

Embrace Aging Community Offerings

Esquimalt Parks & Recreation

Programs

<http://www.esquimalt.ca/parksRecreation/programsRegistration/Default.aspx>

Welcome to the 50 + Programs at Esquimalt Recreation! Our programs for adults, who are 50 years or older, take place in the lounge and other spaces in the Recreation Centre.

Some Programs Offered:

Community Walking Group – Fridays from 10am to 11am, Free to All Ages

Blood Pressure Clinic – 2nd and 4th Tuesdays from 1pm to 3pm, Drop-in No Charge

For more information and programs offered click on the link below

http://www.esquimalt.ca/files/PDF/Parks_and_Recreation/50_plus_weekly_schedule.pdf

Recreation Oak Bay

Adult Programs for 50 years and over.

Unless noted all programs are held at the Monterey Recreation Centre, 1442 Monterey Avenue. Yearly membership fee required to access programs.

Some Programs Offered:

Art Appreciation

Computer Starter for the absolute beginner

Art Appreciation

For more information and programs offered click on the link below

http://www.recreation.oakbaybc.org/pdfs/wint_spr_09/2010_ws_apg_50yrs_pgs_27to39.pdf

Saanich Parks & Recreation

Saanich Active Aging is a vision for the community of Saanich where people can live healthy active lives into their senior years.

Some Programs Offered:

Seniors Gardening Group

Gentle Walk and Talk Tours

For more information and programs offered click on the link below

<http://www.saanich.ca/resident/community/services/senior.html>

Saanich Recreation offers a variety of programs for adults. Some programs will be marked as “Senior Friendly” with a **SF**. Example of programs offered that are “Senior Friendly”

Aqua Strength and Stretch
Gentle Fit
Qigong

For more information and programs offered click on the link below

<http://www.saanich.ca/resident/recreation/pdfs/2009WinterALGAdult.pdf>

Victoria Parks & Recreation

The City of Victoria offers a variety of programs for the 55 plus age group at different locations throughout the City.

Some Programs Offered:
Restorative Yoga
Foot Care
Computer Drop-in Lab

For more information and programs offered click on the link below

<http://www.victoria.ca/common/pdfs/alg-fall09-50-plus.pdf>

SEAPARC Recreation Centre

Located in Sooke, offers a variety of programs and services for the 50 plus age group.

Some Programs Offered:
Balance and Fall Prevention
Nutrition 50+

For more information and programs offered click on the link below

http://www.crd.bc.ca/seaparc/documents/Brochure_Winter_SpringFinal2010.pdf

Panorama Recreation Centre

Located in North Saanich, offers a variety of programs and services for adults. Some programs are 50 plus specific

Some Programs Offered

Gentle Co-Ed Tha Yoga for 50 Plus
Osteofit

For more information and programs offered click on the link below

<http://www.crd.bc.ca/panorama/>

And click on Programs on the left hand side menu bar to look at specific areas or look at the complete schedule click on the link below

<http://www.crd.bc.ca/panorama/documents/2010WinterSpringbrochureforwebwithcoverv2.pdf>

West Shore Parks and Recreation

West Shore Parks and Recreation operates the Juan de Fuca Recreation Centre, Bear Mountain Area and the Centennial Centre in Langford. As part of the Juan de Fuca Recreation Centre campus is **Senior's Hall**, 1767 Island Highway, Building 3.

Some Programs Offered:

Quilting
Snooker

For more information and programs offered click on the link below

<http://www.jdfseniors.shawbiz.ca/activities.htm>

West Shore Parks and recreation offers a variety of programs for adults at their different facilities as part of their regular schedule but none that are 50 plus oriented. For further information on programs offered please click on the link below

http://www.jdfrecreation.com/janapr_pdfs/janapr2010_adult.pdf

Shoal Centre

Is a community activity space located in Sidney.

For more information and programs offered click on the link below

<http://www.crd.bc.ca/panorama/program/documents/2010SHOAL.pdf>

Silver Threads

Silver Threads Service is a non-profit society administered by a volunteer Board of Directors, funded by the Municipalities of Victoria, Saanich, North Saanich and Central Saanich, the United Way. If you are 55 or older, you are invited to join Silver Threads' programs. Annual memberships are available, non-members are more than welcome. Silver Threads operates 2 centre. Saanich Centre at 286 Hampton Road and the Victoria Centre at 1728 Douglas Street.

Programs Offered At *Saanich Centre*

Water Colour Painting – Thursdays, from 1pm to 3pm

Carpet Bowling – Tuesdays and Thursdays at 9am

For more information and programs offered click on the link below

<http://www.silverthreads.ca/programs/saanich.php>

Programs Offered at *Victoria Centre*

Knitting and Crochet – Daily, from 1pm to 3pm

Shall We Dance – Thursdays, from 1pm to 3pm

For more information and programs offered click on the link below

<http://www.silverthreads.ca/programs/victoria.php>

James Bay New Horizons

The purpose of the James Bay New Horizons Society is to provide opportunities for Senior Citizens and residents in the James Bay area of Victoria, British Columbia. To help them lead more meaningful, active, healthy and complete lives, and to provide facilities that will assist in achieving and maintaining that goal. A member ship fee is required. Can purchase either a yearly membership or a monthly membership.

Programs Offered

Active Seniors Enjoying Life Aerobics – Tuesdays at 10am and Thursdays at 2:15pm

Walking Group – Mondays at 10am

For more information and programs offered click on the link below

<http://www.jamesbaynewhorizons.ca/index.php>

Greater Victoria Public Library

The GVLP operates numerous branches throughout the Capital Region. They offer at their different branches a variety of programs for adults. Some programs are specific for the 50 plus age group

Programs Offered

Gardening With Arthritis

Cyber Seniors

For more information and programs offered click on the link below

http://gvpl.ca/files/PDF/Program_Guides/Jan_Mar_Adult_guide.pdf

Inter-Cultural Association of Greater Victoria

The Inter-Cultural Association of Greater Victoria is a unique non-profit organization that combines arts and social services to address the needs of immigrants and to promote the embracing of cultural diversity in our community. We offer services for newcomers as well as outreach and education in the community.

The ICA Immigrant Seniors' Group serves newcomer immigrants and refugee seniors who are looking to make new friends, practice their English, have fun and learn about issues important to multi-cultural seniors.

For more information and programs offered click on the link below

<http://www.icavictoria.org/services/seniors>

Camosun College Continuing Education

<http://camosun.ca/ce/>

University of Victoria Division of Continuing Studies

<http://www.uvcs.uvic.ca/>

Victoria Symphony

Offers a variety of different ticket packages and programs that can be more senior friendly. They also offer discounted ticket for seniors for some of the programs.

Programs Offered

Royal Tea Concert Series – offered on a variety of dates in the afternoon

For more information and programs offered click on the links below

Programs: <http://www.victoriasymphony.ca/boxoffice/subscriptions.html>

Tickets: <http://www.victoriasymphony.ca/boxoffice/0910-VS-single-ticket-pricing.pdf>

Pacific Opera Victoria

Offers several different operas each year. At least one performance will be a matinee. Senior discounts are offered on ticket sales.

For more information on performances and ticket prices click on the link below

<http://www.pov.bc.ca/index.html>

The Arts In Victoria

Art Gallery of Greater Victoria

1040 Moss Street
Victoria, BC V8V 4P1
Phone: (250) 384.4101
Fax: (250) 361.3995
Email: communications@aggv.bc.ca

artsREACH Project **The Octa Collective Society**

Contact: Lynn Gray
Phone: (250) 361.1874

Aventa Ensemble

2161 Florence Street
Victoria, BC V8R 5E7
Contact: Bill Linwood
Phone: (250) 592.9713

Ballet Victoria

1201 Fort Street
P.O. Box 5191 Stn B
Victoria, BC V8R 6N3
Contact: Jacqueline Sloan
Phone: (250) 380.6063
Email: info@balletvictoria.ca

Belfry Theatre

1291 Gladstone
Victoria, BC V8T 1G5
Contact: Mary Desprez
Phone: (250) 385.6815
Live, contemporary theatre at affordable prices. The Belfry is located in a heritage church minutes from downtown Victoria.

Blue Bridge Repertory Theatre

2250 Arbutus Road
Victoria, BC V8N 1V3
Phone: (250) 472-5695
Email: contact@bluebridgetheatre.ca

Dance Victoria

Contact: Stephen White, Executive Producer

Phone: (250) 595.1829

Early Music Society of the Islands

Patron Services
2719 Mt. Stephen Ave.
Victoria, BC V8T 3L7
Phone: (250) 882.5058
E-mail: info@EarlyMusicSocietyoftheIslands.ca

Giggling Iguana Productions

811 Jasmine Avenue
Victoria, BC V8Z 2P3
Contact: Ian Case
E-mail: gigglingiguanaprods@shaw.ca

Greater Victoria Youth Orchestra

1611 Quadra Street
Victoria, BC V8W 2L5
Contact: Diana MacDonald
Phone: (250) 360.1121
Email: gvyo@telus.net

Impromaniacs Theatre Company Society

6-50 Montreal Street
Victoria, BC
Contact: Jonathan Argue
Phone: (250) 388.3658
Hosts of the Victoria International Improv Festival

Intrepid Theatre

3rd floor, 1014 Government Street
Victoria, BC V8W 1X7
Contact: Janet Munsil, Producer
Phone: (250) 383.2663
World-class theatre festivals, downtown and affordable! Intrepid Theatre presents the UNO Festival of Solo Performance (March) and the Victoria Fringe Theatre Festival (August-September). From the sublime to the truly weird - nearly 400 performance by 75 international theatre companies.

Kaleidoscope Theatre

2750 Quadra Street
Victoria, BC V8T 1L1
Phone: (250) 383.8124
Professional theatre for young audiences, their families and schools.
Mainstage Plays, Family Concert Series, Young Playwright's Competition & Festival,
Outreach Programs and Theatre School.
Email: info@kaleidoscope.bc.ca

Langham Court Theatre

805 Langham Court
Victoria, BC V8V 4J3
Phone: (250) 384.2142

Military Music Society

Contact: Roger McGuire
Phone: (250) 387.9690

MoonDance Dynamic Arts School

Keyke Fare (accents over both ending 'e's) - performance troupe
Victoria & Cowichan Valley
contact: Lynn Weaver, Director
Phone: (250) 743.5846

Open Space

510 Fort Street, 2nd Floor
Victoria, BC V8W 1E6
Phone: (250) 383.8833
Email: openspace@openspace.ca

Out of the Box Productions

Victoria Arts Connection Building
#112 - 2750 Quadra Street
Victoria, BC V8T 4E8
Phone: (250) 389-0613 or (250) 886.1587
Email: contact@outoftheboxproductions.ca

Phoenix Theatre - Uvic

P.O. Box 1700
Victoria, BC V8W 2Y2
Contact: Ann Tanner
Phone: (250) 721.8000

Spilt Milk Comedy Theatre

#10 - 1120 Summit Avenue
Victoria, BC V8T 2P7
Phone: (250) 479.3374
Email: spiltmilk@centralmail.com
Entertainment, educational theatre.

The 30 Cent Players

1411 Haultain Street
Victoria, BC
Contact: Mike Vardy
Phone: (250) 857.9821
Email: info@30centplayers.com
Producers of acclaimed sketch comedy troupe *The 30 Cent Players*.

Theatre Inconnu

P.O. Box 8796
Victoria, BC V8W 3S3
Contact: Clayton Jevne, Artistic Director
Phone: (250) 360.0234
Email: tinconnu@islandnet.com

Victoria Conservatory of Music

900 Johnson Street
Victoria, BC V8V 3N4
Phone: (250) 386.5311
Email: info@vcm.bc.ca

Alix Goolden Performance Hall

907 Pandora Avenue

Metro Studio

1411 Quadra Street

Victoria Film Festival

808 View Street
Victoria, BC V8W 1K2
Contact: Kathy Kay
Phone: (250) 389.0444
Email: director@victoriafilmfestival.com

Victoria Jazz Society

Suite J, 727 Johnson Street
Victoria, BC V8W 1M9
Contact: Darryl Mar
Phone: (250) 388.4423
Email: info@jazzvictoria.ca

Victoria Operatic Society

#10 - 744 Fairview Street
Victoria, BC V9A 5T9
Contact: Tammy Simon
Phone: (250) 381.1021
Email: vosadmin@vos.bc.ca