



Support Programs

All programs and services will follow all necessary COVID-19 protocols.

Note that at this time masks are still mandatory in the centres and are required while in the centres.

Proof of vaccination is required.

Computer and Zoom Support - We offer a number of programs for those who are interested in learning how to use technology. We have classes on Zoom, iPads and smart phones. Some One-on-one help can be available at the Victoria Centre. Call to find out more information: 250 388-4268.

Income Tax Preparation - Appointments to file 2020 and 2021 income Tax are available from February 28th to April 29th - free of charge for eligible seniors 55+

Legal Advice - Do you have a question that would be best answered with legal advice to provide you direction? Appointments are 15 minutes with a lawyer (Wills are not included in this service).

LIFE Program - The Leisure Involvement for Everyone Program (LIFE) allows eligible low income residents in Victoria to have access to City of Victoria recreation facilities, and eligible Saanich residents have access to Saanich Recreation facilities, and access free Membership to Silver Threads Service. Please call for more information and assistance to apply.

Senior Mentoring - We can arrange one on one appointments with skilled volunteers who will provide assistance with on line applications, searching for information, and applying for programs such as Shelter Aid for Elderly Renters (SAFER), the BC Bus Pass Program and Federal programs such as Fair Pharmacare.

Telephone Reassurance Program - This is a no charge community service offered by Silver Threads Service providing daily phone contact to seniors living alone in the Victoria area. Trained and screened volunteers offer a friendly check-in phone call on weekdays to ensure the participating client is safe and well.

Food Share - Drop in to pick-up bread, produce and packaged food and staples on Thursdays - Saanich Centre at 286 Hampton between 11:00 and 1:00 or at Victoria Centre at 1911 Quadra 11:00pm to 1:00pm.



Please call **Victoria Centre 250 388-4268** or **Saanich Centre 250 382-3151**

Food Services funding is provided by Island Health and the City of Victoria Strategic Planning Grant Program.

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