

Greater Victoria

Seniors' Directory

2024/2025

SENIORS101.ca

coastline
MARKETING



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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. HealthLinkBC and also be reached by calling 8-1-1.

bc211 is an online service directory of 12,000 agencies and programs at www.bc211.ca

What community health services does Island Health provide?

Island Health Community Health Services provides professional services in the community and in your home, depending on your assessed care need and urgency of need. Services may be short-term if you are recovering from a procedure or condition, or long-term if you need ongoing care. Details: www.viha.ca/hcc/services



Rexall HOME
HEALTH CARE

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Walkers
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Lift Chairs

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





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

AMICA

SENIOR LIFESTYLES

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AMICA JUBILEE HOUSE ▪ AMICA ON THE GORGE
AMICA SOMERSET HOUSE

THE CITY OF VICTORIA



OFFICE OF THE MAYOR

Greetings from Mayor Marianne Alto



On behalf of the City of Victoria, it is my great pleasure to
extend greetings to readers of the Seniors 101 directory.

We are incredibly proud of the City's focus on well-being,
sustainability, arts, culture and other sectors that contribute
to our quality of life.

One important piece of this work has been the adoption of the
City of Victoria's Seniors' Action Plan, with the aim of
making Victoria healthier and more livable for seniors.

If you are visiting, I hope that you take time to look around you to see and acknowledge the Songhees and Esquimalt Nations' historic and ongoing stewardship of our lands and waters, and to explore the beautiful city that sits on and adjacent. Enjoy the sights and tastes of our downtown and nearby neighbourhoods. Visit the breathtaking Inner Harbour, Fisherman's Wharf, walk waterfront paths and enjoy some of the best food, beer and coffee anywhere! You also won't want to miss Canada's oldest Chinatown and our charming Old Town District.

Welcome to Victoria!

Sincerely,

Marianne Alto
Victoria Mayor

The City of Victoria recognizes the Songhees and Esquimalt Nations in whose traditional
territories we live and work "Hay swx qa"

No.1 Centennial Square Victoria British Columbia Canada V8W 1P6
Telephone (250) 361-0200 Fax (250) 361-0348 Email mayor@victoria.ca



For over 30 years Island Deaf + Hard of Hearing Centre has been Victoria's trusted source for hearing health.



CONTINUUM OF CARE AT THE VISTA

EXPERTS IN CARE FOR SENIORS

If someone you love has been impacted by Alzheimer's or a dementia related disease, our trained, experienced, and compassionate staff is here to help. Choose from one of our 48 purposely designed studios that will allow them to keep treasured mementos close by in a safe, comforting, home-like atmosphere.

Services Include:

- Cognitive Lifestyle Program Unique to Avenir Communities
- Round Table Discovery Meeting Prior to Move-In
- Person-Centred Care Planning*
- Trained Caregivers on Staff 24 Hours/7 Days a Week
- 3 Chef-Prepared Meals Plus Snacks Daily

Interior Features

- Functional Spacious Floor Plan
- Individualized Air Conditioning & Heating
- Private Bathroom & Shower
- Furnished with Bed, Beside Wall Sconce, Nightstand & Guest Chair
- Ample Storage for Personal Items
- Secured 2nd Floor Sun Deck

*some fees and conditions apply

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SCHEDULE YOUR APPOINTMENT TODAY**

778-247-0780

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622 Admirals Rd. BC V9A 2N7
www.LiveAtVista.ca



- + Experience a full-service hearing clinic with registered Audiologists.
- + Access in house support services and workshops.
- + Choose from a full range of hearing aids, assistive technology, and devices.
- + Support a local non-profit.



By purchasing your hearing aids at IDHHC, you help to provide free refurbished hearing aids & continuing hearing health care to low-income seniors in your community.



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

Island Deaf +
Hard of Hearing
Centre

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

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Information & Support Services



All emergencies: 911

Fire

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

Police

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

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:
250-370-800

Poison Control Centre:
1-800-567-8911

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



Are you caring for a family member or friend?

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



Family Caregivers
of British Columbia
— Let us help —

Discover our FREE caregiver resources and services
at www.familycaregiversbc.ca. **We are here for you!**

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
800-5242-3310

Aboriginal Community Legal Workers
250-748-1160

Anti Fraud Centre
1-888-495-8501
www.antifraudcentre.ca

Alzheimer Society of BC
250-382-2052
www.alzheimerbc.org

BC Association of Community Response Networks (BC CRN)
<https://bccrns.ca>

BC Brain Injury Association
1-604-984-1212

BC Schizophrenia Society
1-888-888-0029

BC Cancer Agency
bccancer.bc.ca/contact

BC Medical Services Plan [Pharmacare]
1-800-663-7100
www2.gov.bc.ca

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

BC Ministry of Social Development & Poverty Reduction
1-866-866-0800
www2.gov.bc.ca

Better at Home
604-268-1312
betterathome.ca

Better Business Bureau
250-386-6348
www.bbb.org

Canadian Forces Income Support Benefit
1-866-522-2122
www.veterans.gc.ca

Crisis Line
1-888-494-3999
www.vicrisis.ca

Dietician (on call) 8-1-1

Disability Resource Centres
250-598-9339
www.vbis.ca

Disability Parking Permits
250-595-0044
www.drcvictoria.com/services/parking-permits

Domestic Violence Victim Help
1-800-563-0808
www2.gov.bc.ca

Emergency Preparedness Vancouver Island
www.crd.bc.ca/prepare-yourself

Esquimalt Neighbourhood House Society
250-385-2635 ext. 201
www.enh.bc.ca

Family Caregivers of B.C.
250-384-0408
B.C. Caregiver Support Line
1-877-520-3267
www.familycaregiversbc.ca

First Link Dementia Helpline
1-800-936-6033

Government Services (Federal)
1-800-622-6232
www.seniors.gc.ca

Government Services (Provincial)
www.gov.bc.ca

Greater Victoria Library
250-940-4875
www.gvpl.ca

HealthLink BC - 811
www.healthlinkbc.ca

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

Home and Community Health Care
250-388-2273
www.islandhealth.ca

Income Tax Help
250-384-3396
www.salvationarmy.ca

Income Tax Help Veteran's Affairs
1-866-522-2122
www.veterans.gc.ca



Island Independence

*Occupational Therapy Services
in Your Home/Assisted living/LTC*

www.islandindependence.ca
ot@islandindependence.ca
250-514-8716

Inter-Culture Association
250-386-4395
www.icavictoria.org

Island Health (VIHA)
250-370-8699
www.viha.ca

James Bay Health & Community Services
250-388-7844 ext. 334
www.jbcp.bc.ca

LGBTQ2+ for Seniors
Meets 3rd Saturday/month
250-656-3213
55plusinSidney@gmail.com
www.stpaulsunitedbc.com/events

Legal Aid
1-866-577-2625
www.lss.bc.ca

MS Society of Canada
1-800-268-7582
www.mssociety.ca

Office of Seniors Advocate
250-952-3181
www.seniorsadvocatebc.ca

Pacific Centre Family Services Association
778-677-3540
www.pacificcentrefamilyservices.org

Parkinson Support Group
1-800-668-3330
www.parkinson.bc.ca

Responsible & Problem Gambling Program
1-888-795-6111
choicesandchances.ca

**Saanich and Peninsula
Beacon Community Services**

250-656-5537 ext. 106

www.beaconcs.ca

Seniors 101 HELP LINE

250-246-1227

www.seniors101.ca

**Seniors Abuse & Informa-
tion Line (SAIL)**

Information, Advocacy & Support

1-866-437-1940

www.seniorsfirstbc.ca

Seniors & Mental Health

250-388-2295

www.islandhealth.ca

Service Canada [CPP/OAS]

1-800-277-9714

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

Stroke Recovery Association

604-688-3603

Uvic Institute on Aging

250-721-6369

www.uvic.ca/research/centres/aging

Victim Link

1-800-563-0808

www.victimlinkbc.ca

Victoria Brain Injury Society

250-598-9339

www.vbis.ca

**Victoria Disability Resource
Centre**

250-598-9339

www.vbis.ca

Victoria Hospice

250-370-8715

www.victoriahospice.org

Victoria Men's Centre

250-370-4636

www.vicmen.org

Victoria Women in Need

250-480-4006

www.womeninneed.ca

**Victoria Women's
Transition House Society**

250-592-2927

www.transitionhouse.net

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**

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. 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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Arts & Culture

**Alix Goolden
Performance Hall
250-386-5311**

www.vcm.bc.ca/alix-goolden-hall

**Art Gallery of
Greater Victoria
250-384-4171 ext. 289**

www.aggv.ca

**Arts Victoria
1-888-618-6498**

www.artsvictoria.ca

**Ballet Victoria
250-380-6063**

www.balletvictoria.ca

**Belfry Theatre
250-385-6815**

www.belfry.bc.ca

**Chinese Canadian Museum
250-382-9883**

www.chinesecanadianmuseum.ca

**Emily Carr House
250-383-5843**

www.emilycarr.com

**Langham Court Theatre
250-384-2142**

www.langhamtheatre.ca

**Pacific Opera Victoria &
Baumann Centre
250-385-0222**

www.pov.bc.ca

**Royal B.C Museum
250-356-7226**

www.royalbcmuseum.bc.ca

**Royal & McPherson
ticket inquiries: 250-386-6121
venu inquiries: 250-361-0800**

www.rmts.bc.ca

**Victoria Conservatory of Music
250-386-5311**

www.vcm.bc.ca

Victoria Film Festival

www.victoriafilmfestival.com

**Victoria Symphony
250-385-6515**

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

SENIORS101.ca



Care Communities



Assisted Living

Amica Jubilee House

1900 Richmond Road

250-592-1200

www.amica.ca/jubilee-house

Berwick House

4062 Shelbourne Street

250-721-4062

www.berwickretirement.com/bh/

Brentwood House

1167 Stelly's Cross Road

250-652-0634

www.islandhealth.ca/our-locations

Broadmead Care

4579 Chatterton Way

250-658-0311

www.broadmeadcare.com

Douglas Care Community

647 Niagara Street

250-383-9011

www.trilliumcommunities.com

Grafton Lodge

506 Grafton Street

250-384-2194

www.islandhealth.ca/our-locations

Hillside Terrace

1460 Hillside Avenue

250-388-2273

www.islandhealth.ca/our-locations

John O. Anderson

Memorial House

D16 7601 East Saanich Road

250-652-3261

Legion Manor Victoria

7601 East Saanich Road

250-652-3261

www.legionmanorvictoria.com

M'akola Housing Society

817 Goldstream Avenue

Langford BC

250-474-1524

www.makola.bc.ca

Marrion Village

1968 Bee Street

250-592-2231

baptisthousing.org

Parkwood Court by Optima

3000 Shelbourne Street

250-598-1575

www.reveralliving.com/parkwoodcourt

Parry Place

21 Parry Street

250-388-2273

www.islandhealth.ca/our-locations

St. Charles Manor

1006 St. Charles Street

250-595-4255

www.trilliumcommunities.com

Sunrise Senior Living

920 Humboldt Street

250-220-6585

www.sunrisevictoria.com

Independent Living



Abbeyfield St. Andrews

10017- 5th Street, Sidney

250-656-3536

www.abbeyfield.ca

Abbeyfield St. Martins

3272 Harriet Road

250-360-2152

www.abbeyfield.ca

Abbeyfield St. Peter

1133A Reynolds Road

250-479-6140

www.abbeyfield.ca

Alexander Mackie

753 Station Avenue, Langford

250-478-4888

www.hayworth.ca

Amica at Beechwood Village

2315 Mills Road, Sidney

250-655-0849

www.amica.ca

Amica at Douglas House

50 Douglas Street

250-383-6258

www.amica.ca/douglas

**Our team in Victoria and Vancouver Island
helps downsize with an easy, caring process.**

CHANGING PLACES DOWNSIZING SERVICES

- ✓ **Packing, Moving, Unpacking, Staging**
- ✓ **Downsizing Logistics**
- ✓ **Removal Services: Donation & Disposal**
- ✓ **Cleaning**
- ✓ **Transportation and Post-Move Follow Up**



Call for a FREE Consultation!

(250) 721 4490

hello@changingplaces.ca

Amica at Somerset House

540 Dallas Road
250-380-9121

www.amica.ca/somerset

Amica on the Gorge

994 Gorge Road West
250-220-8000

www.amica.ca/on-the-gorge

Berwick House

4062 Shelbourne Avenue
250-721-4062

www.berwickretirement.com/bh

Berwick Royal Oak

4680 Elk Lake Drive
250-386-4680

www.berwickretirement.com/bro

Carlton House of Oak Bay

2080 Oak Bay Avenue
250-595-1914

www.carltonhouse.ca

Cherish at Central Park

917 Avril Road, Langford
250-478-4431

www.cherishvictoria.ca

Dawson Heights

3710 Cedar Hill Road
250-477-4850

dawsonheights.ca

Chown Place

11 Chown Place
250-360-1977

www.gorgeviewsociety.ca

Clover Point Care

90 Linden Avenue
250-590-7885

www.cloverpointcare.ca

Craigdarroch Care Home

1048 Craigdarroch Road
250-595-3813

www.craigdarrochcarehome.ca

Cridge Village Seniors Centre

1307 Hillside Avenue
250-384-5267

www.cridge.org

Douglas Care Community

657 Niagara Street
250-383-9011

www.douglascare.ca

Glenshiel Retirement Residence

606 Douglas Street
250-383-4164

www.theglenshiel.bc.ca

Highgate Lodge

1538 Cedar Hill Cross Road
250-472-0077

www.trilliumcommunities.com

The Kensington by Optima

3965 Shelbourne Street
250-477-1232

www.reveraliving.com

Legion Manor Victoria

7601 E. Saanich Rd., Saanichton
250-652-3261

www.legionmanorvictoria.com

Lions Cove

290 Old Island Highway
250-514-9781

www.novapacific.ca

Luther Court Apartments

1525 Cedar Hill Cross Road
250-477-7241

www.luthercourt.org

Norgarden

2300 Henry Avenue, Sidney
250-656-8822

www.norgarden.com

Parkwood Place by Optima

3051 Shelbourne Street
250-598-1565

www.reveraliving.com

The Peninsula

2290 Henry Avenue
250-656-8827

www.welcometopeninsula.ca

Ross Place

2638 Ross Place
250-381-8666

www.rossplace.ca

Shannon Oaks

2000 Goldsmith Street
250-595-6257

www.shannonoaks.com

Saint Francis Manor by the Sea

1128 Dallas Road
250-382-7999

www.saintfrancismanor.com

Shoal Centre

#130-10030 Resthaven Drive
250-654-0536

www.beaconcs.ca

Sidney All Care

2269 Mills Road, Sidney
1-778-351-2505

www.allcarecanada.ca

Tapestry

665 Douglas Street
250-419-4261

E: TapestryVictoria@ConcertProperties.com

[@ConcertProperties.com](mailto:TapestryVictoria@ConcertProperties.com)

The Victorian

1773 Feltham Road
250-477-1912

www.atriaretirement.ca

The Victorian at McKenzie

4000 Douglas Street
250-381-9496

www.atriaretirement.ca

The Vista

622 Admirals Road
788-247-0780

www.LiveAtVista.ca

The Wellesley

2800 Blanshard Street
250-383-9099

www.retirementconcepts.com

West Shore Lodge

1828 Island Highway
250-478-7527

www.trilliumcommunities.com



Island Independence

*Occupational Therapy Services
 in Your Home/Assisted living/LTC*

www.islandindependence.ca

ot@islandindependence.ca
 250-514-8716

**Long Term Care
Memory Care**

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

Amica Jubilee House
1900 Richmond Road
250-592-1200
www.amica.ca/jubilee-house

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Marion Village
Rental Housing & Assisted Living
1968 Bee Street
250-592-2231

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

Memorial Pavilion
1952 Bay Street
250-370-8296

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

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

Nigel House
846 Nigel Avenue
250-414-7314

Parkwood Court by Optima
3000 Shelbourne Street
250-598-1575
www.reveralliving.com

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



WATERDOWN
In Home Bathing Services

Professional Nursing
Care Preserving Dignity
& Independence

250.516.2351 waterdown@shaw.ca

Priory & Heritage Woods

567 Goldstream Avenue
Langford

250-388-2273

www.islandhealth.ca

Rest Haven Lodge

2281 Mills Road
Sidney, BC

250-388-2273

www.broadmeadcare.com

Saanich Peninsula Hospital

2166 Mount Newton X Road
Saanichton

250-388-2273

www.islandhealth.ca

Saint Charles Manor

1006 St. Charles Street

250-595-4255

www.trilliumcommunities.com

Sandringham Hospital

1650 Fort Street

250-595-2313

reveraliving.com

Selkirk Place

385 Waterfront Crescent

250-388-2273

www.retirementconcepts.com

Sidney All Care Residence

2269 Mills Road, Sidney

Terra Munro

tmunro@allcarecanada.ca

778-351-2505

www.allcarecanada.ca

Sidney Care Home

9888 Fifth Street
Sidney BC

250-656-0121

www.tcgcare.com/sidney

Sunrise Senior Living

920 Humboldt Street

250-220-6585

www.sunrisevictoria.com

Sunset Lodge

952 Arm Street

250-385-3422

sunsetlodgesa.ca

Trillium at Cloverpoint

90 Linden Avenue

250-590-7885

www.trilliumcommunities.com

The Vista

622 Admirals Road

Bonnie Harris

bharris@liveatvista.ca

788-247-0780

www.LiveAtVista.ca



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.familycaregiversbc.ca. **We are here for you!**

Churches, Places of Faith & Meditation

**Anglican Catholic Church of St. John the Evangelist**

990 Falmouth Road

250-920-9990

www.ccsje.org

Cadboro Bay United Church

2625 Arbutus Road

250-477-2715

Centennial United Church

649 Gorge Road East

250-384-6424

www.cucvictoria.com

Central Baptist Church

Pandora Avenue

250-385-7786

www.centralbaptistchurch.ca

Christ Church Cathedral

930 Burdett Avenue

250-383-2714

www.christchurchcathedral.bc.ca

Christ Community Church

3897 Holland Avenue

250-479-3227

Church of Truth

111 Superior Street

250-382-5412

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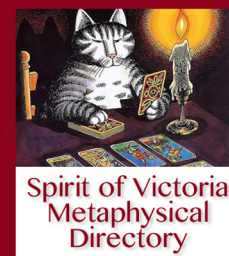
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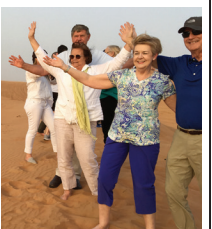


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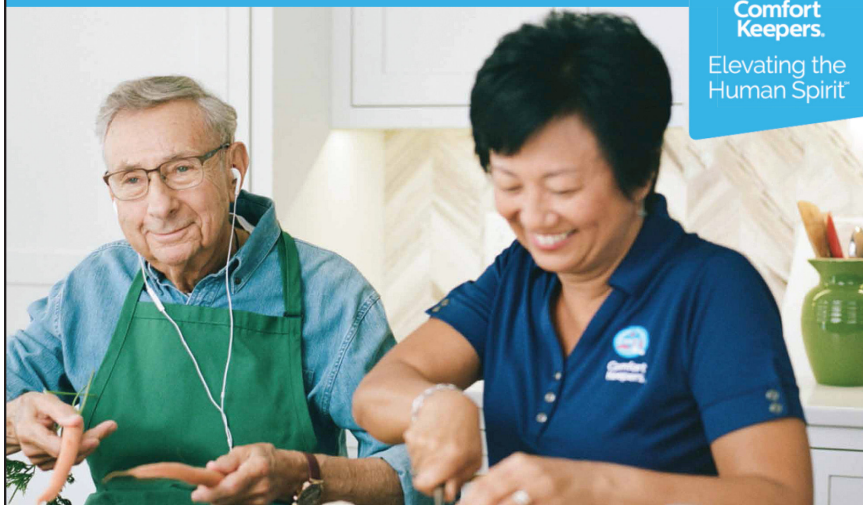
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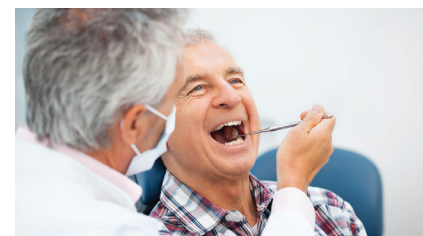
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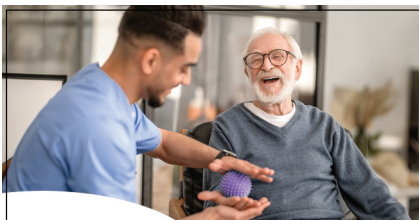


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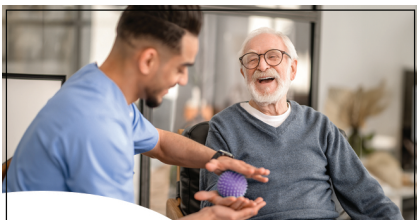
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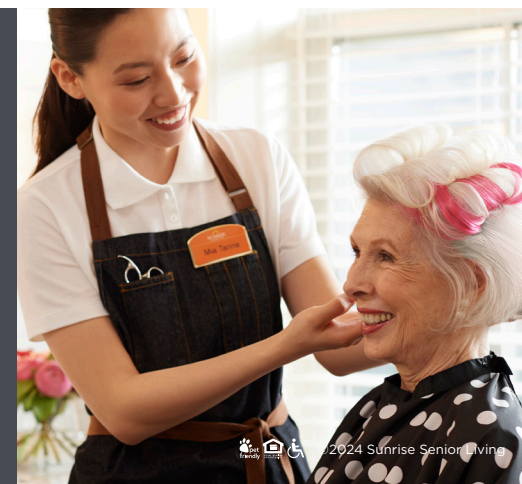


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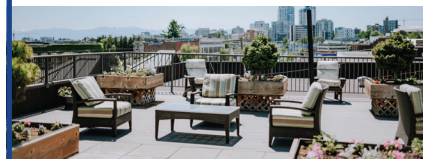
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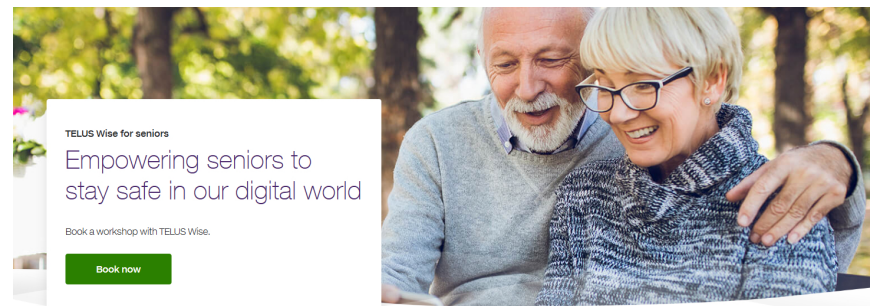
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