



## Seniors

### ALZHEIMER SOCIETY RESOURCE CENTRE

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

Email [info.nanaimo@alzheimerbc.org](mailto: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](http://www.alzheimer.ca)

Bus Routes #25, #30, #50

Social  

### BC BLIND SPORTS SENIOR FITNESS PROGRAM

Phone 1-877-604-8638

Email [susan@bcblindsport.bcca](mailto: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](http://www.bcblindsports.bc.ca)

### BETTER MEALS

Phone 1-888-838-1888

Email [contact@bettermeals.ca](mailto: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](http://www.bettermeals.ca)

### ELDER COLLEGE

Phone 250-797-9055

Email [info@eldercollege.org](mailto: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](http://www.eldercollege.org)

### ELDER DOG - DOG CARE SUPPORT FOR SENIORS

Phone 1-855-336-4226

Email [info@elderdog.ca](mailto: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](http://www.elderdog.ca)



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### FIRST LINK DEMENTIA HELP LINE


Phone 1-800-936-6033  
 Email [info@alzheimerbc.org](mailto: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](http://www.alzheimerbc.org)  
 Social  

### GRAY SKILLS

Phone 250-741-8116  
 Email [grayskills@ethoscmg.com](mailto:grayskills@ethoscmg.com)  
 Services Free, virtual program that incorporates foundational skills training and pre-employment preparations for those 55+.  
 Website [www.grayskills.ethoscmg.com](http://www.grayskills.ethoscmg.com)



### GRIEF SUPPORT FOR SENIORS

Phone 250-591-8811  
 Email [info@nanaimohospice.com](mailto: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](http://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](http://www.nanaimofoodshare.ca)  
 Email [raquel.wicks@nanaimofoodshare.ca](mailto: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](http://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](mailto: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](http://www.nflabc.org)

Bus Routes #30

### NANAIMO HARBOUR CITY SENIORS

Phone 250-755-7501

Email [info@nanaimoharbourcityseniors.com](mailto: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](http://www.nanaimo.ca)

Bus Routes #30



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](http://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](http://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.*

