

SAANICH COMMUNITY PARTNERS IN ACTIVE AGING

Goward House Society

2495 Arbutus Rd

Tel. 477-4401

gowardhouse@shaw.ca

Goward House is an activity centre for adults 50+. Members may participate in exercise classes, including Tai Chi, art and language groups, billiards, philosophy club, bridge and much more. Monthly art exhibit. New members always welcome.

Cordova Bay 55 Plus Association

5238 Cordova Bay Rd at Cordova Bay Community Place

Tel. 658-5558

Located at Cordova Bay Community Place, the main objective of the 55 Plus association is to coordinate educational, social and physical activities that support the good health and independence for older adults

Cedar Hill New Horizons

3220 Cedar Hill Rd

Tel. 652-8072

Membership to this active club is open to anyone over 50 years of age. With a membership you can join in carpet bowling, bingo, teas, day trips and socializing.

Les Passmore Seniors Centre

Saanich Silver Threads

286 Hampton Rd

Tel. 382-3151

www.silverthreads.ca

To help our seniors age successfully, we offer table tennis, billiards, line dancing, floor shuffleboard, carpet bowling, many card games to keep your brain active, art and craft groups, fitness activities, and health and wellness programs. We also

provide outreach programs into the community with our "On the Go Again" program and the Memory PLUS for those with memory problems. We provide a hot lunch Monday to Friday, that is open to all and a bi-monthly evening dinner program as well as take-out meals at very reasonable prices. Come and check us out.

Saanich Volunteer Services Society

Telephone: (250) 595-8008

Web site:

<http://www.saanichvolunteers.org>

Saanich Volunteer Services matches people who need help with those eager to provide it. Drives to appointments, companionship, connection with community programs, help with yard work and minor home repair are just a few of the ways SVSS contributes to a healthy Saanich. If you want to help or know someone who could use some support, call the office or email contactus@saanichvolunteers.org