

CONNECTIONS

Older Adult Activity Guide

Summer 2026

**General registration
for Saanich Summer
programs opens
April 8 at 6am.**

**Other sites registration varies,
please contact directly.**

COMMUNITY SERVICES OLDER ADULT PROGRAMMERS

Alison Chamberlain 250-475-5408
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



**PARKS, RECREATION
& COMMUNITY SERVICES**

SAANICH PRIDE IN THE PARK

Wednesday, June 17, 5:30-8pm
Beckwith Park

 #6, 6A, 6B (300m)

Come celebrate the fifth annual Saanich Pride in the Park event featuring a variety of information displays, entertainment, family friendly activities, and food trucks on site for food purchases. saanich.ca/prideinthepark



INDIGENOUS MUSIC FESTIVAL

Friday, July 24, 5-8pm
Saturday, July 25, 4-8pm
Hampton Park

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

A free two-night outdoor concert that showcases Indigenous performers from across Vancouver Island. Bring your family and friends to Hampton Park to enjoy folk, rock, hip hop, and other musical styles, and explore wares from local craft and food vendors. saanich.ca/indigenoumusicfestival



SAANICH STRAWBERRY FESTIVAL

Sunday, July 5, 11am-4pm
Elk/Beaver Lake Regional Park

 #35, 72, 75 (400m)

Celebrate Saanich's strawberries and local agriculture. Featuring a vendor market, information booths, bouncy castles, live music, food trucks, art activities, and the traditional serving of locally-grown Michell's Farms strawberries on ice cream, \$2/serving. saanich.ca/strawberryfestival



CADBORO BAY FESTIVAL

Sunday, August 9, 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, treat yourself to lunch from a food truck, and browse our vendor village. saanich.ca/cadborobayfestival



 **Bus** = Suggested routes, regular fares apply, likely distance from stop to location (m).

EARTH DAY FESTIVAL

Saturday, April 18, 11am-3pm
SAANICH MUNICIPAL HALL GROUNDS

Celebrate everyday sustainability by focusing on reusing, sharing, and repairing. The event will feature local vendors, information booths, vegan and vegetarian food options, live music powered by pedal power, and interactive art activities. saanich.ca/earthdayfestival



MOTHER'S DAY CONCERT IN THE PARK

Sunday, May 10, 2-4pm
Playfair Park

Bring a chair or blanket and enjoy a relaxing afternoon at beautiful Playfair Park while listening to music performed by the Reynolds School Band. saanich.ca/mothersdayconcert



SOCIAL CONNECTEDNESS ACTIVITIES

June 8-14, Loneliness Awareness Week
Various Locations

A week of community-based events and simple neighbourly connection activities. Build stronger, more supportive local networks. Coordinated by Capital Region Connection in Action. For more information visit: bit.ly/connectioninaction

MUSIC in the PARK | 20 YEAR ANNIVERSARY

Tuesdays, 6-8pm

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



- July 7Goward House, 2495 Arbutus Rd.  #11 (150m)
- July 14.....Majestic Park, 4380 Majestic Dr.  #28 (10m)
- July 21.....Beckwith Park, 857 Beckwith Ave.  #6, 6A, 6B (300m)
- July 28.....Brydon Park, End of Viewmont Ave.  #6, 31, 32 (300m)
- August 4Hyacinth Park, 700 Marigold Rd.  #8, 21 (150m)
- August 11.....Prospect Lake Park, 331 Prospect Lake Rd.  #83 (100m)
- August 18....Rutledge Park, Inverness Rd. and Cloverdale Ave.  #6, 6A, 6B (300m)
- August 25...Rudd Park, 3259 Irma St.  #26 (150m)

FREE Easy Walks



Mondays 9:30-10:30am

***Summer Hours**

Walk leader - Penny Stevens

Drop-in, slower-paced, one-hour guided walks through parks and neighbourhoods, on pavement and smooth trails. Steep hills avoided where possible. Rests and pace varies to ensure comfort of all walkers. Please wear supportive footwear. No pets - guide dogs only please.

 **Intensity:** All Easy Walks are rated "low intensity." Routes avoid steep hills and the pace is determined by the group with some short standing pauses.

 **Bus Logo** suggested route, regular fares apply, metres from stop to start location.



Easy Walks may cancel for an emergency or in the case of inclement weather, (very hot, or icy). If you would like to see if a walk has been cancelled, one hour prior to walk visit saanich.ca/trailsandtreks, or call 250-475-5422.

 = Low-cost  = Registration is required for this program. Visit saanich.ca/register to search by the six-digit numerical program code, or call the facility for assistance.

June 1 - Tillicum/Cuthbert Holmes Park
Meet at the steps of Silver City Theatre, by Tillicum Mall parking lot; 3130 Tillicum Road.  8, 11 (104m).

June 8 - Ten Mile Point
Meet/park by tennis courts at Wedgewood Park, Arbutus Road; near 2797 Arbutus Road.  11 (650m).

June 14 - University of Victoria Trails and Finnerty Gardens
Meet by covered bike storage, Henderson Recreation Centre parking lot; 2291 Cedar Hill Cross Road.  4, 7, 15 (396m).

June 22 - Swan Creek/Mount View
Meet by Swan Creek trailhead, on Jolly Place, off Glanford Avenue, at Mackenzie Avenue.  40, 51 (100m).

June 29 - Sierra Park/Arbutus Cove
Meet/park by Sierra Park, at intersection of San Juan Avenue and Chartwell Drive; near 1848 San Juan Avenue.  12 (10m).

July 6 - PKOLS (Mount Douglas Park)
Shady lower trails. Meet by washroom block in main park parking lot; 4501 Cordova Bay Road.  39 (45m).

July 13 - Rithet's Bog
Meet by trailhead at corner of Dalewood Lane and Chatterton Way; street parking near 801 Dalewood Lane.  6B (200m).

July 20 - Bowker Creek/Saanich Panhandle
Meet at corner of Queenston and Townley Streets, just off of Richmond Road; street parking near 2810 Queenston Street.  22, 27, 28 (200-400m).

July 27 - Hyacinth/Pacific Forestry Centre Meet/park at Hyacinth Park parking lot; 800 Marigold Road.  8, 21 (150m).

August 10 - Braefoot Park/Feltham Trail Meet by lacrosse box, Braefoot Centre parking lot; 1359 McKenzie Avenue.  26 (100m).

August 17 - Cadboro Bay/Finnerty Cove
Meet/park next to Maynard Park playground; 2563 Maynard Street.  11 (75m).

August 24 - The Gorge Lower Waterway
Meet near main entrance of Esquimalt Gorge Park Pavilion; 1070 Tillicum Road.  26 (280m).

August 31 - Saanich Commonwealth Place/Beaver Lake
Meet outside main entrance to Saanich Commonwealth Place; 4636 Elk Lake Drive.  35,72,75 (125m).

Other Outdoor Programs



WALK AND TALK

Moderate paced, social, guided walks. Enjoy fresh air, beautiful nature and safe connection!

VARIOUS START LOCATIONS

159730	Tu	9:30-11am	Jul 7-28	4/\$10
159731	Th	9:30-11am	Jul 2-30	5/\$12.50
159733	Tu	9:30-11am	Aug 4-25	4/\$10
159734	Th	9:30-11am	Aug 6-27	4/\$10

SILENT SEASIDE READING CLUB

No need to analyze plot or character development with this book club! At the water's edge, we'll quickly share what we're reading, then retreat inwards for a silent reading session. Meetings will not take place if rain is in the air or on the ground.

BEACH AT CADBORO-GYRO PARK
151731 Th 6:45-7:45pm Jul 2-Aug 27 FREE



INDIGENOUS DRUM MAKING 50yrs+

Please register for Indigenous drum making. Participants will finish their own 14" drum during a day workshop guided by Gordy Bear. Gordy is Cree/Métis from Sandy Bay Saskatchewan and leads Spirit Bear Big Drum in the Victoria community. SAANICH PARK
159038 Sa 10am-4pm Jul 25 \$499.89

Accessing Saanich Recreation Centres

DROP-IN: Adult \$7.75 | 60yrs+ \$7

Single admission for drop-in activities and select programs.

CONTINUOUS ACCESS PASS

ADULT First month \$66.75 After \$44.95

60yrs+ First month \$50 After \$34.70

DROP-IN 90yrs+ FREE

Lifetime 90yrs+ free access to many drop-in activities. Contact a centre for more information.

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).

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 or call 250-475-5407.

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 250-475-5407.



FREE Opportunities

FREE R SUMMER COOKING CONNECTIONS 55yrs+

A fun opportunity to learn new kitchen skills and connect with others! Together, we will cook delicious dishes, then sit down to enjoy a meal and conversation. Plus, take an extra meal with you to enjoy at home. To register, please email tina@snplace.org.
 SAANICH NEIGHBOURHOOD PLACE AT G.R. PEARKES RECREATION CENTRE
 June 12, 26 July 3, 17, 31 August 7, 21



FREE MONTHLY SOCIALS

Join us monthly for an afternoon of building connections, creating friendships, and engaging in the Silver Threads community! Perfect for new members or those considering joining.

Tuesdays, 1:30-2:30pm.

SAANICH SILVER THREADS

Jun 2, Jul 28, Aug 25

VICTORIA SILVER THREADS

Jun 16, Jul 21, Aug 18



FREE R SOUPER BOWLS OF HOPE MAKE-A-THON

Intermediate to advanced potters help us make, finish, and decorate bowls for Victoria Youth Empowerment Society (YES) to support their annual lunch for vulnerable youth. Participants must attend all three sessions and be able to create consistent, functional objects alone. Materials are provided.



CEDAR HILL RECREATION CENTRE
 159164 F 5:30-7:30pm Aug 7-21 3/FREE

FREE R GALLERY INFORMATION SESSION

Artists, arts, cultural, and community groups are invited to this informal information session. Learn about the Saanich exhibit program and how to prepare a well-rounded proposal. A Q&A and Cedar Hill gallery tour will follow. Information about the Saanich exhibition program can be found at saanich.ca/exhibits.

CEDAR HILL RECREATION CENTRE
 157519 Th 6-7pm Jul 2 FREE

FREE SOCIAL DROP-IN 55yrs+

Rediscover connections or cultivate new friendships at our older adult social drop-in! Participate in a variety of board, card, or tile games; chat with others; knit, stitch, draw; or play table tennis or pool (at some sites). Come join us and enjoy free refreshments – these sessions run frequently throughout the year.

CEDAR HILL RECREATION CENTRE
 148475 F Jun 5-26 1-3pm FREE
 158231 F Jul 3 & 10 1-3pm FREE

G.R. PEARKES RECREATION CENTRE*
 150426 M Jun 1 & 8 9:30-11:30am FREE
 150427 W Jun 3 & 10 9:30-11:30am FREE
 158253 W Jul 15 & 22 10-11:30am FREE

GORDON HEAD RECREATION CENTRE*
 149764 Th Jun 4 & 11 10-11:30am FREE
 158667 Th Jul 30 & Aug 6 10-11:30am FREE

SAANICH COMMONWEALTH PLACE*
 149765 M Jun 1 & 8 10-11:30am FREE

FREE TRANS AND GENDER NONCONFORMING SOCIAL DROP-IN 40yrs+

Come join this monthly social! Sip coffee or tea, savor light snacks, enjoy conversation and activities (pool, table tennis, foosball, card or board games and more) alongside others, 40years+ who identify as trans or gender-nonconforming.

GORDON HEAD RECREATION CENTRE
 158168 F Jun 5 10:30am-12pm FREE

FREE R CRAFT & CONNECT WITH OASIS SOCIETY

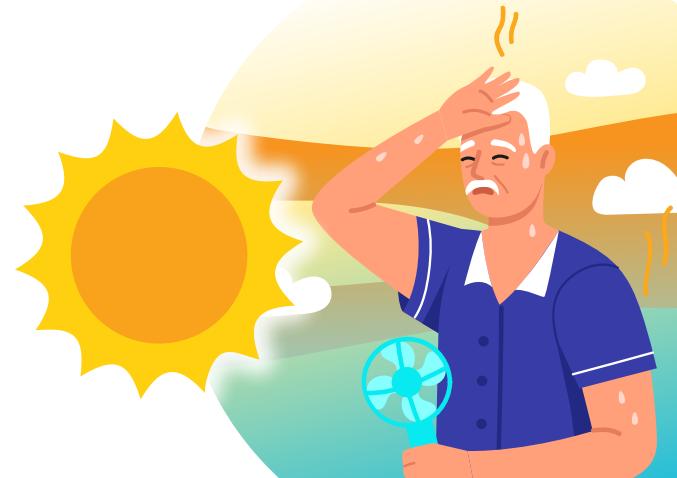
Join us once a month for an Indigenous craft workshop led by the team at the Oasis Society. These sessions offer an opportunity to learn about Indigenous cultures through crafts guided by Indigenous knowledge and creativity. Email Mia at community@luthercourt.org to register.

LUTHER COURT - 1525 Cedar Hill Cross Road
 2nd Thursday of every month, 3-4pm, FREE

FREE BEAT THE HEAT

A summer wellness session designed to help you stay healthy, safe, and cool all summer long. We will cover essential summer health tips, explore the impact of air quality, and highlight the benefits of spending time in nature. Email Mia at community@luthercourt.org to register.

LUTHER COURT - 1525 Cedar Hill Cross Road
 Tuesday July 14, 2-3pm, FREE.



R = Registration is required for this program.
 Visit saanich.ca/register or call the facility

ARTS

R CERAMICS – KURINUKI INTENSIVE

Enjoy this traditional Japanese technique of carving from solid clay and come away with hand-made kurinuki vessels. Students will learn the process to form, carve and decorate. No experience necessary. Materials included.

CEDAR HILL RECREATION CENTRE
159121 W 5:30-7:30pm Aug 5-19 3/\$103.50

R LINE DANCING

Beginner-level line dances for those who are familiar with the basic line dance steps. No partner required. Drop-in available for \$9/session. No class Aug 22.

CORDOVA BAY 55+
157907 F 10:15-11:30am Jul 3-Aug 28 9/\$64

R WRITING – THE PLAYFUL PEN

This workshop is your chance to explore and goof around with your creativity! Together, we'll discover the power of play in the writing process.

We'll learn playful writing tools and how to bring delight and wonder into our creative lives.

CEDAR HILL RECREATION CENTRE
158703 Su 2-4pm Aug 9 \$32



Gallery Exhibitions

FREE

Cedar Hill Recreation & Arts Centre

3220 Cedar Hill Road, #8 (300m), 24 (60m)

JUNE 24 - JULY 19

Camosun Fine Furniture Program

The graduating class exhibits their final projects.



JULY 22 - AUGUST 16

Group Exhibition with Marilyn Chapman, Linda Darby, Nancy Dolan and Liz Wells – *Stepping Stones*

A tribute to the landscape of Victoria, "The Garden City". This exhibit explores their art journey in relation to pathways through a garden.

INTERGENERATIONAL

Kids in your life this summer?

Have fun together!
The following programs are great for connecting and enjoying active play.



R ARCHERY – YOU AND ME 8yrs+ ♥

Learn basic archery skills together in this program offered at 5:30pm or 6:30pm on Wednesday evenings. Register both the adult and the child by contacting any Saanich recreation centre. All equipment is provided. \$38-\$48/pp
SAANICH COMMONWEALTH PLACE



R BADMINTON – ADULT AND CHILD 8yrs+ ♥ - ♥♥♥♥

Learn and play badminton together in this program offered at 9 or 10:15am on Sunday mornings. Register both the adult and the child by contacting any Saanich recreation centre. Bring your own racquet. COLQUITZ MIDDLE SCHOOL 3/\$24/pp

R KARATE – TEENS AND ADULTS 12yrs+ ♥ - ♥♥♥♥

Japanese Shito Ryu style from basic karate for the beginner to self-defense weapons for the advanced. Register both the adult and the child. Tuesday or Thursday evenings 7:35-9pm, or both. Please contact centre for more details.
SAANICH COMMONWEALTH PLACE

159904 Tu Jun 30-Sep 1 7:35-9pm 10/\$160
159905 Th Jul 2-Sep 3 7:35-9pm 10/\$160
159906 Tu,Th Jun 30-Sep 3 7:35-9pm 20/\$280

R PICKLEBALL – ADULT AND CHILD 8yrs+ ♥ - ♥♥♥♥

Learn and play pickleball together, and enjoy this popular paddle game. Offered at 9 or 10:15am on Saturday mornings. Register both the adult and the child by contacting any Saanich recreation centre. Bring your own paddle.

COLQUITZ MIDDLE SCHOOL 4/\$24

R YOGA – BABY AND ME ♥

A fun and interactive time with a baby in your life. Learning nurturing and breathing techniques to sooth and comfort both parent/caregiver and baby.

G.R. PEARKES RECREATION CENTRE
158612 M 12:30-1:30pm Jul 6-20 3/\$36
158613 M 12:30-1:30pm Aug 10-24 3/\$36

R YOGA – FAMILY YOGA WELLNESS 6-11yrs ♥

Bring your family together and learn the basics of yoga. In nice summer weather, we'll practice outside. One adult 16yrs+ required per family. Register each participant, bring a mat or towel. Register for programs running Saturdays or Sundays at G.R. Pearkes recreation centre, or Fridays at Cedar Hill recreation centre. 3/\$16 or 4/\$21-\$26, call for more details.



= Low-cost



= Registration is required for this program. Visit saanich.ca/register or call the facility.

INTENSITY LEVEL GUIDE

♥ Low Intensity

Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.

♥♥ Moderate Intensity

Suitable for participants ready to improve technique and increase intensity while emphasizing proper form. Best suited for those already active.

♥♥♥ High Intensity

Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

GAMES

SOCIAL BRIDGE

All skill levels welcome. No partner needed! First drop-in free, then annual membership is required in addition to \$4 drop-in fee. If finances are a barrier, ask about the L.I.F.E. program!

GOWARD HOUSE
M, Th 12:30-4pm



MAH JONG

All skill levels welcome in this modern combination of the Western and Chinese games. First drop-in free, then annual membership is required in addition to \$4 drop-in fee. If finances are a barrier ask about the L.I.F.E. program!

GOWARD HOUSE
Tu 1-4pm



Health

R SENIOR'S STRENGTH TRAINING - SMALL GROUP 70yrs+ ♥

Learn safe exercise techniques in a quiet studio, focusing on injury prevention, balance, and strength. Perfect for older adults with minor, controlled health conditions. Seated exercises are available, and personalized attention is ensured with a maximum 6:1 ratio.

SAANICH COMMONWEALTH PLACE

159315	F	11:45am-12:45pm	Jul 3-31	5/\$70
159316	F	1-2pm	Jul 3-31	5/\$70
159575	F	11:45am-12:45pm	Aug 7-28	4/\$56
159576	F	1-2pm	Aug 7-28	4/\$56

S **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 for pairs. Care partners must attend.

G.R. PEARKES RECREATION CENTRE

158248	W	Aug 5-26	1-2:30pm	4/\$32
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S **R** EVEN BETTER BONES (ONLINE) ♥

Even Better Bones is a fun, easy full-body workout to build and maintain your bones, help with balance and fall prevention, and promote good posture and strength. This class is intended for participants who have already completed the in-person Build Better Bones program. Ask Saanich Commonwealth Place for more information as needed.

ONLINE

159009	F	9:15-10:15am	Jul 10-31	4/\$27
159211	F	9:15-10:15am	Aug 7-28	4/\$27



R YOGA - PELVIC FLOOR

In this therapeutic yoga series, we'll explore the connection between body, mind, and nervous system, and how they collectively support our pelvic health. Through gentle, intuitive movement, breathing techniques, and mindfulness, we'll release, relax and build strength and resilience in support of our whole-being wellness.

G.R. PEARKES RECREATION CENTRE

159353	F	12:30-1:30pm	Jul 10-24	3/\$36
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R PICKLEBALL - LEARN TO PLAY ♥ - ♥♥♥♥

Interested in playing pickleball? This beginner class covers the basics, including techniques, tactics, scoring and positioning. No experience necessary. Please provide your own paddle if possible.

SAANICH COMMONWEALTH PLACE

157914	Sa	10:15-11:45am	Jul 4-Aug 22	8/\$150
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R ZUMBA GOLD® ♥

Designed for active older adults and people starting their fitness journey, ZUMBA Gold combines easy-to-follow moves with zesty Latin and international rhythms to create an energizing and fun fitness experience. Various morning classes throughout the week, contact centre for more information.

CEDAR HILL RECREATION CENTRE

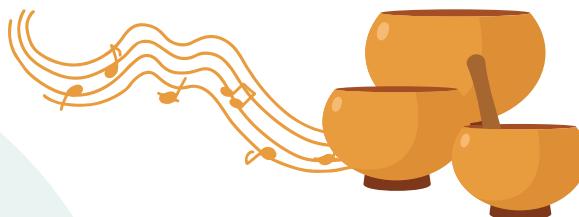
GORDON HEAD RECREATION CENTRE

R SOUND BATH

Join Janette, a sound healer and Reiki practitioner, for a truly relaxing experience as you bathe in the Reiki-infused sounds of her instruments. Please bring a yoga mat or chair for sitting, and anything else that will make you comfortable (such as a pillow, blanket, or bolster).

GORDON HEAD RECREATION CENTRE

158400	W	7:30-8:30pm	Jul 15	\$30
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S = Low-cost

R = Registration is required for this program. Visit saanich.ca/register or call the facility



OPPORTUNITIES TO CONTRIBUTE

Give back, stay active, and connect to community as a volunteer with Saanich Parks, Recreation and Community Services!

Contact us to learn more about these opportunities or get help creating your online volunteer account: volunteer@saanich.ca or 250-475-5502.

SPECIAL EVENT VOLUNTEERING

Join our mailing list to learn about upcoming opportunities to volunteer at our vibrant community gatherings.



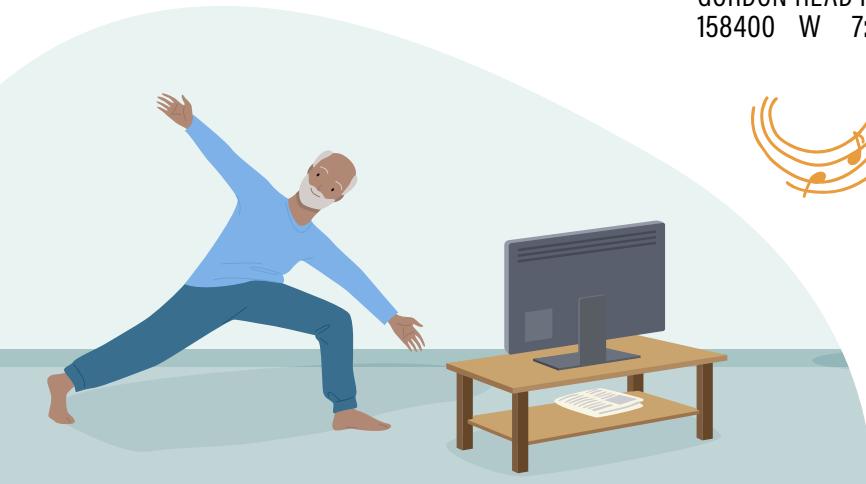
PARK CARE

Join fellow Pulling Together volunteers to remove invasive plants and enhance wildlife habitat, or (new this year!) enjoy gentle litter clean up activities in some of our most well-loved parks.



COMMUNITY SERVICES AMBASSADOR

Care about equity and enjoy chatting with others? Join the Community Services Division as a public outreach volunteer! You'll help make Saanich recreation programming more accessible by sharing information about financial supports and free/inclusive activities.



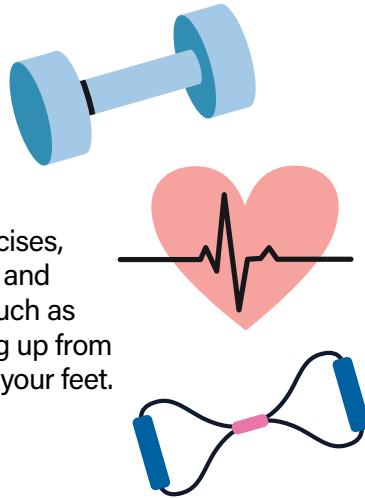
Looking to start your fitness journey?

Why staying active is important

Even small amounts of movement, done frequently, can make a big difference to staying healthy, strong, and independent.

Stay strong for the life you want to live

As we age, our muscles change. Strength exercises, even twice a week, can help keep them strong and prevent falls. Make everyday activities easier, such as climbing stairs, carrying groceries and standing up from a chair, and feel more confident and steady on your feet.

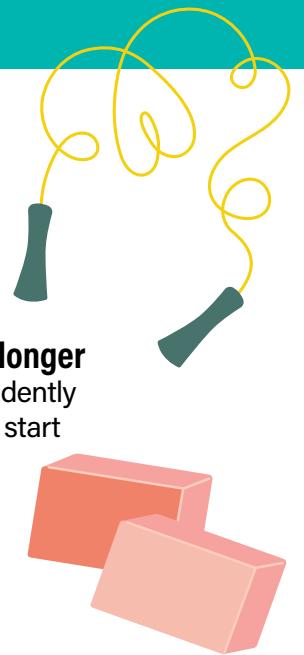


Come for the movement, stay for the connection

Exercise is good for your mood too! Feel happier and less stressed, and enjoy better sleep. Group activities like walking groups or fitness classes help you meet people and feel connected.

Move better, feel steadier, and live independently longer

For adults over 70, staying active helps you live independently and feel confident in your daily life. It is never too late to start moving more.



Start where you are, we'll help with the rest!

Social Chair Fitness



45 minutes

STANDING TIME: None

Exercise, engaging music, and memory work that finishes with 15 minutes of facilitated social connection.

Where is it offered?

CH Tu: 1:30-2:30pm

 Registration required for a multi-week session; May 5-June 30 (break Jul/Aug). Cost approx \$5/class.

Chair Fit



60 minutes

STANDING TIME: None

Safe and supportive fitness for beginners. Strength, mobility, posture and flexibility - all from the comfort of a chair.

Where is it offered?

CH Tu: 9-10am

GH Tu: 11:45am-12:45pm

 Registration required for a multi-week session; dates vary. Cost approx \$8.50/class.

Easy Fit



60 minutes

STANDING TIME: 30 minutes

Improve your strength and balance with a combination of seated and standing exercises.

Where is it offered?

PKS M, Tu, W: 11:15am-12:15pm

GH Tu: 1-2pm

CH Th: 11:30am-12:30pm

Keep Fit



60 minutes

STANDING TIME: Full Class

Deepen mobility and enhance endurance with easy-to-follow fully standing movements.

Where is it offered?

GH Tu: 2:15-3:15pm

Not sure where to start? Call today to speak with a fitness programmer who can help you find a program that best suits your goals and abilities.

Or, register for Getting Started with Exercise or a Free Weight Room Orientation for 60yrs+!

CH = Cedar Hill Recreation Centre
250-475-7121

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

GH = Gordon Head Recreation Centre
250-475-7100

SCP = Saanich Commonwealth Place
250-475-7600

Saanich Older Adult Community Resources

SAANICH RECREATION CENTRES

CEDAR HILL RECREATION CENTRE

3220 Cedar Hill Road
250-475-7121



#8, 24

Air Conditioned (Not Tennis)

GORDON HEAD RECREATION CENTRE

4100 Lambrick Way
250-475-7100



#27, 28

Air Conditioned

G.R. PEARKES RECREATION CENTRE

3100 Tillicum Road
250-475-5400



#8, 11

Air Conditioned

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.

ISLAND HEALTH COMMUNITY ACCESS LINE

1-888-533-2273

Support to live safe and independently.