

Nanaimo

Seniors' Directory

2024/2025





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Community Health Services

www.islandhealth.ca/chs



In-home and community-based services

- Medication Management
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- Nursing Care
- Physiotherapy
- Occupational Therapy
- Respite for Caregivers
- Care Coordination



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South Island: (250) 388-2273

Central Island: (250) 739-5749

North Island: (250) 331-8570



Nanaimo Arts & Culture



VANCOUVER ISLAND
UNIVERSITY

The Port Theatre
www.porttheatre.com

The Vancouver Island Symphony
www.vancouverislandsymphony.com

The Nanaimo Arts Council
www.nanaimoartscouncil.ca

The Nanaimo Art Gallery
www.nanaimogallery.ca

The Nanaimo Aboriginal Centre
www.nanaimoaboriginalcentre.ca

The Nanaimo Museum
www.nanaimomuseum.ca

The Nanaimo Theatre Group
www.nanaimotheatregroup.ca

The Vancouver Island
Military Museum
www.vimms.ca

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

Vancouver Island Exhibition
www.viex.ca

Loyal Nanaimo Bathtub Society
www.bathtubbing.com

A Message from the Mayor

On behalf of Council for the City of Nanaimo, it is my pleasure to extend warm greetings to everyone receiving a copy of Seniors 101.

Nanaimo, located on the Traditional Territory of the Snuneymuxw First Nation, is surrounded by stunning natural landscapes, including waterfront views, mountains and lush forests.

Over the past two years, Nanaimo has seen significant population growth, surpassing 107,000 residents. The working age range of 15-64 years has a projected increase of 22.5% by 2033 to represent 63% of our total population. Individuals aged 65+ represent 24% of our population and are expected to grow by an additional 6,239 persons by 2033, reaching 23.8% of the total population.

Nanaimo has plenty of outdoor activities such as hiking, biking, kayaking, and boating with easy access to over 100 parks, an extensive trail system, public beaches, picnic areas and several recreational facilities. We offer affordable living compared to larger urban centres which is attractive for retirees on a fixed income. We have several retirement communities within Nanaimo, providing various levels of care, including independent living, assisted living, and long-term care.

The Nanaimo Harbour City Seniors (NHCS), through the City of Nanaimo, for seniors aged 60+, offers a wide range of activities such as arts, crafts, games, dance, fitness, wellness, music and sports with numerous programs specifically designed for the age group, including low-cost options. There are currently about 1,200 members who are enjoying numerous programs both indoor and outdoor activities.

As Mayor, I am proud of the role Council has in building a healthy, welcoming community, but the real champions are the people who live, work and raise their families here and make this beautiful city one of the most attractive places to be.

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

**Regional General
Hospital:** 250-755-7691

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

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

Information & Support Services

Aboriginal Crisis Line
1-800-588-8717

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/
coupon-program/how-it-works](http://bcfarmersmarket.org/coupon-program/how-it-works)

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

Working for you!

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

Lisa Marie Barron

Member of Parliament | Nanaimo–Ladysmith
 103 - 495 Dunsmuir Street,
 Nanaimo, BC V9R 6B9
250-734-6400 | LisaMarie.Barron@parl.gc.ca



BC 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



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250-741-7597
DivineHealing.Health

Code Dental Clinic
250-591-0071

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
250-753-9393
nanaimofoodshare.ca/
campaign/good-food-box

Harbour City Seniors
250-755-7501

Home & Community Care
250-739-5740
slandhealth.ca/our-services/
community-health-services/
home-care-services

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

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

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

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

Library (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

Meals on Wheels
250-753-6471
kiwanisvillage.ca

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

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

Nanaimo Citizen Advocacy
250-753-2321

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

Nanaimo Lifeline
250-739-5770
nanaimolifeline.ca

Nanaimo Pain Clinic
250-591-2565
nanaimorecovers.com

Caregiver Support

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Island Health's Caregiver Support Program helps family caregivers improve emotional wellbeing and coping skills in their caregiving role.

To learn more, call:

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Central Island: 1-877-734-4101

North Island: 1-866-928-4988

islandhealth.ca/cvc



**NFL-engAGE
Volunteer Program
250-754-3331**

nflabc.org/programs

**Paradise Isle Seniors
250-754-9566**

facebook.com/ParadiseIsleSeniorsSociety

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

**Senior Peer
Counselling Program
250-754-3331**

nflabc.org/programs/senior-peer-counselling-program

**Senior Well Program
250-753-0633**

**Service Canada (CPP/OAS)
1-800-277-9914**

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

**Snuneymuxw
Elder Care Program
250-740-2337**

snuneymuxw.ca

**Tenant Resource and
Advisory Centre
1-800-665-1185**

www.tenants.bc.ca

**Therapeutic Activation
Program for Seniors (TAPS)
250-754-3331**

www.nflabc.org/programs/taps

**Thrifty's Sendial Delivery
1-800-667-8280**

thriftyfoods.com

**Tillicum Lelum Aboriginal
Frienship Centre
250-716-3438**

tillicumlelum.ca

VI Gaming Support

Responsible & Problem Gambling Support

vigamingsupport.ca

**Vision Loss Rehabilitation
1-844-887-8572**

visionlossrehab.ca/en

**Volunteer Nanaimo
250-758-7121**

volunteernanaimo.ca

**Wheels for Wellness
250-338-0196**

wheelsforwellness.com

COMMUNITY RESOURCES

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

More information on **SENIORS101.ca**



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Independent & Assisted Care Communities



Berwick on the Lake

3201 Ross Road
250-729-7995

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
250-740-2815
kiwanisvillage.ca

Lakeside Gardens Senior Community

4088 Wellesley Avenue
250-756-0799
lakeside-gardens.com

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Longlake Chateau

3035 Ross Road
250-756-1411

atriaretirement.ca/retirement

Nanaimo Seniors Village

6089 Uplands Drive
250-729-9524

retirementconcepts.com/locations/nanaimo-seniors-village

Oak Tree Manor

325 Hecate Street
250-716-1799

oaktreemanor.ca

Origin at Longwood

55+ Vibrant Living
6205 Oliver Road
250-751-7755

OriginLongwood.ca

The Hamlets at Duncan

5950 York Road, Duncan
250-597-7995

thehamletsatduncan.ca

Wexford Creek Seniors Community

80-10th Street
778-402-1852

parkplaceseniorsliving.com

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avenirseniorliving.com

Dufferin Place

1200 Dufferin Crescent
250-755-7632

islandhealth.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

Nanaimo Travelers Lodge

1298 Nelson Street
250-758-4676

nantralodge.bc.ca

Woodgrove Manor

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Churches, Places of Faith & Worship



Brechin United Church
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 Church
2221 Bowen Road
250-758-1513
cccnanaimo.ca

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

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

Hope Lutheran Church
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
4235 Departure Bay Road
250-758-2676
stpetersnanaimo.ca

Sikh Temple
328 Third Street
250-754-5516

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

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

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

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

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

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

Denturists, Dentists & Hygienists



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

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

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

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

Education, Coaching & Lifelong Learning



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

John Taylor Counselling
Marriage, Couples, & Individual
Counselling
2B-6135 Metral Drive
250-618-0216
izumitherapy.com

Mid Island Elder Collage
Parksville, BC
250-248-2096
eldercollege.org



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arbormemorial.ca

Evergreen Cremation Centre
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250-591-8426

evergreencremationcentre.com

First Memorial Funeral Services

1720 Bowen Road
250-754-8333

dignitymemorial.com

Nanaimo Community Hospice Society

1080 Saint George Crescent
250-591-8811

nanaimohospice.com

Sands Funeral Chapel Cremation & Reception

1 Newcastle Avenue
778-488-8716

arbormemorial.ca/ensands-nanaimo

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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

Pacific Station Notaries

#101-5220 Dublin Way
250-756-7720

nanaimonotary.ca

Peggy Hault & Associates

Income Tax Accountant
250-756-0644

peggyhault.com

Residential Tenancy Branch

2-1351 Estevan Road
250-753-6149

Rockmoor Wealth Managment

204-5160 Dublin Way
250-618-0386

rockmoorwealth.com

Seniors First BC

*Information, Advocacy
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604-437-1940

seniorsfirstbc.ca

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250-751-7755

6205 Oliver Road, Nanaimo

www.OriginLongwood.ca

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For more info, contact

250-751-7755 ext 128

www.OriginAtHome.ca

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

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

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

Island Foot Clinics
201-1808 Bowen Road
250-754-4192
islandfootclinics.com

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

Nitty-Gritty Foot Care
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
Restorative Body Work
Sharon Cusack
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
islandoptymal.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

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www.nanaimohospice.com

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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

Southcare Chiropractic
512 Campbell Street
250-755-1554
southcare.ca

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Teresa Ostman - Editor
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wellnessnews.ca

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www.pinnaclepharmacy.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

Isl. Deaf & Hard of Hearing

102 - 6588 Applecross Road

Voice: 250-753-0999

tty: 250-753-0977

idhhc.ca/contact

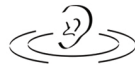


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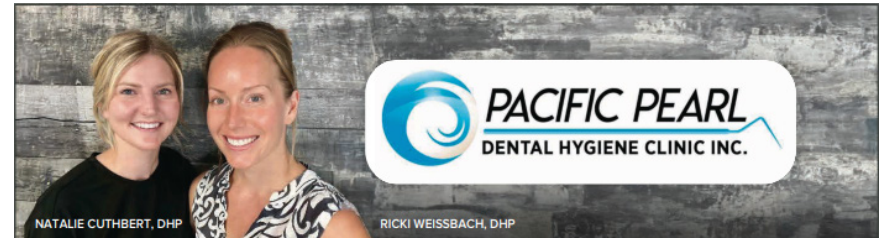
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seniorsnanaimo.ca

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Performing Arts Theater
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chemainustheatrefestival.ca

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greatcanadiancasinos.com

Island Woman Magazine

250-246-1227

islandwoman.ca

The Port Theatre

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porttheatre.com

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cedarfarmersmarket.org

Chemainus Public Market

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chemainuspublicmarket.com

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Parksville / Qualicum
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 nanaimolifeline.ca

Prices Alarms

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250-756-0212
 pricesalarms.ca

Medical Equipment & Supplies

Advanced Mobility
 #2-1585 Bowen Road,
250-754-3899
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Island Mediquip
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250-824-0390
 islandmediquip.com

Life Support Assisted Living Systems
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250-585-3035
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 junkinourtrunk.ca

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

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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

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Eye Care Nanaimo
 #101 - 6330 Dover Road
250-390-1447
 eyecarenanaimo.com

Eye Plus Optometry + Optical
 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

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

Growlies Pet Foods Inc.

420 Trans Canada Highway
250-597-4077

growlies.ca

Nanaimo Pet Services

4512 Wellington Road
250-758-3908

nanaimopetservices.com

Oliver Pet Supplies

Brooks Landing Mall
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Dufferin Location

101-1125 Dufferin Crescent
250-716-0063

Dunsmuir Location

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250-753-6401

Lantzville Location

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778-888-7445
bcdementiacare.org

Chemainus Health Care Fdn.
Box 462, Chemainus
E: CHCF@gmail.com

Chemainus Theatre Foundation
Bag 1000, Chemainus
250-246-9800, ext. 724
www.chemainustheatre.ca
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Children's Health Fdn. V.I.
345 Wale Road
250- 940-4950
islandkidsfirst.com

Gabriola Health Care Fdn.
695 Church Street
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ghcs.ca

Habitat for Humanity
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250-382-3135
 helpfilladream.com

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 nanaimohospice.com

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250-755-7690
 nanaimohospitalfoundation.com

Nanaimo Foundation
250-816-9723
 nanaimofoundation.com

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 setterandassociates.com

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 1-5140 Metral Drive
250-616-3641
 ianthompsonrealestate.com

Lindsay Johnson
 eXp Realty
778-991-0098
 dawnwalton.com/agents/
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Alair Homes Nanaimo
 96 Wallace Street
250-754-5500
 alairhomes.ca/nanaimo

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

B. Gallant Homes Ltd.
Construction
 170 Wallace Street
250-714-1991
 bgallanthomes.com

Classic Renovations
250-585-8787
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250-756-5200
nanaimo.ca/facilities

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

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

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

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