



Seniors

ALZHEIMER SOCIETY RESOURCE CENTRE

Phone 250-734-4170 or toll free 1-800-462-2833

Email info.nanaimo@alzheimerbc.org



Hours 8:30 a.m. and 4:30 p.m. Monday to Friday, or call the First Link Dementia Helpline at 1-800-936-6033 for support in English between 9 a.m. and 8 p.m. Monday to Friday.

Address [#4 - 4488 Wellington Road](#)

Services Resources for those suffering from Alzheimer's and Dementia.

Website www.alzheimer.ca

Bus Routes #25, #30, #50

Social  

BC BLIND SPORTS SENIOR FITNESS PROGRAM

Phone 1-877-604-8638

Email susan@bcblindsport.bcca

Services Fitness Programs for Adults of all ages who are blind or partially sighted individuals living in Nanaimo. This is a low impact fitness program with emphasis on balance, flexibility and muscle strength. To participate you must be a member of BC Blind Sports (application form available online).

Website www.bcblindsports.bc.ca

FIRST LINK DEMENTIA HELP LINE



Phone 1-800-936-6033

Email info@alzheimerbc.org

Hours Monday - Friday 9 am - 8 pm

Services The First Link® Dementia Helpline is for anyone affected by dementia, whether professionally or personally. Get the support you need, when you need it.

Website www.alzheimerbc.org

Social  

GRIEF SUPPORT FOR SENIORS

Phone 250-591-8811

Email info@nanaimohospice.com


Hours Monday - Friday 9 am - 4 pm

Address [1080 St. George Crescent](#)

Services Offers information sessions, individual counselling and group support for seniors dealing with caregiving and loss.

Website www.nanaimohospice.com

Bus Route #30

Social 



Seniors

HOME & COMMUNITY CARE CENTRAL ISLAND

Phone 250-739-5749
 Hours Monday - Friday 8 am - 4 pm
 Address [1665 Grant Avenue](#)
 Services Services include assisted living and residential care, rehabilitation services, home nursing, case management, community nutrition, home support, adult day services, hospice and palliative care, social work, and respite.
 Bus Routes #30

NANAIMO FAMILY LIFE ASSOCIATION - SENIORS HOUSING INFORMATION & NAVIGATION EASE PROGRAM (SHINE)

Phone 250-754-3331 (EXT. 205 & 212)
 Email reception@nflabc.org
 Hours Monday - Thursday 9 am - 4 pm
 Address [1070 Townsite Road](#)
 Services The Nanaimo Family Life Association provides information on housing options for seniors (60+). We are not a housing provider nor are we able to provide housing placements; however, our Seniors Housing Navigator can provide information that will help Nanaimo seniors find and maintain safe and appropriate housing.
 Website www.nflabc.org
 Bus Routes #30

NANAIMO HARBOUR CITY SENIORS

Phone 250-755-7501
 Email info@nanaimoharbourcityseniors.com
 Hours Monday - Friday 8:30 am - 4:30 pm
 Address [Bowen Park Complex at 500 Bowen Road](#)
 Services Offers a complete range of cultural and recreational activities to anyone age 60+ (or anyone who has a partner 60+). Also offers hearing and blood pressure clinics. Membership cost is \$41.45 annually.
 Website www.nanaimo.ca
 Bus Routes #30

NANAIMO LIFELINE PROGRAM

Phone 250-739-5770
 Hours Monday - Friday 8:30 am - 4:30 pm
 Address [#102 - 1801 Bowen Road](#)
 Services 24 hour emergency response system designed to support medically at-risk or disabled persons living at home and those who are at risk for physical health reasons.
 Website www.nanaimolifeline.ca
 Bus Routes #40



Seniors

SENDIAL PROGRAM (THRIFTY FOODS)

Phone 250-544-1234 or Toll free 1-866-948-0196

Hours Monday - Friday 8 am - 6 pm
Saturday, Sunday and Holidays 8 am - 4 pm

Services Shopping and home delivery service designed for those who are physically unable to shop for themselves (\$5 delivery charge and payment required upon delivery - they do not accept cash).

Website www.thriftyfoods.com

Social  

VANCOUVER ISLAND UNIVERSITY CENTRE FOR CONTINUING STUDIES - ELDER COLLEGE



Phone 1-866-734-6252

Address [900 Fifth Street](#)

Services Courses offered at preferential rates for people age 50+

Website www.viu.ca/eldercollege

Bus Route #6, #8, #15

Social  

SENIORS OUTREACH TEAM (SORT)

Phone 250-755-3301

Hours Monday - Friday 9 am - 5 pm

Address [1665 Grant Avenue](#)

Services Provides assessment and treatment services to seniors over 65 who are experiencing mental health problems such as Alzheimer's disease or depression. Support and education to family and professional caregivers is available.

Bus Route #30

