

# CONNECTIONS

# Older Adult Activity Guide

Summer: June through August 2025



**General Registration  
for Saanich Summer  
programs opens  
April 9 at 6am.**

Other sites registration varies,  
please contact directly.



**PARKS, RECREATION  
& COMMUNITY SERVICES**

## **COMMUNITY SERVICES OLDER ADULT PROGRAMMERS**

Alison Chamberlain 250-475-5408

Laura Van Dyk 250-216-6006

Dior Wilsher 778-584-6812

Kathleen Baker 778-584-6810

## **COMMUNITY RECREATION CENTRES**

Cedar Hill Recreation Centre 250-475-7121

Gordon Head Recreation Centre 250-475-7100

G.R. Pearkes Recreation Centre 250-475-5400

Saanich Commonwealth Place 250-475-7600

# Free Summer Events in Saanich



## SAANICH PRIDE IN THE PARK

Wednesday, June 11, 5:30-8:30pm  
Beckwith Park

6, 6A, 6B (300m)

Come celebrate the fourth annual Saanich Pride in the Park event featuring a variety of information displays, entertainment, and family friendly activities. Food available for purchase or bring your own picnic. For more information visit [saanich.ca/pride](http://saanich.ca/pride) or call 250-475-5427.

*Bus Logo indicates a suggested bus route to access program/event. Regular bus fares apply.*



## GORGE ON ART

Tuesday, July 1, 8:30am-4pm  
Gorge Waterway park

11, 25 (5m)

Gorge on Art is an annual showcase of local artists, offered in conjunction with the Gorge Tillicum Community Association's Gorge Canada Day Picnic. Browse artists' wares, watch art demonstrations, and if you feel inclined, purchase some art to display at home. For more information visit [saanich.ca/gorgeonart](http://saanich.ca/gorgeonart) or call 250-475-5558.



## SAANICH STRAWBERRY FESTIVAL

Sunday, July 6, 11am-4pm  
Beaver Lake Regional Park Beach

35, 72, 75 (400m)

Celebrate Saanich's strawberries and local agriculture. Featuring a farmers' market, local vendors, information booths, bouncy castles, live music, food trucks, art activities, and the traditional serving of locally grown Michell's Farm strawberries on ice cream. For more information visit [saanich.ca/strawberryfestival](http://saanich.ca/strawberryfestival) or call 250-475-5558.



## INDIGENOUS MUSIC FESTIVAL

Friday, July 25, 5-8pm  
Saturday, July 26, 4-8pm  
Hampton Park

8, 11, 21, 22, 24, 25, 26 (300m)

A free two-night event that welcomes everyone to enjoy and celebrate Indigenous performers from across Vancouver Island. Performances span a wide variety of genres, including folk, rock, hip hop, and more. Craft and food vendors on site as well. For more information visit [saanich.ca/indigenoumusicfestival](http://saanich.ca/indigenoumusicfestival) or call 250-475-5427.



## CADBORO BAY FESTIVAL

Sunday, August 10, 11am-3pm  
Cadboro-Gyro Park 11 (260m)

Come spend a day at the park and beach. Enjoy field games and hands-on activities, dance to live music, and treat yourself to lunch in the village. There are lots of fun and exciting changes in the mix for this event, so be sure to stop by with the whole family to see what's new. For more information visit [saanich.ca/cadborobayfestival](http://saanich.ca/cadborobayfestival) or call 250-475-5558.

# MUSIC in the PARK

Tuesdays, 6-8pm, FREE

Come out and join your neighbours for an evening of music in your local park. Food available for purchase or bring your own picnic.



Jul 8 Goward House, 2495 Arbutus Rd. 11 (150m)

Jul 15 Majestic Park, 4380 Majestic Dr. 28 (10m)

Jul 22 Beckwith Park, 857 Beckwith Ave. 6, 6A, 6B (300m)

Jul 29 Brydon Park, end of Viewmont Ave. 6, 31, 32 (300m)

Aug 5 Hyacinth Park, 700 Marigold Rd. 8, 21 (150m)

Aug 12 Prospect Lake Park, 331 Prospect Lake Rd. 83 (100m)

Aug 19 Rutledge Park, Inverness Rd. and Cloverdale Ave. 6, 6A, 6B (300m)

Aug 26 Rudd Park, 3259 Irma St. 26 (150m)



## BELONGING THIS SUMMER

That feeling of belonging, where you can be yourself and at the same time safe to grow and explore who you are, can happen in so many different ways, and at so many different points in our lives.

As community programmers, we are always interested in what makes you feel like you belong today. Is it a friendly smile from a person passing by, or the feeling of being one of many at a community event? Is it attending a cultural or spiritual practice important to you, or participating in something that holds value to you? Is it connecting with other generations? We are interested in the many ways you feel belonging in your community.

This edition of Saanich's older adult activity guide offers many different opportunities throughout June, July and August. Opportunities to be part of something new or familiar, to learn or share or to explore what belonging feels like to you.

As we work to support healthy people, healthy nature and healthy community in a Saanich where everyone belongs, I hope you are able to enjoy activities this summer. Our region has a lot of resources, and we are always interested in what your experience in Saanich is like!

With care,

Alison, *Community Programmer II, Older Adult Services, Community Services Division*  
250-475-5408  
District of Saanich

# Accessing Programs at Saanich Recreation Centres

## AFFORDABLE, FLEXIBLE PASS OPTIONS AND SINGLE ADMISSIONS

Get more out of life with Saanich Recreation and enjoy unlimited drop-in activities at four centres with just one pass. Visit [saanich.ca/recreation](http://saanich.ca/recreation), call, or visit to ask us about our many convenient Access Pass, single admission, multi-visit pass options!

## reCREATE 60yrs+ GRANT

Are fees for your program a barrier to participating? Learn more about new grants for qualifying individuals. If you are fortunate to not have financial barriers, consider donating to help others access more of the programs they love. Contact [financialassistance@saanich.ca](mailto:financialassistance@saanich.ca) or call 250-475-5422.

## FREE OLDER ADULT ASSISTANCE CARD

Don't let balance, mobility, or other barriers prevent you from participating! Bring someone along with you to assist you in programs and activities! To apply visit one of our Saanich recreation centres (see back cover).

## FREE DROP-IN 90yrs+

Sign up with Saanich recreation centre for our Lifetime 90yrs+ free access to many drop-in activities:

- Drop-in swimming, hot tub, sauna and steam room
- Drop-in fitness, basic yoga and indoor cycling classes
- Drop-in waterfit
- Drop-in weight room
- Drop-in adult sports
- Drop-in skating (skate rentals extra)



## LEISURE INVOLVEMENT FOR EVERYONE (LIFE)

LIFE provides low-income Saanich residents access to all Greater Victoria recreation centres and a variety of discounts for Saanich recreation programs.

For those 55yrs+, an annual membership to one Saanich Older Adult Centres is also included. To see if you qualify, apply at any recreation centre or call 250-475-5422.



## Share Feedback!

Hello Saanich is a new public participation platform. You can share, discuss or collaborate around Saanich projects and plans. Register online at [hello.saanich.ca](http://hello.saanich.ca). For more information call 250-475-7641.

Did you know that you can see Council meeting schedules, agendas, minutes and videos, online at [saanich.ca/agendas](http://saanich.ca/agendas). If you have questions, contact Saanich Legislative and Protective Services Department at 250-475-5501.




# Saanich Fitness, Wellness & Social Opportunities

## FREE EASY WALKS


One-hour, social walks through parks and neighbourhoods, on pavement and smooth trails, avoiding steep hills where possible. To accommodate all abilities, some short standing pauses are included and walking pace may vary. Please wear supportive footwear.

**Mondays 9:30-10:30am (summer hours)**  
**Walk leader - Penny Stevens**


### July 7 Cadboro Bay/Queenswood

Meet by washroom block, Cadboro-Gyro Park; 2600 Sinclair Road.  11 (260m)

### July 14 Cedar Hill/Maplewood

Meet near clubhouse, Cedar Hill Golf Course; 1400 Derby Road.  24 (250m)


### July 21 Cordova Ridge Circle

Meet in parking lot of Claremont-Goddard Park; 746 Haliburton Road.  35 (210m)


### July 28 Marigold/South Valley

Meet/park on Grange Road, by Marigold School; 3751 Grange Road.  22 (100m)

### August 11 - Broadmead/Kentwood Area


Meet/park by Emily Carr Park; 4500 Emily Carr Drive.  6A (25m)

### August 18 - Gorge Lower Waterway

Meet near main entrance of Esquimalt Gorge Park Pavilion; 1070 Tillicum Road.  26 (60m)

### August 25 - Copley/Brydon Parks

Meet at Copley Park West; 598 Parkridge Street, off Vanalman Avenue.  30 (150m)

 *Bus Logo indicates a suggested bus route to access program/event. Regular bus fares apply.*



## FREE OPPORTUNITIES

### FREE BRAEFOOT BOOK SWAP AND SOCIAL

Discover your next favourite read! Bring a book you're ready to trade and enjoy an afternoon of exploring new subgenres, sharing recommendations and connecting with fellow book lovers. Light refreshments are provided. Everyone will leave with a gently used book to dive into.

BRAEFOOT PARK CENTRE  
127163 FICTION Sa Jun 14 1-3pm FREE

### FREE CRAFT COLLECTIVE

A free drop-in program where community members of all ages can come and work on existing projects or try something new. Basic craft supplies and refreshments provided! No registration required, email Mia at [community@luthercourt.org](mailto:community@luthercourt.org) with any questions.

LUTHER COURT SOCIETY  
Th 3-4pm FREE



### FREE SOCIAL KNITTING 50yrs+

Join us for social knitting where we create beautiful blankets in support of community members in need of warmth. Bring your knitting supplies and work alongside others, including Blankets for Canada Society knitters, as we make a difference together, in our community.

SAANICH COMMONWEALTH PLACE  
138765 Sa Jul 5-Aug 30 12:30-3pm FREE

### FREE LECTURE: TECHNOLOGY AND AGING 50yrs+

Learn how technology can help you manage the demands of daily living, connect with family and friends, and access assistance when needed.

CEDAR HILL RECREATION CENTRE  
135219 Th Jul 10 2:30-3:45pm FREE

### FREE MEN'S SHED 50yrs+

Experience connection shoulder-to-shoulder and help share knowledge from generation to generation alongside other men bound by camaraderie and dedicated to a purpose beyond one's individual capabilities. For more information contact [brendan@victoriamensshed.com](mailto:brendan@victoriamensshed.com) (Victoria Region Shed) or [billmcintyre0828@gmail.com](mailto:billmcintyre0828@gmail.com) (Saanich Peninsula Shed).

### FREE REPAIR CAFÉ IN OUR REGION

Join us the third Saturday of each month, 10am-1pm, at Deep Cove Elementary School, 10975 West Saanich Road. Let local fixers explore ways to mend, repair, sharpen, or troubleshoot tech issues for you. Bring your smartphones, tablets, or laptops, clothing, bikes, small furniture, tools, toys, lamps, costume jewelry, keepsakes, and household items. They may be able to help for free! Email for more information, [repaircafenorthsaanich@gmail.com](mailto:repaircafenorthsaanich@gmail.com).

### FREE TRANS AND GENDER NONCONFORMING SUMMER SOCIAL 40yrs+


Connect with others, 40yrs+ who identify as trans or gender nonconforming. Summer gatherings occurring, please reach out to [nicole.mandryk@saanich.ca](mailto:nicole.mandryk@saanich.ca) to learn more!



### FREE SILENT SEASIDE READING CLUB

No need to analyze plot or character development with this book club! At the water's edge you'll find company with fellow book lovers. We'll quickly share what we're reading, then retreat inwards for a silent reading session.

CADBORO-GYRO PARK  
127190 Th 6:45-8:15pm Jul 3-Aug 28 FREE

 = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

# Saanich Fitness, Wellness & Social Opportunities

## Gallery Exhibits

CEDAR HILL RECREATION  
MAIN GALLERY

**FREE**

### CAMOSUN FINE FURNITURE PROGRAM JUNE 25 - JULY 20

Explore this perennial favourite exhibition and discover the work of the graduating class of Camosun College's Fine Furniture/Joinery Trades program.

### TAMAR SWARTZ - *COURAGEOUS HEART* JULY 23 - AUGUST 17

Paintings in this exhibit explore the depth, power, and connection of two friends as they navigate the joys and struggles of life. *Courageous Heart* gives voice to human experiences and intends to shine light on the relational complexity of chronic mental health challenges from the perspective of a compassionate witness.

### PEGGY FLETCHER, BARBARA LEE, ROSEMARY MURRAY AUGUST 20 - SEPTEMBER 14

Explore works by three artists who specialize in plein air painting, taking the time to observe and capture the natural environment around them. Discover pieces that celebrate our parks and community spaces as settings for experiencing nature, gathering with others, or finding solitude — places for rejuvenation, reflection, and connection.

## LOW-COST OPPORTUNITIES

### CHINESE WOMEN'S FRIENDSHIP ASSOCIATION

This program assists Chinese women with integrating into mainstream Canadian society, including English, singing, dancing, information sharing, festival celebrations, and monthly outings. Contact Victoria Silver Threads 250-388-4268 to learn more about this Saturday program.



### MONTHLY SOCIALS

Join us monthly for an afternoon of building connections, creating friendships, and engaging in the Silver Threads community! Enjoy refreshments and an opportunity to meet and socialize with others. Tuesdays 1:30-2:30pm \$2

#### SAANICH SILVER THREADS

Jun 24, Jul 22, Aug 26

#### VICTORIA SILVER THREADS

Jun 17, Jul 15, Aug 19

### EUCHRE

Similar to Whist, this card game is fun and easy to learn. Instruction provided.

#### VICTORIA SILVER THREADS

Tu 1-3pm

\$2 members,  
\$5 non-members



### SUMMER FITNESS AT CORDOVA BAY 55+

Don't put your fitness goals on hold for the summer! Cordova Bay 55+ offers in-person and virtual fitness classes year-round, as well as opportunities to stay fit and make new friends with weekly walking programs (with and without dogs), hikes, pickleball and golf. Visit [cordovabay55plus.org](http://cordovabay55plus.org) or call 250-658-5558.

## Outdoors

### **FREE** SOCIAL CROQUET 55YRS+

Remember the fun of playing croquet with friends? Rekindle the joy, get some fresh air and meet some new friends. No equipment or experience needed. Cancelled if raining by 8:30am. Contact Kathleen for more information 778-584-6810.

#### BURNSIDE LAWN BOWLING CLUB

127918 W 10-11:30am Jul 2-30 5/\$30

127919 W 10-11:30am Aug 6-27 4/\$24

### HORSESHOE PITCHING

A great way to meet new people! Ask us about our other social occasions open to members throughout the year, including cornhole. Please contact 250-727-2543 or [gvhpa@shaw.ca](mailto:gvhpa@shaw.ca), we look forward to pitching with you!

GREATER VICTORIA HORSESHOE PITCHING ASSOCIATION, 620 KENNETH STREET

### LAWN BOWLING

Enjoy the camaraderie of bowling outdoors at the following clubs:

BURNSIDE LAWN BOWLING 250-381-5743

GORDON HEAD LAWN BOWLING & CROQUET CLUB 250-479-0088

LAKE HILL LAWN BOWLING 250-590-8125

### BADMINTON

Enjoy beginner and novice-level doubles play. Equipment and instruction provided for first-time players.

#### SAANICH SILVER THREADS

Tuesdays 1-3pm \$4/members, \$7/non-members



# Saanich Fitness, Wellness & Social Opportunities

## **R** WALK AND TALK

Enjoy one-and-a-half-hour guided walks, at a moderate pace, through a variety of interesting Saanich parks, trails and neighbourhoods. Try a walk or learn more by contacting Alison at 250-475-5408.

139008 5x Punch Pass            5/\$25  
139009 Unlimited Pass        15+/\$55

## **R** MINDS IN MOTION 50YRS+

A fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. Offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

GORDON HEAD RECREATION CENTRE

137440 M        Jul 14-Aug 25    1-2:30pm        6/\$48  
G.R. PEARKES RECREATION CENTRE  
138789 W        Aug 6-27        1-2:30pm        4/\$32

## **R** T.I.M.E.®

T.I.M.E. is an exercise class for individuals with balance and mobility challenges from conditions such as stroke, acquired brain injury or Multiple Sclerosis. This specialized circuit-style fitness class is offered in partnership with Island Health. Participants must be able to independently walk 10 metres with, or without, walking aid.

GORDON HEAD RECREATION CENTRE

136406 W and F    Jul 2-30    11:45am-12:45pm    9/\$102  
136407 W and F    Aug 1-29    11:45am-12:45pm    9/\$102

## **R** WALKING IN EUROPE - JAPAN AND IRELAND

Learn about the Kumano Kodo pilgrimage trails in Japan's southern Kansai region, a key part of its World Heritage designation. Over 1000 years old, these trails span 100 km and showcase Japan's traditions, history, and landscapes. We'll also discuss hiking and walking in Ireland, including trail conditions, topography, food, and accommodations.

SAANICH COMMONWEALTH PLACE

130330 Th        Jun 5        6-8pm        \$10



## OPPORTUNITIES TO CONTRIBUTE

Give back, stay active and connect to community as a volunteer with Saanich Parks, Recreation and Community Services. Volunteering during the summer is a great way to enjoy our beautiful outdoor spaces and make some new friends along the way!

### VOLUNTEER WITH SPECIAL EVENTS

Whether you're serving up ice cream at Strawberry Festival, hosting activities at Cadboro Bay Festival, or preparing decorations for the Autumn Lantern Festival, you are bound to have a memorable volunteer experience at these vibrant community gatherings. To join our volunteer mailing list for 2025, please email [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.



### VOLUNTEER WITH PULLING TOGETHER

Do you love being outdoors and giving back to nature and your community? Volunteers with the Pulling Together program help remove invasive plant species, plant native trees and shrubs, and improve wildlife habitat in Saanich parks. Many projects include gentle stewardship activities appropriate for all fitness levels – drop by, give it a try, and go at your own pace! For a list of parks currently accepting drop-in volunteers (as well as meeting dates and times), please email [volunteer@saanich.ca](mailto:volunteer@saanich.ca) or call 250-475-5502.



**R** = Registration is required for this program. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility

# Saanich Recreation Registered Fitness Programs

Registration is required for all programs listed on this grid. Visit [saanich.ca/register](http://saanich.ca/register) or call the facility.

CH= Cedar Hill Recreation Centre PK= G.R. Pearkes Recreation Centre SCP= Saanich Commonwealth Place GH= Gordon Head Recreation Centre

GETTING STARTED	CONTINUE MOVING	WEIGHT ROOM	MINDFUL MOVEMENT	RESTORATIVE
<p>For those new to fitness or wanting to return to exercise and movement.</p>	<p>For those with some fitness routines already.</p>	<p>All experience levels welcome. These programs take place in one of our four recreation centre weight rooms.</p>	<p>Programs include gentle movement, breathing exercises, fall prevention, social elements, balance, and general wellbeing.</p>	<p>These programs assist you with pre-existing physical health conditions in your daily life.</p>
<p><b>Easy Fit</b> CH Th 11:30am-12:30pm PKS M,Tu,W 11:15am-12:15pm</p> <p><b>FREE Getting Started with Exercise 50+</b> GH W 11:30am-12:30pm PKS Tu 12:05-12:50pm</p> <p><b>Gentle Fit</b> CH Tu 10:30-11:30am</p> <p><b>Weight Room Orientation 60yrs+</b> PKS Fri 5:30-6:30pm PKS Sat 10:30-11:30am SCP Fri 8:30-9:30am</p> <p><b>Chair Fit</b> PKS Th 11:15am-12:15pm</p>	<p><b>Agging Backwards</b> CH M &amp; W 11:10am-12:10pm</p> <p><b>Body Shop</b> SCP F 7:30-8:30am</p> <p><b>Boxing</b> SCP Sun 8:15-9:15am</p> <p><b>Circuit</b> GH M,F 9-10am GH Sa 8:45-9:45am</p> <p><b>Full Body Workout</b> SCP Sun 9:15-10:15am</p> <p><b>Body Works</b> SCP Sun 11:45am-12:45pm</p> <p><b>Yoga for Healthy Aging</b> PKS Tu 1-2pm</p> <p><b>Yoga and Mobility</b> SCP Tu 12:45-1:45pm</p>	<p><b>Circuit Training - Small Group</b> CH M &amp; W 12-1pm SCP M, W 10:15-11:15am</p> <p><b>Fundamental Weight Training</b> GH Tu &amp; Th 10:05-11:05am</p> <p><b>Weight Training Beginners</b> CH Sun 1-2pm</p> <p><b>Weight Training - Small Group</b> SCP Tu,Th 11am-12pm SCP Fri 10:15-11:15am</p>	<p><b>Yoga - Strength &amp; Ease</b> SCP Tu 11:30am-12:30pm</p> <p><b>Yoga - Bend It Like Peckham</b> SCP W 5:15-6:30pm</p> <p><b>Yoga Slow Flow</b> CH Th 6:10-7:10pm SCP Tu 9-10am</p>	<p><b>Build Better Bones</b> CH W 10:15-11:15am</p> <p><b>Build Better Bones for Life</b> CH W 9-10am</p> <p><b>Moving Beyond Cancer</b> SCP M &amp; W 12:45-1:45pm</p> <p><b>Osteofit Level 1</b> CH M 10:15-11:15am CH F 9:15-10:15am</p> <p><b>Osteofit for Life</b> CH M 9-10am CH F 10:30-11:30am</p> <p><b>T.I.M.E.®</b> GH W &amp; F 11:45am-12:45pm</p>



Fitness and wellness journeys are personal and unique to each individual. These categories are presented as guidelines. We recommend speaking to a fitness programmer prior to registration if you have questions or wish to know if a program is suitable for you.



# Saanich Older Adult Community Resources

## SAANICH RECREATION CENTRES

### CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road  
250-475-7121



#8, 24

**AIR CONDITIONED AREAS**

### GORDON HEAD RECREATION CENTRE

4100 Lambrick Way  
250-475-7100



#27, 28

**AIR CONDITIONED AREAS**

### G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road  
250-475-5400



#8, 11

**AIR CONDITIONED AREAS**

### SAANICH COMMONWEALTH PLACE

4636 Elk Lake Drive  
250-475-7600



#35, 72, 75

**AIR CONDITIONED WEIGHT ROOM**

Ask us about admission fees, Access Passes and 60yrs+ fees for drop-in programs and recreation. FREE drop-in admission for those 90yrs+ with the Lifetime rate!

## COMMUNITY CENTRES

### SILVER THREADS\*

silverthreads.ca

#### SAANICH CENTRE:

286 Hampton Road, 250-382-3151

Monday-Friday | 9am-3:30pm

8,11,21,22,24,25,26 (300m)

#### VICTORIA CENTRE:

1911 Quadra Street, 250-388-4268

Monday-Friday | 9am-3:30pm

#21, 22, 26



### CORDOVA BAY 55+ ASSOCIATION\*

cordovabay55plus.org

1-5238 Cordova Bay Road

250-658-5558

Please enquire about specific program times.

#32



### VICTORIA NATIVE FRIENDSHIP CENTRE

vnfc.ca

231 Regina Avenue

250-384-3211

elder.support@vnfc.ca

Monday-Friday

8:30am-4:30pm

#47, 48, 53, 61, 65



### GOWARD HOUSE SOCIETY\*

gowardhouse.com

2495 Arbutus Road

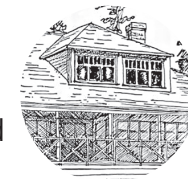
250-477-4401

Monday-Friday

9am-4pm

#11

\*Ask about low-cost membership rates.



## COMMUNITY SERVICES

### SAANICH COMMUNITY SERVICES

Resources for older adult inclusion in recreation, leisure and community events.  
saanich.ca/communityservices

#32, 70, 71, 72, 75

### SAANICH VOLUNTEER SERVICES SOCIETY

1445 Ocean View Road

250-595-8008, Monday-Friday, 9am-4pm

#24

### INTER-CULTURAL ASSOCIATION OF GREATER VICTORIA

#102, 808 Douglas Street

250-388-4728

#2, 3, 10, 5, 30



### ALZHEIMER SOCIETY OF BC

FirstLink® Dementia Helpline

1-800-936-6033

Monday-Friday, 9am-8pm

#6B

### PARKINSON WELLNESS PROJECTS

#202-2680 Blanshard Street, 250-360-6800

Monday-Friday, 8:30am-4:30pm

#4, 9

### FAMILY CAREGIVERS OF BRITISH COLUMBIA

Caregiver Support Line 1-877-520-3267

### MS CANADA

MS Navigator

Support Line 1-844-859-6789

#30, 31, 32, 47, 48



### BC SENIORS' GUIDE

1-877-952-3181



### SENIORS SERVING SENIORS

250-413-3211

### VANCOUVER ISLAND CRISIS LINE

1-888-494-3888

24hr, 365

### HealthLink BC

8-1-1

Phoning 8-1-1 (Monday to Friday, between 9am and 5pm) can now connect you with a qualified exercise professional! Call 8-1-1 anytime, 24/7, for additional health advice.

### TALK SUICIDE CANADA

9-8-8

### BC 211

2-1-1

Nonprofit connecting people in BC to help they need.

