





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

BETTER MEALS

Phone	1-888-838-1888
Email	contact@bettermeals.ca
Hours	8:30 am- 3 pm Monday to Friday (phone-in hours) Delivery days for Nanaimo- Thursday or Friday depending on address
Services	To address the nutritional challenges faced by seniors, we provide delivery of fully-cooked frozen and fresh meals, catering to various dietary needs.
Website	www.bettermeals.ca

ELDER COLLEGE

Phone	250-797-9055
Email	info@eldercollege.org
Hours	Monday- Friday 8:30 am- 5 pm
Services	Offers short, low-cost, general interest courses on a wide range of subjects for people age 50+.
Website	www.eldercollege.org

ELDER DOG - DOG CARE SUPPORT FOR SENIORS

Phone	1-855-336-4226
Email	info@elderdog.ca
Services	Free assistance for seniors with exercising their dogs, picking up dog food, providing light tasks associated with animal hygiene such as nail clipping or help with brushing. Transportation to appointments and temporary care during hospitalization.
Website	www.elderdog.ca





Community Resources and Services



Seniors

FIRST LINK DEMENTIA HELP LINE

Phone	1-800-936-6033
Email	info@alzheimerbc.org
Hours	Monday- Friday 9 am- 8 pm
Services	For anyone affected by dementia, professionally or personally. Get the support you need, when you need it.
Website	www.alzheimerbc.org
Social	 

GRAY SKILLS

Phone	250-741-8116
Email	grayskills@ethoscmg.com
Services	Free, virtual program that incorporates foundational skills training and pre-employment preparations for those 55+.
Website	www.grayskills.ethoscmg.com



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	Information sessions, individual counselling and group support for seniors dealing with caregiving and loss.
Website	www.nanaimohospice.com
Bus Route	#30
Social	

GENERATIONS EATING TOGETHER - NANAIMO FOODSHARE SOCIETY

Phone	250-753-9393
Address	271 Pine Street
Services	Create social connections, receive and offer support & guidance to the community, and maintain healthy habits around cooking & eating food! 55+
Website	www.nanaimofoodshare.ca
Email	raquel.wicks@nanaimofoodshare.ca
Bus Route	#5, #25, #40
Social	 



Seniors

HEART TO HOME MEALS

Phone	1-888-777-2219
Services	Order online or by phone and one of our friendly, trusted members of our delivery team will deliver your meals straight to your door. We can even place them in your freezer for you!
Website	www.hearttohomemeals.ca

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



Community Resources and Services



Seniors

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

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	 

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

Check out this online resource to help us
all plan for, and live a, healthy lifestyle
as we age.

