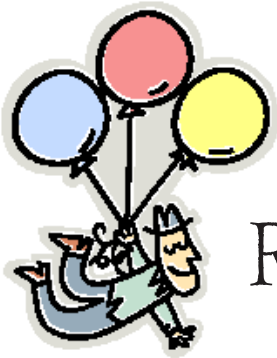


Activity and Recreation Centres & Social Clubs



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

Downtown Community Activity Centre 250-383-0076

755 Pandora Avenue
Victoria, BC V8W 1N9
www.coolaid.org

Fairfield Activity Centre Society New Horizons 250-384-6542

1 - 380 Cook Street
Victoria, BC V8V 3X7

Fernwood Seniors Autumn Glow 250-381-1552 ext.22

1240 Gladstone Avenue
Victoria, BC V8T 1G6
www.fernwoodneighbourhood.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

ESQUIMALT

Esquimalt Parks/ Recreation 250-414-7102

527 Fraser Street
Victoria, BC V9A 6H6
www.esquimalt.ca

Activity and Recreation Centres

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

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

SAANICH PENINSULA

Beacon Community Services SHOAL Centre 250-656-5537
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
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, B.C. V9Z 1H9
Open Monday to Friday, 10 a.m. to 4 pm.

GULF ISLANDS

Galiano Island Community Hall **250-539-2175**
141 Sturdies Bay
Galiano Island, BC

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 Centre Society **250-539-5018**
104 Harris
Saturna Island, BC V0N 2Y0

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

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.

Social Clubs

BC Seniors Games 250-389-1327

Annual province wide 3 day competition and social event for anyone 55 or older. 25 activities including curling, badminton, track and field, card games, carpet bowling and one act plays. People of all abilities can participate.

www.bcseniorgames.org

Chinatown Seniors New Horizons 250-382-7829

535 Fisgard Street

Victoria, BC V8W 1R3

Phone between 12 noon and 3:00 p.m. on Saturday only.

Elderhostel Canada 1-800-454-5768

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

www.elderhostel.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 monthly calendar of programs.

Happy Wanderers 250-480-1387

525 Simcoe Street

Victoria, B.C. V8V 1M1

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

www.happywanderers.ca

TIP!

Recreation Integration Victoria helps people with disabilities by providing program information and referrals, leisure assistance, volunteers, activity adaptation, training and orientation to recreation centres. Phone **250-477-6314** for details.

Hillside Mall Walkers 250-595-7154

Hillside Mall

1644 Hillside Avenue

Victoria, BC V8T 2C5

Meets in the Food Court at 7 a.m. Monday to Saturday, 9 a.m. on Sunday.

www.hillsidecentre.com

Horseshoe Club of Victoria 250-727-2543

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

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

Oak Bay 250-592-1823

Sidney 250-655-1297

Victoria 250-383-5851

Victoria West 250-382-0751

Western Communities . . . 250-995-8504

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. Reasonable cost.

Old Age Pensioners' Organizations

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

Meets 2nd Wednesday each month at 2:00 pm at BCGEU.
www.greatervictoriaseniors.ca

South Salt Spring Seniors 250-537-5339

2083 – 135 Brinkworthy Road
Salt Spring Island 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

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 10:00 a.m. to 2:00 p.m.

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.

South Vancouver Island Classic Soccer Association 250-383-5820

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