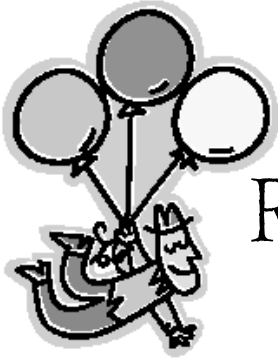


Activity Centres, Recreation & Social Clubs



Activity Centres, Recreation & Social Clubs

Many recreational & social opportunities are available for senior adults within the Capital Region of Victoria and the Gulf Islands. The following is a listing by geographical area of organizations that provide indoor and outdoor programs and services for adults 50 years and better.

Activity and Recreation Centres

CITY OF VICTORIA

**Victoria Parks
Recreation & Community
Development** 250-361-0732
2275 Quadra Street
Victoria, BC V8T 4C4
www.victoria.ca/recservices

**Blanshard Community
Centre** 250-388-7696
901 Kings Road
Victoria, BC V8T 1W5
www.blanshardcc.com

**Burnside Gorge Community
Association** 250-388-5251
471 Cecelia Road
Victoria, BC V8T 4T4
www.burnsidegorge.ca

**Downtown Community
Activity Centre** 250-383-0076
755 Pandora Avenue
Victoria, BC V8W 1N9
www.coolaid.org

**Cook Street Village
Activity Centre** 250-384-6542
1 - 380 Cook Street
Victoria, BC V8V 3X7
www.cookstreetvillageactivitycentre.ca

**Fernwood Seniors
Autumn Glow** 250-381-1552
1240 Gladstone Avenue
Victoria, BC V8T 1G6
ext.22
www.fernwoodnrg.ca

**James Bay
New Horizons Society** 250-386-3035
234 Menzies Street
Victoria, BC V8V 2G7
www.jamesbaynewhorizons.ca

**Oaklands
Community Centre** 250-370-9101
1-2827 Belmont Avenue
Victoria, BC V8R 4B2
www.oaklandscommunitycentre.com

Victoria Silver Threads 250-388-4268
1728 Douglas Street
Victoria, BC V8W 2G7
www.silverthreads.ca

YM/YWCA 250-386-7511
851 Broughton Street
Victoria, BC V8W 1E5
www.victoriay.com

Activity Centres, Recreation & Social Clubs

ESQUIMALT

**Esquimalt Parks
Recreation** 250-412-8500
527 Fraser Street
Victoria, BC V9A 6H6
www.esquimalt.ca

OAK BAY

**Oak Bay Parks
Recreation** 250-595-7946
1975 Bee Street
Victoria, BC V8R 5E6
www.recreation.oakbaybc.org

**Henderson
Recreation Centre** 250-370-7200
2291 Cedar Hill X Road
Victoria, BC V8P 5H9
www.recreation.oakbaybc.org

**Monterey Recreation Centre
Oak Bay Seniors
Activity Association** 250-370-7300
1442 Monterey Avenue
Victoria, BC V8S 4W1
www.recreation.oakbaybc.org

SAANICH

**Saanich Parks and Saanich
Community Services Active Aging
Strategy Liaisons** 250-475-5424
780 Vernon Avenue
Victoria, BC V8X 2W7
www.saanich.ca

**Cedar Hill Recreation Centre
Cedar Hill
New Horizons** 250-475-7121
3220 Cedar Hill Road
Saanich, BC V8P 3Y3
www.saanich.ca

**Cordova Bay 55 Plus
Association** 250-658-5558
5238 Cordova Bay Road
Victoria, BC V8Y 2L2
www.web.me.com/cb55+

**Gordon Head
Recreation Centre** 250-475-7100
4100 Lambrick Way
Saanich, BC V8P 3Y3
www.saanich.ca

Goward House Society 250-477-4401
2495 Arbutus Road
Victoria, BC V8N 1V9
www.gowardhouse.com

**Mt. Tolmie New
Horizons** 250-592-2767
St. Aidan's United Church
3703 St. Aidan's Street
Victoria, BC V8P 2V7

**Pearkes Recreation
Centre** 250-475-5400
3100 Tillicum Road
Victoria, BC V9A 6T2
www.saanich.ca

**Saanich Commonwealth
Place** 250-475-7600
4636 Elk Lake Drive
Victoria, BC V8Z 5M1
www.saanich.ca

**Saanich Silver Threads
Service** 250-382-3151
286 Hampton Road
Victoria, BC V8Z 1H1
www.silverthreads.ca

Activity Centres, Recreation & Social Clubs

SAANICH PENINSULA

Beacon Community Services 250-656-5537

SHOAL Centre
10030 Resthaven Drive
Sidney, BC V8L 3G4
www.beaconcs.ca

Central Saanich Senior Citizens' Association 250-652-4611

1229 Clarke Road
Brentwood Bay, BC V8M 1E2

Panorama Recreation 250-656-7271

1885 Forest Park Drive
North Saanich, BC V8L 4A3
www.crd.bc.ca/panorama

DISTRICT OF SOOKE

Seaparc Leisure Complex 250-642-8000

2168 Phillips Road
Sooke, BC V9Z 0Y3
www.crd.bc.ca/seaparc

Sooke Seniors' Activity Society 250-642-4576

General Delivery PO Box 987
Sooke, BC V9Z 1H9
Social excursions for seniors in the area.

Sooke Seniors' Drop-In Centre 250-642-6898

6689 Sooke Road
Sooke, BC V9Z 1H9

GULF ISLANDS

Galiano Island Community Hall 250-539-2175

141 Sturdies Bay Road
Galiano Island, BC V0N 1P0

Pender Island Community Support Program 250-629-3346

5715 Canal Road
Pender Island, BC V0N 2M1

Salt Spring Island Community Education Society 250-537-0037

PO Box 329, Ganges
Saltspring Island, BC V8K 2V9
www.ssicommunityed.com

Salt Spring Island Parks Recreation Commission 250-537-4448

145 Vesuvius Bay
Saltspring Island, BC V8K 1K3

Salt Spring Seniors' Services Society 250-537-4604

379 Lower Ganges Road
Salt Spring Island, BC V8K 2V4

Saturna Recreation & Cultural Centre 250-539-2452

104 Harris Road
Saturna Island, BC V0N 2Y0
www.saturnarec.org

WESTSHORE

West Shore Parks Recreation Juan De Fuca Society 250-478-8384

55+ Activity Centre 250-474-8618

1767 Island Highway
Colwood, BC V9B 1J1
www.jdfrecreation.com

Metchosin Community House 250-478-5155

4430 Happy Valley Road
Metchosin, BC V9C 3Z3
www.metchosincommunityhouse.com

Activity Centres, Recreation & Social Clubs

Social Clubs

BC Seniors Games **250-389-1327**

Annual province wide 3 day competition and social event for anyone age 55 or older. 25 activities for people of all abilities.

www.bcseniorgames.org

Evening Social Butterflies **250-383-4386**

Fee-based service providing social/interactive evenings, entertainment around town and beyond. Includes door-to door service, and a current events newsletter.

Exploritas **1-800-454-5768**

A non-profit educational/travel organization (formerly Elderhostel) offering inexpensive, short-term, academic and recreational programs hosted by a global network of educational institutions and program facilitators.

www.exploritas.org

Guess Who is Coming to Dinner? **250-382-3151**

Saanich Silver Threads
286 Hampton Road
Victoria, BC V8Z 1H1

An evening dinner program twice monthly with entertainment. Transportation is provided if possible. Call to get your name on the list.

www.silverthreads.ca

Happy Wanderers **250-480-1387**

525 Simcoe Street
Victoria, BC V8V 1M1

Offers fee-based assisted travel programs for seniors and people with developmental disabilities and those needing assistance while traveling.

www.happywanderers.ca

Hillside Mall Walkers **250-595-7154**

1644 Hillside Avenue
Victoria, BC V8T 2C5

Meets in the Food Court from 7 a.m. to 9 a.m. every day.

www.hillsidecentre.com

Horseshoe Club of Victoria **250-727-2543**

Welcomes new members who want to learn the game. Equipment available for trial.

www.victoriahorseshoeclub.com

New Imperial Social Club **250-385-8744**

Dances on the 2nd Saturday of the month at the Chief and Petty Officer's Mess. Live bands featuring music from the 50's, 60's and 70's.

Lawn Bowling Clubs

200 active bowlers enjoy two-week training program in April, regular dinners and parties. Bingo, bridge and euchre in the winter months.

Burnside..... 250-381-5743

Central Saanich 250-652-4774

Gordon Head 250-721-1331

Lake Hill 250-590-8125

Oak Bay..... 250-592-1823

Sidney 250-656-0209

Victoria 250-383-5851

Victoria West..... 250-382-0751

Western Communities 250-478-8384

Activity Centres, Recreation & Social Clubs

Old Age Pensioners' Organizations

Greater Victoria Seniors Old Age Pensioners' #191 250-360-1068

Meets 2nd Wednesday each month at 2 p.m. at BCGEU.

www.greatervictoriaseniors.ca

South Salt Spring Seniors 250-537-5339

2083 - 135 Brinkworthy Road
Salt Spring Island, BC V8K 1S3

Sooke Old Age Pensioners' 250-642-6898

PO Box 1004
Sooke, BC V9Z 1J1

People Meeting People Club 250-360-0206

Monterey Activity Centre
1442 Monterey Avenue
Victoria, BC V8S 4W1
Dances twice a month. Singles and couples welcome.

www.victoriamp.com

Salvation Army Senior Adult Fellowship 250-727-3770

4030 Douglas Street
Victoria, BC V8X 5H6
Meets on 4th Tuesday of the month, 1:30 p.m. to 3 p.m.

Seniors in Stitches 250-382-4331

Seniors social knitters meet monthly to create gifts for children at Cridge Centre. Materials are donated.

www.seniorsservingseniors.bc.ca

Sidney Single Seniors 250-656-5537

Open to all '55 plus' residents of the Peninsula, who are single or act as caregiver to a spouse. Meets once a month in Sidney with opportunity to join walking groups, luncheons and dinners, shopping trips, summer barbeques, coffee groups, darts and/or many other activities and outings.

Sincerely Happy Association Of Retired Persons (SHARPS) 250-479-1733

Church of The Nazarene
4277 Quadra Street
Victoria, BC V8X 1L5

Meets on Tuesdays only from 10 a.m. to 2 p.m.

South Vancouver Island Classic Soccer Association 250-882-1359

Organizes soccer games for 40+, 50+ and 65+ men's teams.

www.svicsa.com

Wellness Through Music Victoria Conservatory 250-386-5311

900 Johnson Street
Victoria, BC V8V 3N4
Music therapy programs offering relaxation, music visualization and imagery, creative arts exploration, Hand Bell Choir.

www.vcm.bc.ca

TIP!

The LIFE (Leisure Involvement For Everyone) Program provides financial subsidies for people on low incomes to participate in leisure. To be eligible, you must provide proof of municipality, residency and BC Care Card. Phone your local recreation centre for more information.