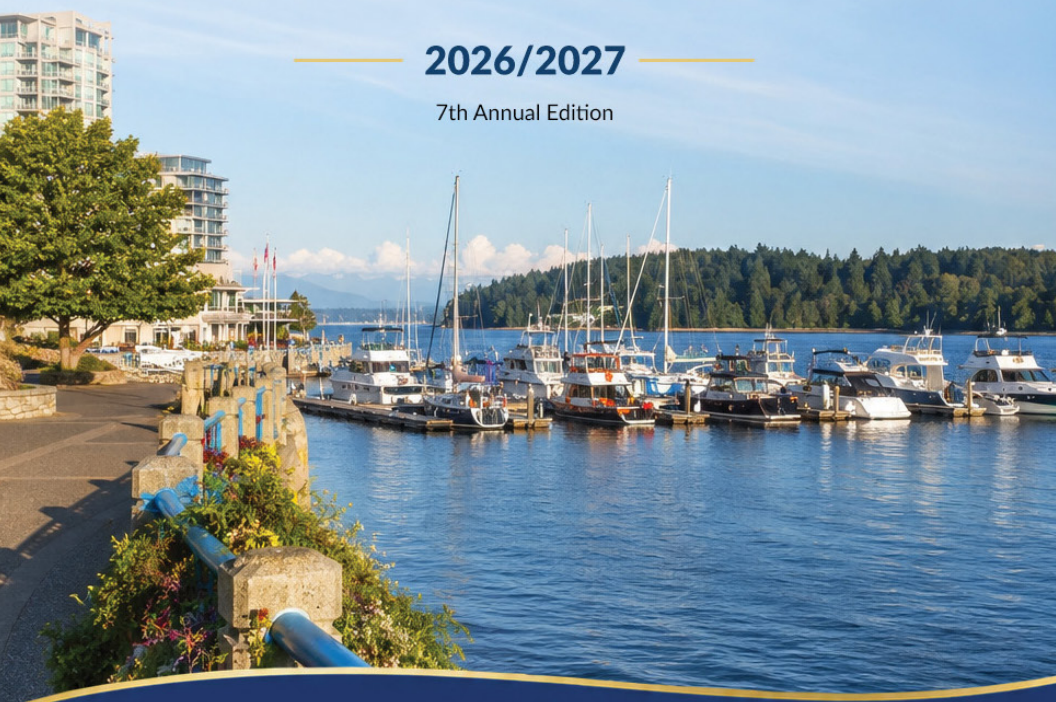
NANAIMO SENIORS' DIRECTORY

SENIORS101.ca
Vancouver Island Resources

2026/2027

7th Annual Edition



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2026 - 2027 SEASON



12 UNIQUE, **BOLD,** & *EXCITING* **EVENTS TO EXPERIENCE**

2026 EVENTS

IN MY BODY
THU, OCT 22, 2026 @ 7:30 PM

SOPHIE'S SURPRISE 29TH
WED, OCT 28, 2026 @ 7:30 PM

WILLIAM PRINCE
WED, NOV 4, 2026 @ 7:30 PM

BIRDY
TUE, NOV 10, 2026 @ 7:30 PM

GLOB
MON, NOV 23, 2026 @ 6:00 PM

NUTCRACKER - 5 SHOWS!
ROYAL WINNIPEG BALLET
WED, DEC 2 to SAT, DEC 5, 2026

WINTER HARP
SAT, DEC 12, 2026 @ 3:30 PM

2027 EVENTS

INTERNATIONAL GUITAR NIGHT
FRI, JAN 29, 2027 @ 7:30 PM

TEATRO LA PLAZA'S HAMLET
WED, FEB 10, 2027 @ 7:30 PM

CANEFIRE
FRI, MAR 19, 2027 @ 7:30 PM

LOUISA MAY ALCOTT'S LITTLE WOMEN
ARTS CLUB THEATRE COMPANY
THU, MAR 25, 2027 @ 7:30 PM

THE PEKING ACROBATS
SUN, MAY 2, 2027 @ 2:00 PM

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CITY OF NANAIMO, BRITISH COLUMBIA

As Mayor of the City of Nanaimo and on behalf of Council, it is my great pleasure to extend warm greetings to the valued readers of the Nanaimo Seniors' Directory 2026/2027 publication.

As we celebrate the many strengths of our senior population, we also acknowledge that Nanaimo is located on the traditional territory of the Snuneymuxw First Nation. We are very grateful for the opportunity to live, work, and play on these traditional lands.

The City of Nanaimo is proud to be recognized as an age-friendly community, one that values the diverse experiences of older adults. We are committed to fostering a community where seniors are supported and able to live active and healthy lives.

This directory is an invaluable resource that helps seniors, their families, caregivers, and friends access important information that is available locally. By having this resource in one convenient publication, the Nanaimo Seniors' Directory makes it easier for individuals to find the services and opportunities that enhance their quality of life and promote independence.

City Council extends its sincere appreciation to the dedicated individuals behind **Seniors101.ca** who continue to produce this outstanding yearly publication. Your ongoing effort and care invested in this directory is truly appreciated and makes a meaningful difference for countless residents.

Thank you to everyone who contributes to making Nanaimo a vibrant coastal hub that was recently ranked among the top cities in Canada for its quality of life and welcoming place for seniors. I encourage you to stay connected to all that our community has to offer, helping to strengthen the sense of belonging and connection that makes Nanaimo truly unique.

Mayor Leonard Krog

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Emergency & Crisis Numbers

Emergency:
Police, Fire, Ambulance
9-1-1

HealthLink BC
Health advice from a registered nurse, dietitian & pharmacist
8-1-1
healthlinkbc.ca

Suicide Crisis Helpline
Call or text 9-8-8
24 hours a day
988.ca

Vancouver Island Crisis Line
1-888-494-3888
Text: 250-800-3806
vicrisis.ca

BC Poison Control Centre
1-800-567-8911
dpic.org

VictimLinkBC
Call or text: **1-800-563-0808**
24 hours a day, 7 days a week
211-VictimLinkBC@uwbc.ca
victimlinkbc.ca

Seniors Abuse & Information Line (SAIL)
Information, advocacy & support
1-866-437-1940
seniorsfirstbc.ca

First Link® Dementia Helpline
1-800-936-6033
Monday–Friday, 9 a.m.–8 p.m.
alzheimer.ca/bc

Alcohol & Drug Information & Referral Service
1-800-663-1441
helpstartshere.gov.bc.ca

Hope for Wellness Helpline
Indigenous mental-health & wellness support
1-855-242-3310
hopeforwellness.ca

KUU-US Crisis Line
First Nations & Indigenous crisis support
1-800-588-8717
24 hours a day
kuu-uscrisisline.com

Naniamo Seniors' Directory

CONTACT US
Seniors101.ca

PUBLISHER
Mathieu Powell
250-516-6287 | mpowell@seniors101.ca

ADVERTISING SALES
Roy Summerhayes
250-246-1227 | seniors101@shaw.ca

Information & Community Resources

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

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

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

BC Medical Services Plan (MSP) & PharmaCare
1-800-663-7100
gov.bc.ca

BC Ministry of Social Development & Poverty Reduction
1-866-866-0800
gov.bc.ca

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

Better at Home – Nanaimo
250-754-3331 ext. 276
nflabc.org/programs/better-at-home

Better at Home – Oceanside
245 Hirst Avenue West,
Parksville
250-248-2093 ext. 248
sosd69.com/oceanside-better-at-home

CODE Dental Clinic
Dental services for people in need
250-591-0071

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

Dietitian – HealthLink BC
8-1-1
healthlinkbc.ca

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

Emergency Preparedness
250-952-5848



Family Caregivers of BC Caregiver Support Line
1-877-520-3267
familycaregiversbc.ca

Good Food Box - Foodshare
250-753-9393
nanaimofoodshare.ca

Harbour City Seniors
250-755-7501

Home & Community Care Island Health
250-739-5740
islandhealth.ca

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

Income Tax Help Veterans Affairs Canada
1-866-522-2122
veterans.gc.ca

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

Legion Branch 10
129 Harewood Road
250-753-4442

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

Legion Branch 257
7227 Lantzville Road,
Lantzville
250-390-2841
legion.ca

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

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

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



Mount Arrowsmith Salvation Army Food Bank
886 Wembley Road, Parksville
250-248-8793
parksvillesalvationarmy.ca

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

Nanaimo Citizen Advocacy
250-753-2321

Nanaimo Family Life engAGE Volunteer Program
250-754-3331
nflabc.org/programs

Nanaimo Foodshare
250-753-9393
nanaimofoodshare.ca

Nanaimo Lifeline
2-3188 Barons Road
250-739-5770
nanaimolifeline.ca

Nanaimo Pain Clinic
250-591-2565
nanaimorecovers.com

Nanaimo RCMP
303 Prideaux Street
250-754-2345
rcmp.ca/en/bc/nanaimo

Oceanside RCMP
421 Pym Street North, Parksville
250-248-6111
rcmp.ca/en/bc/oceanside

Paradise Isle Seniors Society
250-754-9566
facebook.com/ParadiseIsleSeniorsSociety

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

Red Cross Health Equipment Loan Program
250-756-9363
redcross.ca

Seniors101.ca HELP LINE
250-246-1227
seniors101@shaw.ca

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

Senior Well Program
250-753-0633

Seniors First BC / Seniors Abuse & Information Line (SAIL)
1-866-437-1940
seniorsfirstbc.ca

Seniors Outreach Team (SORT)
250-755-3301

Service Canada – CPP & OAS
1-800-277-9914
canada.ca

Snuneymuxw Elder Care
250-740-2337
snuneymuxw.ca

Society of Organized Services (SOS)
245 Hirst Avenue West, Parksville
250-248-2093
sosd69.com

Tenant Resource & Advisory Centre (TRAC)
1-800-665-1185
tenants.bc.ca

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

Thrifty Foods – Sendial
1-800-667-8280
thriftyfoods.com

Friendship Centre
602 Haliburton Street
250-716-3438
tillicumlelum.ca

Vancouver Island Regional Library Locations
90 Commercial Street
3200 Island Highway North
6250 Hammond Bay Road
1-877-415-8475

100 Jensen Avenue East, Pksvl.
250-248-3841

101-660 Primrose Street, Q.B.
250-752-6121
virl.bc.ca

Vision Loss Rehabilitation
1-844-887-8572
info@vlrehab.ca
bc.visionlossrehab.ca



Activity Centres



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

Beban Park Recreation Centre
2300 Bowen Road, Nanaimo
250-756-5200
nanaimo.ca

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

Community Services Centre
245 Hirst Avenue West,
Parksville
250-248-2093
sosd69.com

C.V.I. Multicultural Society
101 – 319 Selby Street, Nanaimo
250-753-6911
cvims.org

Labieux Seniors Centre
2465 Labieux Road, Nanaimo
250-585-5748

Nanaimo Aquatic Centre
741 Third Street, Nanaimo
250-756-5200
nanaimo.ca

Nanaimo Harbour City Seniors
60+ Recreation Programs
500 Bowen Road, Nanaimo
250-756-5200
nanaimo.ca

Oliver Woods
Community Centre
6000 Oliver Road, Nanaimo
250-756-5200
nanaimo.ca



Oceanside Place Arena
830 Island Highway West,
Parksville
250-248-3252
rdn.bc.ca/recreation

Parksville Community Centre
223 Mills Street,
Parksville
250-248-6234
parksvillecentre.ca

Parksville Seniors'
Activity & Drop-In Centre
144 Middleton Avenue,
Parksville
250-586-5999
parksville-seniors-centre.org

Snuneymuxw Recreation
and Wellness Centre
1145 Totem Road
250-741-0158
snuneymuxw.ca

Qualicum Beach Seniors'
Activities Centre
703 Memorial Avenue,
Qualicum Beach
250-752-0420
qbseniors.com

Ravensong Aquatic Centre
737 Jones Street,
Qualicum Beach
250-752-5014
rdn.bc.ca





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

Naniamo 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







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1233 Kiwanis Crescent
250-753-6471
kiwanisvillage.ca

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

Longlake Chateau
3035 Ross Road
250-756-1411
atriaretirement.ca

Nanaimo Seniors Village
6085 & 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

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250-716-2514
thewillison.ca

Wexford Creek
80 Tenth Street
250-753-4044
wexfordcreek.ca

Woodgrove Housing Society
1145 Seafield Crescent
250-741-8856
wschs.ca

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Berwick Parksville
180 Jensen Avenue East
250-468-6000
berwickretirement.com

Emerald Estates
264 McVickers Street
250-586-5893

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120 First Avenue West
250-738-6200
berwickretirement.com

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750 Memorial Avenue
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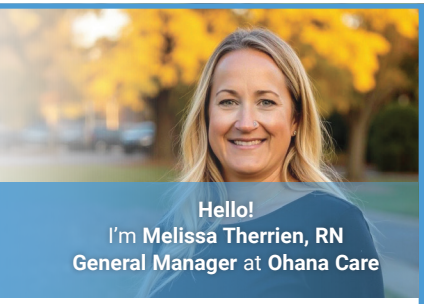

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250-753-6471
kiwanisvillage.ca
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77 Mill Street
250-755-1158
ballenas.ca
55+ below-market housing

Selby Place
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ballenas.ca
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1125 Seafield Crescent
250-741-8856
wschs.ca
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ballenas.ca
Below-market independent housing

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lakeside-gardens.com

Longlake Chateau
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6085 & 6089 Uplands Drive
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Resort-style retirement living.

Wexford Creek
80 Tenth Street
250-753-4044
wexfordcreek.ca
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250-753-6471
kiwanisvillage.ca

Kiwanis Soroptimist Suites S
1234 Kiwanis Crescent
250-753-6471
kiwanisvillage.ca

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

Nanaimo Seniors Village B
6085 & 6089 Uplands Drive
250-729-9524
retirementconcepts.com

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250-751-7755
originlongwood.ca

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180 Jensen Avenue East
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berwickretirement.com

Cokely Manor S
266A Moilliet Street
250-947-9777
arrowsmithlodge.ca

Stanford Seniors Village B
250 Craig Street
250-951-0811
retirementconcepts.com

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berwickretirement.com

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250-752-2818
tcgcare.com





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Respite/Short-Term Stay **R**
Memory Care **MC** | Veterans **V**
Palliative/Hospice **P**

NANAIMO

AgeCare Malaspina B
100 Eleventh Street
250-754-7711
agecare.ca

Chartwell Edgewater Care Residence PP, R, MC
4989 Wills Road
250-585-3788
chartwell.com

Dover House PP, R, P
6155 Hammond Bay Road
250-756-4222
doverhouse.ca

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

Eden Gardens S, MC
1917 Northfield Road
250-758-4676
edengardens.ca
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Harmony House PP
2316 Arbot Road
250-753-2316
harmonyhousenanaimo.com

Keeping House Care Facility PP, P
2263 Jingle Pot Road
250-716-1920
keepinghousecare.com

Kiwanis Village Lodge S, R
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BC Ferries - BC Seniors 65+ passenger fare program
1-888-223-3779
bcferries.com

handyDART
Nanaimo: **250-390-3000**
Pksv/Qm: **250-248-4557**
bctransit.com/nanaimo.

Nanaimo Airport
250-924-2157
nanaimoairport.com

Regional District of Nanaimo Transit
250-390-4531
bctransit.com/nanaimo

SOS Medical Appointment Transportation
Parksville & Qualicum
250-248-2093 Ext. 248
sosd69.com

Yellow Cab Nanaimo
250-751-1111
nanaimotaxi.ca

Technology



Harbour City Computers
10-1708 Bowen Road
250-739-1811
harbourcitycomputers.com

MIKERO Computer Repair
778-268-1775
mikero.ca

Parksville Tech
Parksville, Qualicum Beach & Nanaimo
250-228-6520
parksvilletech.com

The Computer Guys
108-663 Beach Road, Qualicum Beach
250-594-4169
thecomputerguys.ca

Up Your Media
114 Hirst Avenue, Parksville
250-240-3564
upyourmedia.com

Zoomy Computers
Parksville, Qualicum Beach & Nanoose Bay
250-240-1957
zoomy.com

Travel & Vacations



Around the World Travel and Cruises
B-123 Commercial Street
250-753-2282
aroundtheworldtravel.ca

CruisePlus Travel & Tours
130 West 2nd Avenue, Qualicum Beach
250-752-7224
cruiseplus.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

Worldly Escapes
4315 Ashbury Place
250 751 5747
worldlyescapes.com



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

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

Coastline Station*
103-7181 Lantzville Rd.
Ph. **250-244-5151**
*OPENING EARLY 2027

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

Colvile Location
102-1515 Dufferin Cres.
Ph. **778-441-5140**

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

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

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