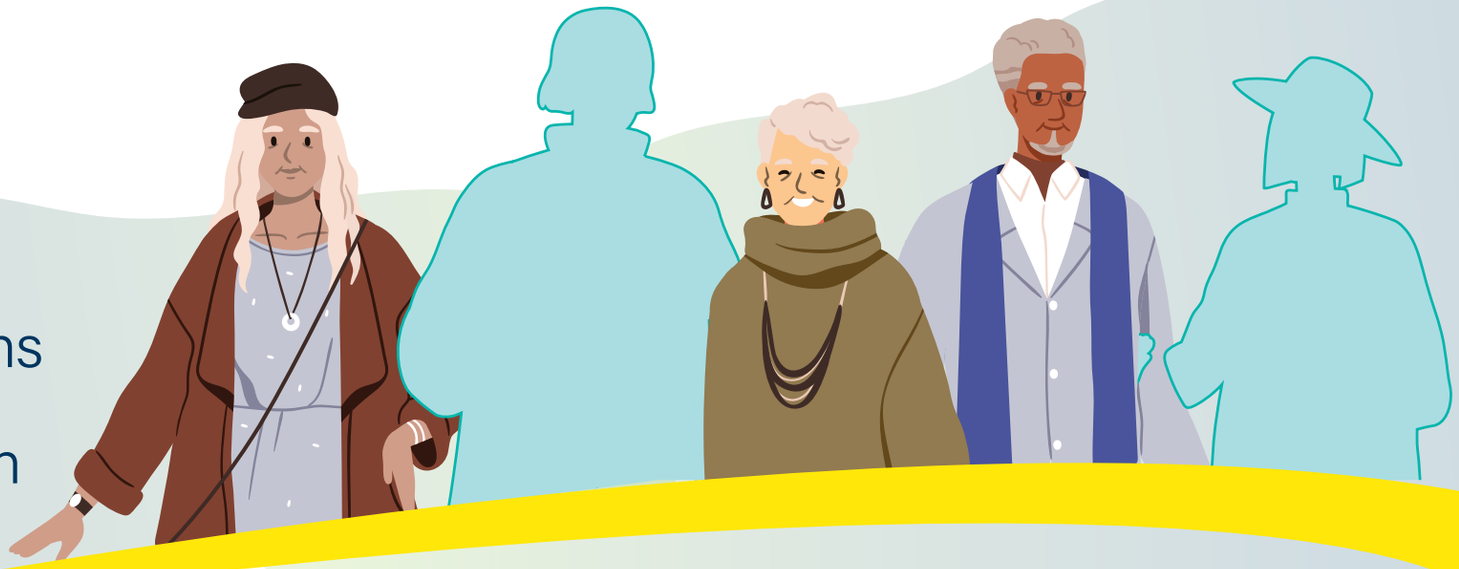
OPPORTUNITIES TO BUILD CONNECTIONS



Two in five older Canadians are at risk of social isolation

With two in five older Canadians at risk of social isolation, opportunities to connect with others and stay engaged in the community are more important than ever.

Across Greater Victoria, organizations offer a wide range of activities, programs, groups, and resources for older adults. This special supplement, produced as part of the REACH community initiative, with support from the Government of Canada, highlights some of the opportunities available locally.

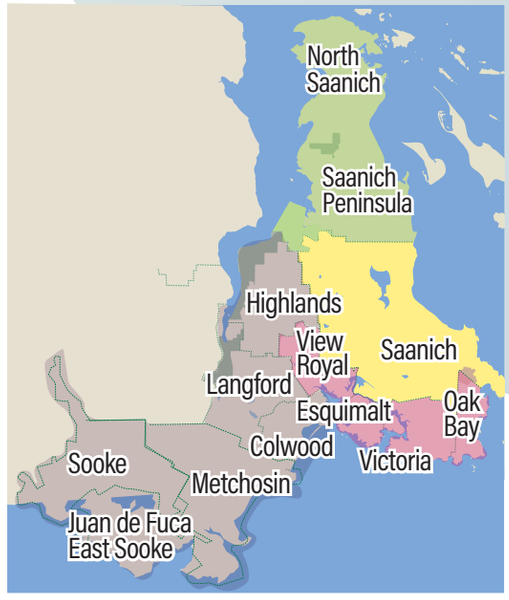
Use the following pages to explore ways you—or someone you know—can stay active, meet new people, and build meaningful connections this year and in the years ahead.

Think of this guide as a starting point. If a program or activity interests you, contact the organization directly to ask about schedules, registration, costs and other details. Many organizations also post program calendars and updates on their websites.

Some activities are free, while others may involve a membership or program fee. If cost is a barrier, the LIFE Program may be able to help. LIFE provides free and low-cost recreation opportunities for people with limited incomes, including assistance with membership fees at some seniors centres. Learn more on page 3 and contact the program administrator to find out whether you may qualify.

There is something here for everyone. Whether you participate yourself or encourage someone else to get involved, each connection helps strengthen a more active, welcoming and connected community.

Scan to learn more



Funded in part by the Government of Canada's New Horizons for Seniors Program

Canada

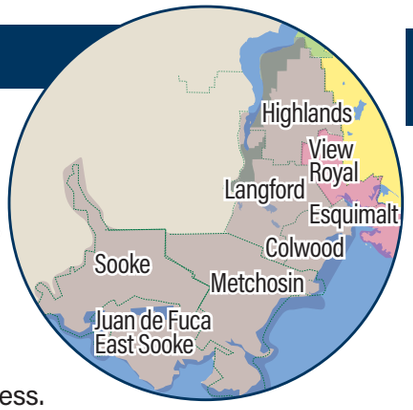
REACH ISOLATED SENIORS

Special REACH supplement

OLDER ADULT RESOURCES

Discover groups and organizations that offer activities and resources for older adults. For more information, please call using the phone number provided.

WEST SHORE



SENIORS' CENTRES

Juan De Fuca 55+ Activity Centre
Arts & crafts, books, dance, fitness, games, music.
250-474-8618

Metchosin Seniors' Resource Centre
Events, social groups, wellness.
250-478-5150

Sooke Region Communities Health Network
Arts & crafts, dance, fitness, social meals.
778-365-1878



RECREATION ACTIVITY GUIDE

West Shore Parks & Recreation
Aquatics, creative pursuits, education, fitness, wellness.
www.wspr.ca 250-478-8384

COMMUNITY CENTRES



Metchosin Community House
Arts & crafts, fitness, music, social meals. 250-478-5155

Pacific Centre Family Services
Healthy aging programs, social meals. 250-478-8357 (Press #3)

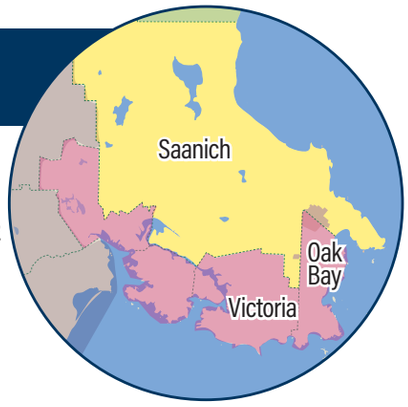
VOLUNTEER OPPORTUNITIES

Sooke Region Volunteer Centre
sookeregionchn.org/volunteerform

Langford Volunteer Hub
langford.ca/langford-volunteer-hub/



VICTORIA, OAK BAY, ESQUIMALT, SAANICH



SENIORS' CENTRES

Cook Street Village Activity Centre
Dance, fitness, games, socials, wellness. 250-384-6542

Cordova Bay 55 Plus
Arts & crafts, books, dance, fitness, games, and music.
250-658-5558

Esquimalt Seniors Community Centre, 55+
Arts & crafts, fitness, music, socials. 672-974-9994

Goward House, 50+
Arts & crafts, books, fitness, games, music, wellness. 250-477-4401

Monterey Recreation Centre, 50+
Arts & crafts, books, education, fitness, games, music, socials, wellness. 250-370-7300

Silver Threads Services, 55+
Arts & crafts, books, education, fitness, games, music, socials, wellness.
Les Passmore Centre (Saanich), 250-382-3151. Victoria Centre, 250-388-4268

COMMUNITY CENTRES

Burnside Gorge Community Centre
Education, fitness. 250-388-5251

Esquimalt Neighbourhood House
Arts & crafts, fitness, mental health and non-medical support, wellness.
250-385-2635

Fairfield Community Place
Education, fitness, music, walking.
250-382-4604

Fernwood Community Centre
Social meals. 250-381-1552

James Bay Community School Centre
Arts & crafts, education, fitness, social meals. 250-389-1470

James Bay New Horizons
Arts & crafts, books, dance, fitness, games, music. 250-386-3035

Oaklands Community Centre
Arts & crafts, education, fitness, social meals. 250-370-9101

Quadra Village Community Centre
Education, fitness, support, wellness.
250-388-7696

Saanich Neighbourhood Place
Social cooking, social meals.
250-360-1148

Victoria West Community Centre
Arts & crafts, fitness, games, wellness. 250-590-8922

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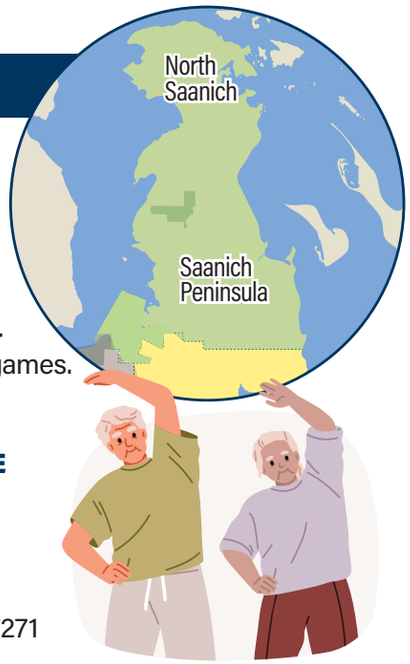
Canada
REACH ISOLATED SENIORS

OPPORTUNITIES FOR OLDER ADULTS TO BUILD CONNECTIONS

Explore these organizations with activities, resources, and supports for older adults.
For more information, please contact the organizations using the contact information provided.

SAANICH PENINSULA



SENIORS' CENTRES

Shoal Community Centre
Arts & crafts, books, dance, education, events, fitness, games, music, support. 250-656-5537

The Centre for Active Living 50+
Books, dance, education, fitness, games. 250-652-4611

RECREATION ACTIVITY GUIDE

Panorama Recreation & Greenglade Community Centre
Aquatics, education, fitness, pottery, wellness.
panoramarecreation.ca 250-656-7271

CULTURAL CENTRES & SUPPORTS

Inter-Cultural Association of Greater Victoria
Education, fitness, social groups. 250-388-4728

Métis Nation of Greater Victoria
Social meals, connection to services, cultural opportunities and community events. 250-380-6070

Victoria Immigrant and Refugee Centre Society
Education, gardens, social groups, digital support. 250-361-9433

Victoria Native Friendship Centre
Crafts, culture & language, education, fitness, social meals, support, wellness. 250-384-3211

CAREGIVER SUPPORTS

Family Caregivers of BC
Education, support groups, referrals. 1-877-520-3267

VOLUNTEER HUBS

Seniors' centres, community associations, and municipal recreation services are always looking for volunteers. You can also connect to opportunities through volunteer hubs like those listed below.

Volunteer Victoria
volunteervictoria.bc.ca

Saanich Volunteer Services
saanichvolunteers.org

Oak Bay Volunteer Services
oakbayvolunteers.org



THE LIFE PROGRAM

The LIFE Program provides no-cost and low-cost recreation opportunities for individuals and families on limited incomes. Residents of Saanich, Victoria, the Peninsula, Esquimalt, and the Westshore apply through their municipality or recreation centre.

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REACH ISOLATED SENIORS

Across the region, REACH partners are delivering programming that helps reduce isolation and build connection.

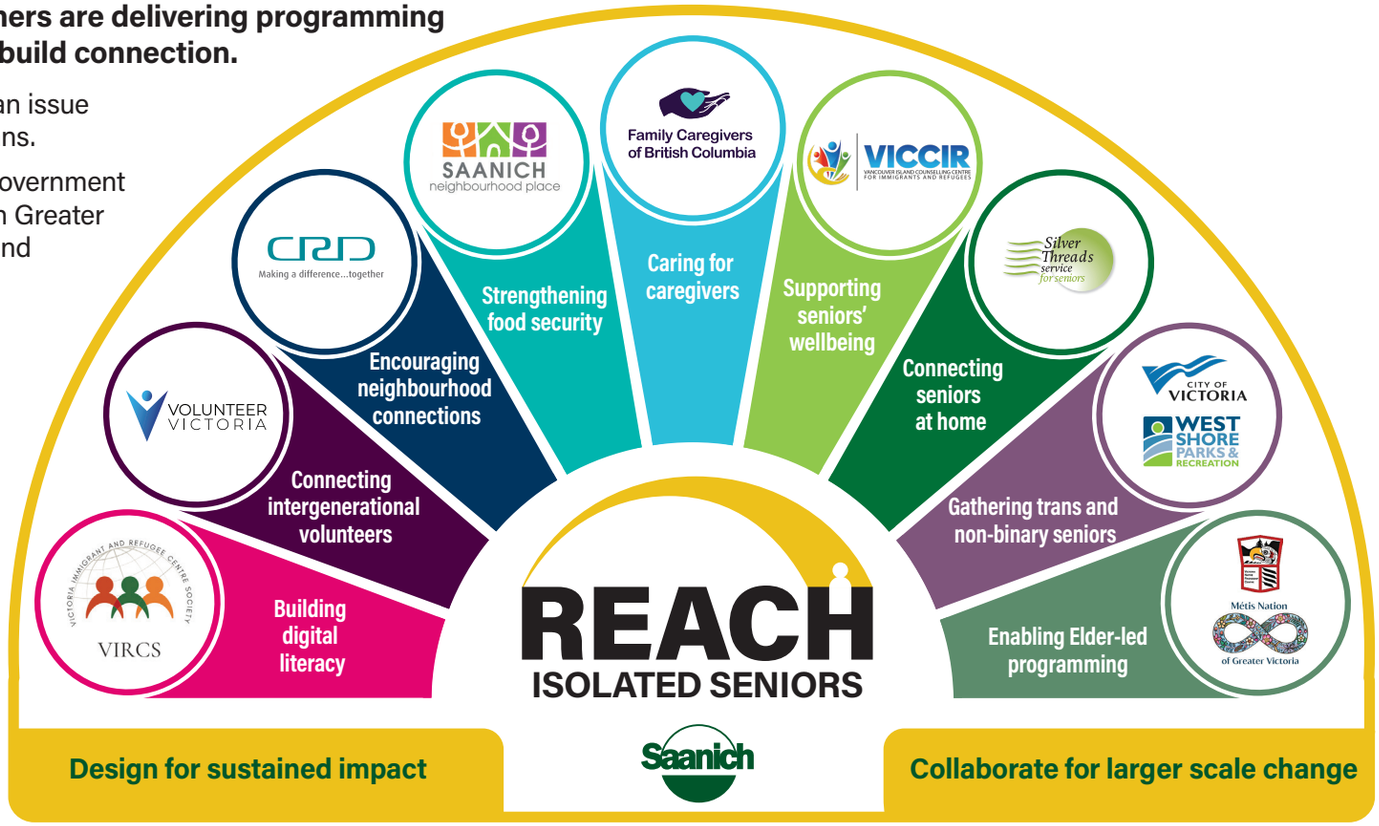
This community initiative addresses an issue that affects two-in-five older Canadians.

Thanks to special funding from the Government of Canada, seniors and older adults in Greater Victoria have new supports to build and maintain social connections.

Through REACH, the District of Saanich is working with 11 local organizations to strengthen our region's capacity to reach and support isolated seniors.

The image to the right describes the different focus areas of each partner organization.

To learn more about the REACH project, scan the QR code below, or visit saanich.ca/reach.





Loneliness is not uncommon, but it can have a big impact on your health. Social connection is essential to healthy aging.

As social circles shift over time, there are new chances to build friendships aligned with who you are today. Making and maintaining friendships after retirement and as we age is not only possible, but incredibly rewarding.

Tips to build connections:

- Look for and join clubs and regular activities that match your interests.
- Volunteer for a cause that matters to you.
- Start a conversation during everyday moments in your community.
- Extend and accept invitations. It can feel uncomfortable to ask people for their time but remember how good it feels when people ask you.



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REACH ISOLATED SENIORS