsm-seating.ca

Moving & Relocation



Junk in Our Trunk
Shawn Jensen
250-734-3857
junkinourtrunk.ca

MiniMove
1-866-910-7771
minimove.ca/nanaimo_movers

Pack on Track
Senior Move Management
250-618-3135
pack-on-track.com

Refine Home
Downsizing & Organizing Services
250-877-8206
refinehomeinc.com

Optical Services



Eye Plus Optometry
1650 Terminal Avenue North
250-591-1018
eyeplusclinic.ca

IRIS
60 Commercial Street
250-754-2212
iris.ca/en/find-a-store/
nanaimo-conference-centre

LensCrafters
Woodgrove Centre
6631 Island Highway North
250-390-2843
lenscrafters.ca

Nanaimo 1 Hour Optical
#211-4750 Rutherford Road
250-758-3009

Outreach Optometry
1650 Terminal Avenue North
Unit 102
250-591-1072
outreachoptometry.ca

Pacific Coast Eye Centre
1651 Boundary Avenue
250-753-8415
drrobbiemontesi.com

Pet Services



Animal Magic Pet Boutique
6338 Metral Drive
250-933-2222
animalmagicpetboutique.ca

Backyard Wild Bird & Nature
6314 Metral Drive
250-390-3669
thebackyard.ca

**Central Island Veterinary
Emergency Hospital**
6550 Metral Drive
250-933-0913
civeh.com

Elderdog Canada
Free dog support and dog walking.
1-855-336-4226
elderdog.ca

Nanaimo Pet Services
4512 Wellington Road
250-758-3908
nanaimopetservices.com

Nanaimo Veterinary Hospital
4508 Wellington Road
(250) 758-3985
nanaimovet.com

NANAIMO SENIORS VILLAGE
250.729.9524 | 6089 UPLANDS DRIVE, NANAIMO, BC V9V 1W1
NSV.INFO@RETIREMENTCONCEPTS.COM | RETIREMENTCONCEPTS.COM

Located on seven acres of gardens and greenery, Nanaimo Seniors Village offers residents a variety of care options including Independent Living, Assisted Living and Complex Care. Our site provides a comfortable lifestyle for residents within a community environment. We also offer a unique opportunity for couples to stay together.

CONTACT US FOR A TOUR OR MORE INFORMATION: 250.729.9524

Pharmacies



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

Central Drugs Locations

Beban Plaza
2220 Bowen Road
250-758-7711

Brickyard Location
6010 Brickyard Road
250-751-2576

Colville Location
102-1515 Dufferin Crescent
778-441-5140

Dufferin Location
101-1125 Dufferin Crescent
250-716-0063

Dunsmuir Location
495A Dunsmuir Street
250-753-6401

Lantzville Location
7186 Lantzville Road
250-390-4423

Pacific Station
103-5160 Dublin Way
250-585-6178
centraldrugs.ca

Pinnacle Pharmacy
Longwood Station
3-5771 Turner Road
250-585-1980
pinnaclepharmacy.ca

The Medicine Shoppe Pharmacy
4186 Departure Bay Road
250-760-0073
#168 192 Island Hwy West
250-248-6695

We care at Pacific Coast!



250-389-0202

We offer:

- ✓ Service in Nanaimo and Victoria
- ✓ 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



Planned Giving



BC Conservation Foundation
#105 1885 Boxwood Road
250-390-2525
bccf.com

BC Dementia Care Society
info@bcdementiacare.org
778-888-7445
bcdementiacare.org

Chemainus Health Care Foundation
Box 462, Chemainus
CHCF@gmail.com

Chemainus Theatre Foundation
Bag 1000, Chemainus
250-246-9800, ext. 724
www.chemainustheatre.ca
Charitable # 889714176RR0001

Children's Health Fdn. V.I.
345 Wale Road
250- 940-4950
islandkidsfirst.com

Gabriola Health Care Fdn.
695 Church Street
250-247-9922
ghcs.ca

Habitat for Humanity
Nanaimo ReStore
#1-4128 Mostar Road
250-758-8078
habitatmvi.org



Island kid Ephraim

**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
or scan



Champions for the health of every Island family since 1926.

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



Help Fill A Dream Foundation

720 McTavish Road, North Saanich
250-382-3135
helpfilladream.com

Nanaimo Community Hospice

1080 George Crescent
250-591-8811
nanaimohospice.com

Nanaimo & District Hospital Foundation

1200 Dufferin Crescent
250-755-7690
nanaimohospitalfoundation.com

Nanaimo Foundation

250-667-4292
nanaimofoundation.com

Ronald McDonald House

604-736-2957
rmhbc.ca

United Way

#9-327 Prideaux Street
250-591-8731
uwcncvi.ca



Discover our history!

Presentations, tours, local authors, projects

nanaimohistoricalsociety.ca
facebook.com/NanaimoHistory
Youtube: <https://bit.ly/300ItRR>
PO Box 933, Nanaimo V9R 5N2



Real Estate Services



460 Realty
202-1551 Estevan Road
250-591-4601
460realty.com

Dawn Setter PREC*
RE/MAX of Nanaimo
#1-5140 Metral Drive
250-248-7775
setterandassociates.com

Joan Cooper & Associates
250-619-9207
johncooper.ca

Ian Thompson - PREC
RE/MAX of Nanaimo
1-5140 Metral Drive
250-616-3641
ianthompsonrealestate.com

Lindsay Johnson
eXp Realty
778-991-0098
dawnwalton.com/agents/
lindsay-johnson

Sue Sabo
Royal LePage Nanaimo Realty
4200 Island Highway North
250-758-7653

Renovations & Repairs



Bath Fitter
1065 Herring Gul Way, Unit 3
Parksville, BC
778-762-0021
bathfitter.com

Comsense Kitchen Cabinets
411B Fitzwilliam Street
250-754-4677
comsensekitchencabinets.com

Diane Campbell Interiors

Design • Renovations • Staging
250-919-1421
dianecampbellinteriors@gmail.com
dianecampbellinteriors.ca

Sonshine Girls Painting

Interior & Exterior
250-619-5568
Office@SonshineGirlsPainting.com

Stay at Home Elevating

Stairlifts, ramps,
home elevators and more.
250-391-8166
stayathome-elevating.com
info@stayathome-elevating.com

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lindsay@ljohnson.ca
📞 (778) 991-0098
📠 (250) 585-8910
www.DawnWalton.com

Senior Activity Centres



**Adult Day Services
Island Health**
1-877-370-8699
islandhealth.ca

Bowen Park Seniors Centre
500 Bowen Road
250-756-5200
nanaimo.ca/facilities



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Office@SonshineGirlsPainting.com

Beban Park Recreation Centre

2300 Bowen Road
250-756-5200
nanaimo.ca

Labieux Seniors Centre

2465 Labieux Road
250-585-5748

C.V.I. Multicultural Society

101 - 319 Selby Street
250-753-6911
cvims.org

Nanaimo Aquatic Centre

741 Third Street
250-756-5200
nanaimo.ca

Nanaimo Harbour City

500 Bowen Road
250-755-7501

Oliver Woods Centre

6000 Oliver Road
250-756-5200
nanaimo.ca/recreation-parks

For Inquires About

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



250-246-1227
seniors101@shaw.ca

Service Clubs

Kiwanis Club of Nanaimo

1201 Kiwanis Crescent
250-740-2817

Nanaimo Association for Community Living

96 Cavan Street #201
250-741-0224
nanaimoacl.com

Nanaimo Community Kitchen Society

271 Pine Street
250-753-7470
nanaimocommunitykitchens.org

Volunteer Nanaimo

3148 Barons Road East
250-758-7121
volunteernanaimo.ca

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 endorse any providers listed herein. It is always recommended that you independently research and review the products and services to ensure they meet your requirements before you make a purchase. Thank you.

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Transportation



BC Bus Pass

For low-income seniors and disability assistance
1-866-866-0800
bctransit.com/bc-bus-pass

BC Ferries

Seniors 65+ Free passenger fare Mon-Thurs
1-888-223-3779
bcferries.com

Harbour Air

1-800-665-0212
harbourair.com

Nanaimo Airport

250-924-2157
nanaimoairport.com

Nanaimo Regional Transit

250-390-4531
bctransit.com/nanaimo

HandyDART

General Inquiries:
250-390-3000
Regional Transit Office:
1-877-607-4111 - 6200

Yellow Cab Nanaimo

250-751-1111
nanaimotaxi.ca

SENIORS101.ca

Featuring
Products & Services for
Seniors & Their Families
on Vancouver Island
for Over 18 Years.



NANAIMO SENIORS'
DIRECTORY

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Travel & Vacations



Around the World Travel and Cruises

B-123 Commercial Street
250-753-2282

aroundtheworldtravel.ca

Imagine Cruise & Travel

#2980, 103rd Street
250-758-7893

imaginecruisetravel.com

Marlin Travel

3200 Island Highway
250-758-3924

marlintravel.ca

Oceanside Travel Inc.

6240 Parkwood Drive, Unit #2
250-585-1610

oceanside.travel

Tourism Nanaimo B&B

tourismnanaimo.com/
[where-to-stay/bed-breakfasts](#)

Worldly Escapes

4315 Ashbury Place
250 751 5747

worldlyescapes.com



**The Medicine
Shoppe**
PHARMACY

The Medicine Shoppe Pharmacy has a more personal touch in terms of our setup. The moment you enter our door, you will see our counselling areas.

- ♦ Easy parking at the pharmacy entrance for curbside pick up
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- ♦ Pick up and prescription delivery for seniors who cannot use our Medicine Shoppe App
- ♦ Annual flu shot destination
- ♦ We will coordinate with you, your health-care providers and next of kin to give you a more personalized service

Over 13
years of
Care

Your health is in good hands

HOURS OF OPERATION:

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SATURDAY, SUNDAY & HOLIDAYS : CLOSED

Professionals Services

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- ♦ Complimentary Home Visit and Prescription Delivery
- ♦ Community Immunization Centre
- ♦ Custom Compounding
- ♦ On-going Blood Pressure and BMI Monitoring
- ♦ Health and Wellness Events
- ♦ Diabetes Care Centre
- ♦ Compression Sock Fitting



Kristen & Mel Azcarraga
B.Sc Pharm. Pharmacists/Owners

PH 250-760-0073 ♦ medicineshoppe.ca ♦ 4186A Departure Bay Rd (near Wellington Secondary School)

Like and follow us to stay informed: [f @MedicineShoppeDepartureBayNanaimo](#)

Companion-assisted, wheelchair accessible Transportation Services



250-382-2328
careandcompanygroup.ca

**Care &
Company**
HOME CARE SERVICES



Central Drugs cares about your health and we take the time to provide a friendlier, more personalized approach to healthcare.

You can choose your doctor, so why not choose your pharmacist too?

Each Central Island pharmacy location is owned and operated by a pharmacist who has a unique speciality.

Learn more about our pharmacists and choose someone who is right for you.

FREE DELIVERY

Nanoose Bay to Ladysmith



7 Convenient Locations:

Dunsmuir Location
495A Dunsmuir St.
Ph. 250-753-6401

Dufferin Location
101-1125 Dufferin Cres.
Ph. 250-716-0063

Pacific Station Location
103-5160 Dublin Way
Ph. 250-585-6178

Brickyard Location
6010 Brickyard Rd.
Ph. 250-751-2576

Beban Plaza Location
2220 Bowen Rd.
Ph. 250-758-7711

Colville Location
102-1515 Dufferin Cres.
Ph. 778-441-5140

Lantzville Location
7186 Lantzville Rd.
Ph. 250-390-4423