



**RESOURCE DIRECTORY
FOR
SOUTH SURREY / WHITEROCK**

604-531-9400

FALL-WINTER 2007

**CORNERSTONE
CARE SOCIETY**

Value \$10

DISCLAIMER:

Senior Support Services provides the Resource Directory as a service to the community. We have made every effort to provide accurate listings, however, we do not recommend the services and agencies listed here, nor do we accept any responsibility for them.



WHO WE ARE

We assist seniors living in Surrey and White Rock to maintain or increase their independence and reduce isolation, enabling them to remain living in their home.

HOW DO WE BEGIN

We will

- arrange for a Senior Support outreach worker to visit and explain the services available in the community that will benefit seniors.*
- help make a plan to maintain independence while remaining in the community.*
- help contact the agencies of choice*

OUR VISION

That all seniors in our community get help when needed.

PROGRAMS



Caregivers Support Program



Dining Clubs



Elder Abuse



Friendly Visitors



Health Fairs



Home Visits



Information & Referral



Keep Well Luncheons



Peer Support



Resource Directory



Special Events



Telephone Reassurance Calls

VOLUNTEER OPPORTUNITIES

Call us and see how you can enrich the life of a senior in Surrey and White Rock

604 531-9400

WWW.SENIORSUPPORTSERVICES.BC.CA

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Abuse

Ama Transition House

(604) 542-5992

Fax: (604) 542-5993

ama@atira.bc.ca

Providing one-to-one support, advocacy and outreach to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship.

Hours: Monday to Friday 7:30 am to midnight; volunteers available 10 am to midnight on weekends. Outside of these hours, crisis calls can be directed to Durrant Crisis at 604-531-4430, 24 hours a day, 7 days a week.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors
3rd Floor, 411 Dunsmuir Street
Vancouver, BC

Fax: (604)437-1929
www.bcceas.ca
ceas@telus.net

Provides community education regarding abuse and neglect of seniors. Information and referral available.

The Legal Information and Advocacy for Seniors program, funded by the Law Foundation of BC, provides information, referrals and resources, summary advice, and advocacy. Call Monday through Thursday, 8:30 am to 3:30 pm, to speak with the Legal Information Counsellor.

Please note: address is for correspondence only.

Services are free of charge. Available outside Lower Mainland at 1-866-437-1940

Senior Support Services-Elder Abuse

(604) 531-9400

Elder Abuse is a new program within Senior Support Services. The staff member who works in this area is a retired police officer. The main thrust of the program has been to find out what is happening in the community in relation to abuse and to help seniors and families deal with incidents that have occurred. Protocols have been set up with the RCMP, Victim Services and Senior Support Services to ensure that those seniors who need help do not "fall between the cracks".

South Fraser Regional Crisis Line

(604) 951-8855

Fax: (604) 584-7628

Run by Surrey Community Services, the Crisis Line provides a 24-hour counselling phone line. For information regarding suicide follow-up programs, contact the nonemergency number at (604) 584-5811.

Hours for Surrey Community Services are Monday thru Friday 8:30 am to 4:30 pm.

Victim Services

Victim Services-Surrey

(604) 599-7600

14355 - 57 Ave.
Surrey, BC
V3X 1A9

Fax: (604) 599-8892

Victim Services-White Rock

(604) 541-5111

15299 Pacific Ave.
White Rock, BC
V4B 1R1

Fax: (604) 541-5117

Information, support and follow-up program for victims and witnesses of crime.

VictimLINK

(800) 563-0808

VictimLINK is a province-wide telephone help line for victims of family and sexual violence and all other crimes.

24 hours, 7 days a week

Certified information and referral specialists provide information and referrals to all victims of crime, including violence in relationships and elder abuse. ISV operates VictimLINK on behalf of the Ministry of Public Safety and Solicitor General.

Staff connect people to a network of community, social, health, justice and government resources, including victim services, transition houses and counselling resources.

Adult Day Program

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

(604) 599-0034

13855 - 68th Ave.
Surrey, BC
V3W 2G9

Fax: (604) 599-0982

White Rock Come Share Adult Day Program

(604) 531-2502

15008-26th Ave.
Surrey,
V4P 3H5

Fax: (604)535-8781

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Saturday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

Advocacy

Advocare

(604) 575-9033

Bldg 4, 15050 54A Avenue
Surrey,
V3S 5X7

ext 125

www.cornerstonecare.org
advocare@cornerstonecare.org

Advocare is a free and independent advocacy service for seniors and their families. It is a confidential service for those who may need assistance in navigating & obtaining access to necessary health & community services. Advocare can source out the appropriate contacts for clients & where clients are unable to speak for themselves, an Advocare advocate will speak on their behalf, helping them gain access to appropriate information and inform them of their options.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors
3rd Floor, 411Dunsmuir Street
Vancouver, BC

Fax: (604)437-1929
www.bcceas.ca
ceas@telus.net

Provides community education regarding abuse and neglect of seniors. Information and referral available.

The Legal Information and Advocacy for Seniors program, funded by the Law Foundation of BC, provides information, referrals and resources, summary advice, and advocacy. Call Monday through Thursday, 8:30 am to 3:30 pm, to speak with the Legal Information Counsellor.

Please note: address is for correspondence only.

Services are free of charge. Available outside Lower Mainland at 1-866-437-1940

Alzheimer

Alzheimer Resource Centre

(604) 533-5277

#102, 20316-56 Ave
Langley, BC
V3A 3Y7

Fax: (604) 533-1421

Resource Centre for Langley and surrounding areas. Call for information on education sessions, caregiver series, support program, special events and general information. Hours: Tuesday thru Thursday 10:00 am to 4:00 pm. Drop In Center open Thursday 10:00 am-4:00 pm.

The society also runs Safely Home (Alzheimer Wanderer's Registry), a national registry in co-operation with local police and RCMP departments across Canada. One-time fee of \$25 for bracelet.

Alzheimer Resource Centre (White Rock)

(604) 541-0606

#102, 15240 Thrift Ave.
White Rock, BC
V4B 2L1

Resource Centre for White Rock and surrounding areas including Delta and Surrey. Call for information on education sessions, caregiver series, support program, respite program, special events, library and general information. Hours: Drop-in or by appointment, Wednesday 9:00 am to noon and 1:00 pm to 4:00 pm.

Alzheimer Support Group (White Rock)

(604) 541-0606

#101, 15240-Thrift Ave.
White Rock, BC
V4B 2L1

A support and educational group for families and friends of persons with Alzheimer disease. Group meets on the second and fourth Monday of each month at 10:00 am.

Czorny Alzheimer Centre

16850 66th Avenue
Surrey, BC
V3S 5M1

Czorney is the first stand-alone residential care facility in Fraser Health designed specifically to meet the needs of people with Alzheimer's disease. It houses 36 residents in three home-like cottages, equipped with full facilities including sleeping accomodation for families of individuals with Alzheimer's disease. .

Fraser Health operates the facility.

The Centre also provides space for an Alzheimer Society of B.C. Resource Centre and an Adult Day Care Centre serving the community.

Arthritis

Arthritis Community Group Langley

(604) 532-9671

Fraser Arthritis Centre
#110, 5769 - 201A Street
Langley, BC
V3A 4H9

Fax: (604) 514-0434
www.arthritislangley.com
langarth@telus.net

Serve all areas of the Fraser Valley. Meet first Tuesday of each month at 6:30 pm.
Contact Kristian Dundas

Arthritis Support Group

(604) 538-5349

Arthritis Telephone Information
White Rock & South Surrey
1222 King George Hwy
Surrey, BC

www.arthritis.ca

An auxiliary program of the Arthritis Society of BC which provides information and support for those afflicted with arthritis and their families. The Auxiliary meets the second Tuesday of the month from 2:30 pm to 4:30 pm except in July and August. Call Helen at 538-5349 or Audrey at 531-0830
Arthritis Answer Line: (604) 875-5051

BC and Yukon Division of the Arthritis Society

(604) 875-5051

895 - W 10th Ave
Vancouver, BC
V5Z 1L7

Toll free: (800) 321-1433
www.arthritis.ca

Provides education and training for people with arthritis and for health professionals. Services include an information library, volunteers to answer questions and a treatment centre. Hours: Monday thru Friday 10:00 am to 4:00 pm.

Asthma

BC Lung Association

(604) 731-5864

2675 Oak St.
Vancouver, BC
V6H 2K2

Information and Referral service for respiratory diseases such as asthma, chronic bronchitis, emphysema, pneumonia, tuberculosis and lung cancer.
Hours: Monday thru Friday 8:30 am to 4:30 pm.
Contact : Kelly Marrant

Langley Better Breathers Club

(604) 731-5864

2675 Oak Street
Vancouver, BC
V6H 2K2

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 2:45 pm to 4:45 pm at TIMMS Community Center in Langley.
Contact the BC Lung Association or Ken Fisher at (604)534-2632 to register.
Hours: Monday thru Friday 8:30 am to 4:30 pm
Contact: Kelly Marrant

Bereavement

Bereavement Helpline

1-877-779-2223

PO Box 53530
984 West Broadway
Vancouver, BC
V5Z 1K7

(604) 738-9950
Fax: (604) 873-5002
www.bcbereavementhelpline.com

Helpline for those who need support because they have suffered a loss through death. Provides referral to bereavement support agency in caller's local community. Hours: Monday to Friday 9:30 am to 3:00 pm.

White Rock Hospice Society

(604) 531-7484

15510 Russell Ave.
White Rock, BC
V4B 2R3

Fax: (604) 531-8101
www.whiterockhospice.org
contactus@whiterockhospice.org

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

Cancer Services

Breast Cancer Support Group

(604) 583-2228

White Rock Unit
15249 Thrift Ave
White Rock, BC

Self-help group for breast cancer patients, family, and friends. Meets the first and third Mondays of each month from 7:00 pm to 9:00 pm.

Breast Screening Mammography Program of BC

(604) 535-4512

Peace Arch Hospital
Berkeley Pavilion
15476 Vine Ave
White Rock, BC
V4B 2R4

Fax: (604)541-7163

Clients may refer themselves to this provincial breast cancer screening program.

Located at Peace Arch Hospital in the Berkeley Pavilion.

Hours: 7:30 am to 3:30 pm Monday to Friday; to 6:30 pm every Wednesday; 7:30 am to 3:30 pm every Saturday.

Living With Cancer

(604) 583-2228

Unit 301-9808 King George Hwy.
Surrey, BC
V3T 2V6

Self-help group for cancer patients, family and friends. Meets every second and fourth Wednesday from 7:00 pm to 9:00 pm.

Volunteer Driver-Canadian Cancer Society

(604) 538-0011

104-15240 Thrift Ave
White Rock, BC
V4B 2L1

Fax: (604) 538-1624

A program of the Canadian Cancer Society that provides transportation to treatment whether in Surrey, Vancouver or Bellingham.

Hours: 10:00 am to 2:00 pm.

Dispatcher Service: (604) 536-2961

Caregivers Resources

Caregivers Association of BC

(604) 734-4812

#306, 1212 West Broadway
Vancouver, BC
V6H 3V1

Fax: (604) 730-1015

1-800-833-1733

www.caregiverbc.ca
info@caregiverbc.ca

The CABC is a nonprofit charitable organization dedicated to supporting, educating, informing and advocating for unpaid caregivers in BC. Information and Referral to services and support groups. An information package is available. Membership is \$10.00 per individual, \$25.00 associate.

Caregiver's Careline

(604) 833-5545

This is a non-threatening confidential link for caregivers who are experiencing stress, anxiety, feelings of inadequacy, isolation, loneliness, lack of social stimulation, unresolved feelings, coping with sibling relationships, caring for aging parents, everyday struggles, preparation for future care needs or any myriad of other problems they may be having.

The experience of caregiving can be a very difficult one. With adequate support caregivers find it a rewarding experience.

If you feel they can help call Monday to Friday, 10:00 am-3:00 pm

Caregivers Network of Surrey/Delta

(604) 686-3793

familycaregivers@shaw.ca

Offers educational, emotional and social support to family caregivers who provide care to a loved one with a chronic or long-term illness, disability or frailty. Services include one-on-one support, day and evening support groups, workshops, educational series for caregivers and linking to needed resources. Minimal coverage cost for educational series only.

Support groups meet as follows:

last Monday of the month: Newton Come Share, 7 pm to 9 pm

third Wednesday of the month: Northcrest Care Facility, 10 am to noon; Kennedy House, 6:30 pm to 8:30 pm

Caregivers Support

(604) 597-0205

#1107, 7330-137 St.

Surrey, BC

V3W 1A3

Caregivers Support

We provide information, referral and support services to South Asian caregivers in Punjabi, Hindi and Urdu languages. Services can be accessed in person or by telephone. Caregivers can meet the worker one to one in the office or at home (home visits) or in a group setting. Support groups offer support and information to caregivers of frail, elderly or ill family or friends. In addition, support groups offer caregivers a chance to connect with others in similar circumstances for relaxation and recreation. Refreshments, video presentations and leisure activities are included.

Videos and books pertaining to care giving are available to caregivers. Educational series for caregivers in English cover topics such as role and lifestyle changes, self-care (how to deal with stress, guilt, anger and isolation), legal and financial considerations, connecting with health care and community services, communication and problem solving skills. Some educational workshops/guest speakers may be available in Punjabi/Hindi as per requirements. Call for schedule.

All the group activities are held at Surrey Delta Immigrant Services Society, #1107, 7330 -137 St, Surrey. All services are confidential and free of charge.

South Surrey/White Rock Caregivers

(604) 531-9400

15008-26 Avenue
Surrey, BC
V4P 3H5

Fax: (604) 531-9498

Support groups: Refreshments, talk, and support.

Services provided include:

Information & Referral

Library Resource Centre

Social Activities

Educational Series

Staff Visits

Health Fairs

Caregivers Morning Group: First Monday of the month, 10 am to noon

Caregivers Evening Group: First Monday of the month, 7-9 pm

Parkinson Support Group: First Wednesday of the month, 1-3 pm

ALS Support Group: Third Thursday of the month, 1-3 pm

Social Activities: Designed to connect caregivers and explore healthy options for recreation and relaxation. See newsletter calendar for latest presentations and leisure activities available.

Email: kmiller@seniorsupportservices.bc.ca

Educational Series: Held three times a year. Topics include role and lifestyle changes, care for the caregiver (how to deal with stress, guilt, anger, and isolation), legal and financial considerations, connecting with health care and community services, communication and problem-solving skills. Call for latest class schedule.

All of the above groups meet at Come Share Centre, Main Floor, 15008-26 Avenue, Surrey.

Email: kmiller@seniorsupportservices.bc.ca

Community Services

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

(604) 599-0034

13855 - 68th Ave.
Surrey, BC
V3W 2G9

Fax: (604) 599-0982

White Rock Come Share Adult Day Program

(604) 531-2502

15008-26th Ave.
Surrey,
V4P 3H5

Fax: (604)535-8781

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Saturday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

Crescent Beach Community Services at Camp Alexandra

(604) 535-0015

2916 McBride Street
Crescent Beach, BC
V4A 3G2

Fax: (604) 535-2720

www.anhgv.org

cbcsanh@uniserve.com

A member of the Association of Neighbourhood Houses of Greater Vancouver, this community service runs a variety of programs for all ages. Programs for seniors include meal programs and recreational activities.

Hours: Monday thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

Food Bank - White Rock/South Surrey

(604) 531-8168

Unit 5 - 15515 - 24 Ave.
Surrey, BC
V4A 2J4

Fax: (604) 541-8188

foodbank@pacs.bc.ca

A program of Peace Arch Community Services. The food bank helps those in need. Identification must be shown.

Food Distribution: Tuesday, 9:00 am to 11:30 am and 12:30 pm to 6:00 pm. Also open Monday and Wednesday, 10:00 am to 2:00 pm. Drop off food items during business hours.

Options

(604) 596-4321

#100, 6846 King George Hwy.
Surrey, BC
V3W 4Z9

Fax: (604) 572-7413
info@options.bc.ca

Options provides a variety of services including programs for families, immigrants and the disabled. Options is also an Information and Referral service.
Hours: Monday thru Friday 9:00 am to 5:00 pm.

Peace Arch Community Services

(604) 531-6226

882 Maple St.
White Rock, BC
V4B 4M2

Fax: (604) 531-2316

Food bank is a service provided. For alcohol and drug program only, call (604) 538-2522. For the volunteer driving program and shop by phone, call the Information and Referral line at 604-542-4357. Request for a volunteer driver must be made a minimum of 3 days in advance.

Executive Director: Martin Harris.

Hours: Monday thru Friday, 8:30 am to noon; 1:00 pm to 4:30 pm.

Progressive Intercultural Community Services

(604) 596-7722

#109, 12414-82 Ave.
Surrey, BC
V3W 3E9

Fax: (604) 596-7721
pics@pics.bc.ca

Nonprofit society that helps new Canadians, including settlement of newcomers. Counselling available. Translators supplied if necessary. Assists the unemployed with job search; client resource centre available. Available to Surrey and South Surrey/White Rock residents. No appointment necessary.
Hours: Monday to Friday 8:30 am to 4:30 pm.

Senior Support Services

(604) 531-9400

15008-26 Ave.
Surrey, BC
V4P 3H5

Fax: (604)531-9498
www.seniorsupportservices.bc.ca

An outreach program designed to assist seniors to maintain or increase their independence in their own homes as well as to improve their well-being and have a more satisfying lifestyle. Programs include Information and Referral, volunteer visiting, the telephone assurance line, special day trips, outreach lunches and meal programs. This service is offered throughout North Surrey, White Rock/South Surrey, Newton/Cloverdale.

Director: Marianne Brown

Hours: Monday thru Friday 9:00 am to 4:00 pm.

South Fraser Women's Services Society

(604) 536-9611

15318- 20 Ave.
Surrey, BC
V4A 2A2

Fax: (604) 536-6362
www.sfwomensservices.com
sfwss@sfwomensservices.com

A drop-in and resource centre for women of all ages. Clothing exchange, support groups for single mothers, lesbians, women with disabilities, survivors of sexual abuse and of abusive relationships. One-on-one counselling is also available. All services are free of charge.

Hours: Monday 12:00 noon to 4:00 pm and Tuesday thru Friday 9:30 am to 4:00 pm.

Computer Training

Computer Labs at Seniors' Centres

Computer Labs are available at the following senior centres. Contact the centre directly for more information.

Cloverdale Seniors' Centre	604 502-6432
Newton Seniors' Centre	604 501-5010
Sunrise Pavillion Seniors' Centre	604 502-6380

Electronic Classrooms at the Library

If you need a computer to use for internet or word processing, visit any of the following libraries.

Strawberry Hill	604 501-5839
Semiahmoo	604 592-6908
Guildford	604 598-7366

A library valid library card is required to use the computers on a first-come basis.

At any of the Electronic Classrooms you can use Microsoft Office products including Word, Excel, PowerPoint, Access and Front Page.

MacSeniors Consulting Services

(604) 777-9365

www.macseniors.ca
keith@macseniors.ca

Provide in-home instruction for seniors on their Macintosh computers. Help seniors at their own pace and convenience, with E-mail, internet browsing, the latest operating system management as well as digital music, photos and video. Hours: Monday to Saturday, 9 am to 4:30 pm.

NAOC Computer Learning Academy

(604) 681-3767

2nd Floor
411 Dunsmuir Street
Vancouver, BC
V6B 1X4

NAOC offers ongoing computer classes for older Canadians who want to keep pace with modern technology, including access to the internet. Canadians over 45 can take advantage of the computer lab and "senior friendly" courses. Specialize in teaching at your pace.

Membership Fee: \$17.00 annually

Classes - 4 weeks, 12 hours, approx \$50

Class Sizes - Minimum 4, Maximum 8 per class

Counsellors

Advocare

(604) 575-9033

Bldg 4, 15050 54A Avenue
Surrey,
V3S 5X7

ext 125

www.cornerstonecare.org
advocare@cornerstonecare.org

Advocare is a free and independent advocacy service for seniors and their families. It is a confidential service for those who may need assistance in navigating & obtaining access to necessary health & community services. Advocare can source out the appropriate contacts for clients & where clients are unable to speak for themselves, an Advocare advocate will speak on their behalf, helping them gain access to appropriate information and inform them of their options.

Kent Street Activity Centre

(604) 541-2231

1475 Kent St.
White Rock, BC
V4B 5A2

Fax: (604) 541-2239

A Seniors' Counsellor is available every Monday from 10:00 am to 11:30 am to help seniors with problems and concerns. The Counsellor can help complete application forms for OAS, GIS, Spouse's Allowance and SAFER. They can also inform you of benefits such as BC Medical, Pharmacare, bus passes, housing and Veteran's Affairs. No appointment necessary.

Senior Peer Counselling Centres

Lower Mainland

New Westminster	604 519-1064
Burnaby	604 987-8138
Richmond	604 279-7034
Coquitlam (Tri-Cities)	604 669-7339
Vancouver (West End)	604 669-7339
North Vancouver	604 987-8138

Seniors' Counsellor-White Rock and South Surrey

Joyce Schmalz

A Seniors' Counsellor is a volunteer who can provide information about available services and benefits and can help you to apply for these entitlements.

Seniors' Counsellor Joyce Schmalz is also a commissioner (appointed by the BC Ministry of the Attorney General) for the taking of oaths, statutory declarations and affidavits.

The Counsellor can help complete applications forms for OAS, GIS, Spouse's Allowance, SAFER and can also inform you of benefits such as BC Medical, Pharmacare, bus passes, housing and Veteran's Affairs.

Seniors' Counsellor Joyce Schmalz is available on a drop-in basis Monday 10:00 am to 11:30 am at Kent Street Activity Centre, 1475 Kent St, White Rock; (604) 541-2231. She is also available by appointment only at Senior Support Services, Lower Level of the Come Share Building, 15008-26th Ave, Surrey. Joyce can be reached at (604) 536-4066.

Dental Resources

In-Home Denture Services

(778) 999-7929

Denture services including measurement, mold-making, and adjustments provided by Ed Edwards, Registered Denturist with 26 years' experience, in the client's home. Complete and partial dentures. Repairs and relines same day. Consultations always free. Fees for home visits waived.

Peace Arch Hospital-Mobile Dental Services

(604) 535-4595

A mobile unit is available for those living in a facility who are unable to travel to a dental clinic. Emergency home visits are available for those who cannot travel. Dr. Latif provides a full range of dental care to all ages.

UBC Dental Clinic

(604) 822-2112

Faculty of Dentistry
2199 Westbrook Mall
Vancouver, BC
V6T 1Z7

Fax: (604) 822-3708

Dental services by students of the UBC Dental Clinic are available at reduced rates.

Length for treatment varies.

Hours: Monday thru Friday 8:15 am to 4:30 pm.

Vancouver Community College-Dental Clinic

(604) 443-8499

250 West Pender St.
Vancouver, BC
V6B 1S9

Dentures: (604) 443-8500

Adult clinic that includes six two-hour visits. Low cost dental hygiene services. Call 604 443-8499 to schedule an appointment.

VCC'S denture clinic's services include new complete or partial dentures as well as relines to existing dentures.

Call 604 443-8500 to schedule an appointment.

The clinic only provides hygiene and denture services. No other dental services (such as dental work) are provided.

Vancouver Hospital

(604) 875-4006

Dental Clinic - Willow Pavilion
805 West 12th Ave.
Vancouver, BC
V5Z 1M9

Fax: (604) 875-5493

Dental services by dental residents are available at reduced rates up to 10%. All other work done by staff dentists is at regular rates. By appointment only; no walk-ins.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

Diabetes

Canadian Diabetes Association-Fraser Valley Region

(604) 596-5630

Suite 408
7337 137th Street
Surrey, BC
V3W 1A4

www.diabetes.ca

Diabetes Resource Centre

#360-1385-West 8th Ave.
Vancouver, BC
V6H 3V9

(604) 732-1331

Resource line: (604) 732-4636
Fax: (604) 732-8444
1-800-665-6526
www.diabetes.ca

A Canadian Diabetes Association Information and Support Center for diabetics and their families. Support line is (604) 732-4636, Monday to Friday 10:00 am to 3:00 pm. Information is available in Chinese Monday, Wednesday, and Friday 11:00 am to 2:00 pm at (604) 732-8187.
Hours: Business Office - Monday thru Friday 8:30 am to 4:30 pm.

Dial-A-Dietitian

(604) 732-9191

Toll free: 1-800-667-3438
www.dialadietitian.org
dial@dialadietitian.org

Free nutritional counselling help is provided by a Registered Dietitian/Nutritionist.
Hours: Wednesday thru Friday 9:00 am to 5:00 pm.

White Rock Diabetes Support Group

(604) 538-9180

Peace Arch Hospital
15521 Russell Ave
White Rock, BC
V4B 2R4

A program of the Diabetes Association. Provides education, support and guest speakers on a variety of issues. Meets first Wednesday of each month at Peace Arch Hospital, held every month except for January, April, July and August, from 7:30 pm to 9:30 pm.
Contacts: Walter Armitt @ (604) 538-9180; Ollie Howieson @ (604) 536-3907

Emergency Response Systems

Fraser Health Lifeline

(604) 572-5353

After Hours: 1-800-387-1215

www.fraserhealth.ca

A personal emergency response program that ensures assistance to you 24 hours a day, 7 days a week.

Hours: Monday thru Friday 8:30 am to 5:30 pm.

Community Offices:

Surrey (604) 572-5353

South Surrey/White Rock (604) 535-4560 (LifeLINK)

Cloverdale/Langley (604) 514-6041

Activation Fee: \$35.00

Monthly Monitoring: \$35.00

Upgraded Unit available which has special features to Remind you to take your medications, Help you remember medical appointments.

LifeCall

(800) 661-5433

www.lifecall.ca

A personal 24-hour medical alarm system.

In the event of an emergency in the home, client presses the button on the LIFECALL pendant worn around the neck or wrist and help will be dispatched to the home.

Monitoring Rate: \$30.00 per month.

Must rent for a minimum of three months.

LifeLink

(604) 535-4560

c/o Peace Arch Hospital

15521 Russell Ave.

White Rock, BC

V4B 2R4

Fax: (604) 542-3176

A personal emergency response system monitored by staff at Peace Arch Hospital. Client wears a small lightweight button when in the home. If help is needed simply push the button. Serves White Rock and most areas in Surrey.

Installation Fee: \$35.00.

Monitoring Cost: \$35.00 per month Contact: Natalie or Monica

Hours: Monday thru Friday 8:00 am to 4:00 pm.

Enquiry BC

Enquiry B.C.

(604) 660-2421

A telephone Information and Referral service for BC provincial government services and programs.

Hours: Monday thru Friday 7:30 am to 5:00 pm.

Financial Services

Kambo Insurance

(604) 722-6205

www.kamboinsurance.com
info@kamboinsurance.com

Services include retirement planning; investment and estate planning; life, disability and critical illness; long-term care insurance; health and dental plans; auto and home insurance. Services are provided in the client's home.

For more information, contact Jack at
(604) 722-6205

Food Bank

Food Bank - Surrey

(604) 581-5443

10732 - 135 St.
Surrey, BC

The food bank helps needy individuals and families in the Surrey area only. Identification must be shown.

Hours open: Monday, Tuesday, Thursday, and Friday, 9:30 to 1:00 pm

Food Bank - White Rock/South Surrey

(604) 531-8168

Unit 5 - 15515 - 24 Ave.
Surrey, BC
V4A 2J4

Fax: (604) 541-8188
foodbank@pacs.bc.ca

A program of Peace Arch Community Services. The food bank helps those in need. Identification must be shown.

Food Distribution: Tuesday, 9:00 am to 11:30 am and 12:30 pm to 6:00 pm. Also open Monday and Wednesday, 10:00 am to 2:00 pm. Drop off food items during business hours.

Salvation Army Church & Community Ministries

(604) 541-5801

Call for an appointment to apply for food bank services.

Foot Care

Dr. Rosemary Jones

(604) 535-2882

#103 - 15240 Thrift Ave
White Rock, BC
V4B 2L1

Foot care provided at White Rock office, no home visits.
Hours: Monday thru Wednesday 9:00 am to 5:00 pm .

Dr. Scott Knutzen

(604) 536-2033

#204 1656 Martin Dr.
Surrey, BC
V4A 6E7

Foot care provided in office, no home visits. Specialises in custom-made orthotics.
Hours: Monday to Thursday, 9:00 am to 4:30 pm; closed noon to 1:30 pm.

Feet First

(604) 538-7441

Treatment includes foot assessment, soak, trimming and cleaning of nails and massage. By appointment.
Contact: Ruth Steer, RN
Cost: \$40.00

Fraser Valley Foot Care

(604) 626-5939

Professional foot care services by registered nurse include: foot assessment, education, and advocacy; skin inspection and treatment; nail trimming and filing; reduction of corns and calluses; foot bath and massage.

Services available In-Home or at Footcare Clinic, located at Come Share Centre, Lower Level, 15008-26th Ave, Surrey. For appointment call Tannis at (604) 626-5939.

Gardening

South Pacific Landscaping

(778) 837-2719

(778) 837-2734

We do so much more than just mowing your lawn. Daniel can do just about anything you need done. He can build you a fence, clean your gutters, powerwash your house and driveway, hang up your Christmas lights, plant your bulbs for next spring, rake your leaves, painting projects. Everything is done with the South Pacific charm. Just ask him and he will do his best to help you out.

Odd jobs around the house that need to be done.
All outdoor chores can be taken care of.

Call Daniel (778) 837-2734 or Laurie (778) 837-2719 for more information or a free quote.

In the winter...snow shoveling and ice control.

Hair Care

Gloria's Mobile Hair

(604) 530-3779

Cell: (604) 916-3779

Services clients in White Rock/South Surrey on Monday, Tuesday, Thursday; Langley, on Wednesday. Phone for an appointment.

Hair For You

(604) 507-0976

Cell: (604) 313-2651

jodyis@telus.net

Mobile Men's and Ladies Hairstylist/Barber
Mobile Full Service Hairstylist for Men and Ladies in the comfort of your own home.
Reasonable Rates.
Call Jody for an appointment.

Hair Time

(604) 317-2697

hairtime@shaw.ca

Mobile full-service hair dresser. Call Debbie Golfetto at (604) 317-2697.

Have Scissors, Will Travel

(604) 543-3772

ruthc@shaw.ca

In-home hair care for men and women by licensed hairdresser/barber. Services include cuts and perms. Reasonable rates. Call Ruth.

Scissors on the Move

(604) 813-1474

Specializing in seniors hair care needs. Cuts, sets, perms, colour and more. Manicure and pedicures also available. Senior discounts. Call Anita.

Health

BC NurseLine

(604) 215-4700

Provides access to help for your health concerns, from your home, 24 hours a day/7 days a week. NurseLine is a toll-free (1-866-215-4700 within BC) health information line, staffed by knowledgeable, specially trained registered nurses who answer your questions. The nurses will inform you when you can treat a problem safely at home and when you need to see a doctor or go to the emergency room. Nurses use their comprehensive health knowledge base and practical experience to answer questions about common health care concerns.

Elder Health Services

(604) 535-4577

Berkeley Pavilion
15521 Russell Ave.
White Rock, BC
V4B 2R4

Fax: (604) 535-4587

The Elder Health Program provides out-patient assessment and treatment services for seniors in the South Surrey/White Rock area. Services are for seniors who have had changes in their physical or mental health that have affected their ability to live independently or care for themselves. Anyone can make a referral to the program; however, the family doctor's consent is necessary.
Office hours: Monday thru Friday 9:00 a.m. to 4:30 p.m.

Fair Pharmacare

1515 Blanchard Street
2nd floor
Victoria, BC
V8W 9P2

1 (800) 663-7100

Fax: (604)952-2861
Greater Van: (604) 683-7151

www.healthservices.gov.bc.ca/pharme

To receive your maximum financial assistance under the new Fair PharmaCare plan register at (604) 683-7151. The amount you pay for prescriptions depends on your net income. PharmaCare subsidizes eligible prescription drugs and medical supplies. In Lower Mainland, call (604) 683-7151

Health & Seniors' Information Line

1-800-465-4911

B.C. government toll-free information line that enables seniors to speak with a real person to answer questions on health programs and services as well as a broad range of other government services for seniors. Staff on this "one-stop shopping" line also help people fill out forms and provide direct contact to other agencies.

Hours: Monday to Friday, 8:30 am to 4:30 pm

Medical Services Plan of BC

(604) 296-4677

Ministry of Health and Ministry Responsible for Seniors
P.O. Box 9035 STN. Prov. Govt.
Victoria, BC
V8W 3P2

All BC residents are required to register and are asked to pay a monthly premium. If your income is low and you are a Canadian citizen or landed immigrant (permanent resident) who has held that status or lived in Canada for the last 12 months, you may be eligible to receive assistance with premium payments, or a premium waiver. If you are 65 or over and enrolled in MSP you will automatically receive a Gold Care Card. Your Gold Care Card is useful as proof of age and residence for discounts offered by certain government programs and many businesses.

Hours: 8:00 am to 5:00 pm Monday to Friday

Website: www.healthservices.gov.bc.ca/msp

Automated Services: (604) 683-7151

Hearing Clinics

Western Institute for the Deaf and Hard of Hearing

(604) 736-7391

2125 West 7th Ave.
Vancouver, BC
V6K 1X9

Fax: (604) 736-4381
TTY: (604) 736-2527
www.widhh.ca
audio1@widhh.com

Loan program for the deaf and hard of hearing. Program includes testing, mold adaption and fitting of hearing devices. There is a small fee for this service. Donations of used hearing aids are appreciated.

Contact: Jeannette

Hours: 8:30 am to 5:00 pm, Monday thru Friday; 9:00 am to noon and 1:00 pm to 4:00 pm, Saturday. Audiology only and by appointment only; Tuesday and Thursday, extended evening hours, clinic by appointment only.

Heart and Stroke

Blood Pressure Clinic-Centennial Arena

(604) 541-2161

14600-North Bluff
White Rock, BC
V4B 1Y6

A drop-in clinic held the fourth Monday of every month except July and August at Centennial Arena. Hours: 10:00 am to 11:30 am.

Blood Pressure Clinic-White Rock

(604) 541-2231

1475 Kent St.
White Rock, BC
V4B 5A2

A drop-in clinic that is held the third Monday of every month. Service starts at 10:30 am.

Cardiac Rehabilitation Program

(604) 588-3303

Surrey Memorial Hospital
Surrey, BC

The "Healthier Heart for Life" program is designed for people in the Fraser Health Authority who have had a recent heart attack, bypass surgery, angioplasty, angina or heart failure and for those who are at risk for developing heart disease. Participants meet with a team of professionals and discuss issues essential for heart health. No fee or physician referral is required.

Heart and Stroke Foundation of BC

(604) 591-1955

Surrey office
Unit 218-13569-76 Ave
Surrey, BC
V3W 2W3

Main branch: (604) 736-4404
Fax: (604) 591-2624

Chapter of BC Heart and Stroke Foundation. Education and information regarding local programs and support groups.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

Peace Arch Hospital Cardiac Rehabilitation

(604) 531-5512

15521 Russell Ave.
White Rock, BC
V4B 2R4

Local 7676

Designed for individuals with heart disease, this program provides the knowledge and skills to make the necessary lifestyle changes on the road to rehabilitation. A physician's referral is required.

Costs: Exercise and Education, \$100.00 per month for four months. Registration fee: \$50.00.

Stroke Recovery Club

(604) 541-1290

St. John's Presbyterian Church
1480 George St.
White Rock, BC
V4B 4A3

Support group for stroke victims and their families. Speech and physical therapy are available. Group meets every Tuesday 9:00 am. New members group meets Monday @ 9:00 am. Contact: Gayl Hutchison

Help Lines

Health & Seniors' Information Line

1-800-465-4911

B.C. government toll-free information line that enables seniors to speak with a real person to answer questions on health programs and services as well as a broad range of other government services for seniors. Staff on this "one-stop shopping" line also help people fill out forms and provide direct contact to other agencies.

Hours: Monday to Friday, 8:30 am to 4:30 pm

South Fraser Regional Crisis Line

(604) 951-8855

Fax: (604) 584-7628

Run by Surrey Community Services, the Crisis Line provides a 24-hour counselling phone line. For information regarding suicide follow-up programs, contact the nonemergency number at (604) 584-5811.

Hours for Surrey Community Services are Monday thru Friday 8:30 am to 4:30 pm.

Surrey and White Rock Ambulance

(604) 872-5151

This nonemergency line serves White Rock and Surrey. It is designed to screen medical situations. Operators will call the response team when necessary. In an emergency, Dial 911.

Surrey Fire Non-Emergency

(604) 543-6700

The Surrey Fire Department is involved in public education and safety issues. For any emergency situations call 911.

White Rock Fire Non-Emergency

(604) 541-2121

The White Rock Fire Department is involved in public education and safety issues. For any emergency situations call 911.

White Rock Hospice Society

(604) 531-7484

15510 Russell Ave.
White Rock, BC
V4B 2R3

Fax: (604) 531-8101
www.whiterockhospice.org
contactus@whiterockhospice.org

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

Home Health

Home Health

Surrey/North Delta Office

1300-13401 108 Ave
Surrey, BC
V3T 5T3

(604) 953-4950
Fax: (604) 953-4952

White Rock Office

Berkeley Pavilion
15521 Russell Avenue
White Rock, BC
V4B 2R4

(604) 541-6800
Fax: (604) 541-6872

Home Health provides a wide range of health care services to help individuals whose independence is affected by long-term health-related issues. Also provides assessment for Home Support Services or Long-Term Care placement. Anyone can ask for an assessment for family members or themselves.

Important: To request an ASSESSMENT for clients in Delta, North Surrey, Newton or White Rock/South Surrey, please call the central intake number: (604) 953-4965, Fax (604) 953-4966.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Home Repair

Home Adaptations for Seniors Independence

(604) 731-5733

#200, 1111 West Georgia
Vancouver, BC
V6E 4S4

<http://www.cmhc.ca>

A financial program of Canada Mortgage and Housing Corporation. Home Adaptations for Seniors' Independence (HASI) is a federal housing initiative that provides up to \$3,500 to help low-income seniors and/or landlords with a senior occupant. This program is designed to assist with changes to a home that help the occupants live independently in it. CMHC has various publications and videos on housing options for seniors. Call toll-free at 1-800-639-3938.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Residential Rehabilitation Assistance

(604) 731-5733

#200, 1111 West Georgia
Vancouver, BC
V6E 4S4

<http://www.cmhc.ca>

A program of Canada Mortgage and Housing Corporation, RRAP provides a forgivable loan to low-income Canadians for home repairs to improve the health and safety of the home.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Senior Citizens' Repair Service

(604) 291-1133

105-3876 Norland Ave.
Burnaby, BC
V5G 3S8

Repair service for seniors 55+ and disabled people in the lower mainland. Services offered by retired or semi-retired experience tradespeople and depend on the availability of tradespeople. Services may include wall papering, plumbing, electrical work, painting, carpentry, handywork, appliance servicing, gasfitting, yard work and housekeeping.

Cost:

\$23.00 per hour for tradespeople

\$18.00 per hour for handypersons

From \$35.00 per lawn for grass cutting

Office Hours: Monday thru Friday 9:00 am to noon.

South Pacific Landscaping

(778) 837-2719

(778) 837-2734

We do so much more than just mowing your lawn. Daniel can do just about anything you need done. He can build you a fence, clean your gutters, powerwash your house and driveway, hang up your Christmas lights, plant your bulbs for next spring, rake your leaves, painting projects. Everything is done with the South Pacific charm. Just ask him and he will do his best to help you out.

Odd jobs around the house that need to be done.

All outdoor chores can be taken care of.

Call Daniel (778) 837-2734 or Laurie (778) 837-2719 for more information or a free quote.

In the winter...snow shoveling and ice control.

Women at Work Creative Painting

(604) 574-0901

6295 190th Street
Surrey, BC
V3S 8S4

www.womenatwork.ca

Complete one-stop painting services since 1999
In Home Consultation
Free Estimates
Interior Painting
Decorative Painting
Licensed and Insured

Home Support Agencies

Home Support Agencies

Comcare (Canada) Ltd.

(604) 520-3813

#320, 601 6th Street
New Westminster, BC
V3L 3C1

Telephone: (604) 583-4333

South Fraser Home Support

(604) 575-9030

Building #4, 15050-54A Ave.
Surrey, BC
V3S 5X7

Fax: (604) 575-9060

West Coast Health Care

(604) 590-2411

#2006, 7495 -132 St.
Surrey, BC
V3W 1J8

The above agencies can provide help for cleaning and/or personal care. Some of the agencies also have registered nurses available. Costs vary according to agency and skills required. Clients may purchase additional services that Continuing Care does not provide. Some individuals may qualify for home support through Continuing Care.

Home Support Private

Bayshore Home Health

Unit 26, 2828 152nd Street
Surrey, BC
V4P 1G6

(604) 531-6111

Fax: 604 531-0191

www.bayshore.ca
whiterock@bayshore.ca

Bayshore Home Health has been providing home care services in British Columbia for over 25 years. Its new office in White Rock/Surrey offers a wide range of services including in-home nursing care, administering medication, advanced foot care, pain and symptom management. Personal care and hygiene is provided by qualified personal care aides. Home support and companion services are also offered. All staff are thoroughly screened and trained and have access to 24/7 clinical support. Call for a free assessment by an RN. Area Director: Laureen McCleery

Carol

(604) 574-7495

Services include respite for family caregivers, companionship, light housekeeping, transportation to appointments. Experienced with seniors.

Classic Caregivers Ltd.

(604) 263-3621

Fax: (604) 263-4139
www.classiccaregivers.com

Full-service home health care provided by experienced, qualified, insured staff; RN supervision and emergency pager support. Services include personal care, nursing, rehabilitation, and home support services such as shopping, cleaning, companionship. Specialists in care for Alzheimers, Parkinsons, MS, ALS, and stroke, surgery and injury rehab. Services on hourly or live-in daily basis.

Comfort Keepers

(604) 541-8654

215-3388 Rosemary Heights Cres
Surrey, BC
V3S 0K7

Fax: (604) 538-8655
www.comfortkeepers.ca
whiterock@comfortkeepers.ca

Provides companion and personal care to seniors in their homes to enable them to remain independent. Hours: 24/7. Services include: light housekeeping, meal preparation, transportation, grooming assistance, transfers, medical reminders and others. Our fully bonded and insured caregivers are certified resident care aides, food safe and WHIMS certified; many are trained to work with Alzheimer patients. For a free assessment, visit or call: 604-541-8654.

Cornerstone Care Society

(604) 575-9080

15050 - 54A Ave
Surrey, BC
V3S 5X7

Fax: (604) 575-9060

Nonprofit society providing quality, consistent, individualized home care services. Care program developed using consultative approach to meet client's needs. Services include medication support, bathing and personal hygiene, companionship, domestic assistance, mobility assist, shopping and meal preparation and others. Insured staff; 24/7 availability; short- or long-term service.

Diane Gariepy

(604) 785-5853

dianegariepy@shaw.ca

Health therapies provided in your home by insured professional Registered Therapist include: aromatherapy massage, seated chair massage, essential oil custom blending, reflexology. 20% discount to seniors.

D's helping Hands

(604) 531-0522

Services include shopping, companionship, local outings, light housework and meal preparation. Call Dinah.

Errand Runners & Bowser's B&B

(604) 538-0581

www.errand-runners.ca
terri@errand-runners.ca

Errands, large and small; transportation to and from appointments; home minding/monitoring; daily friendly calls and reminders; in-home social visits; companionship on outings and appointments; seasonal decorating, dinner party coordination; special event gift-shopping. For pets, transportation and accommodation at Bowser's B&B. For free consultation, call (604)538-0581 or (604) 789-2530.

Harmony Health Care

(604) 536-2445

#104 - 1548 Johnston Rd.
White Rock, BC
V4B 3Z8

Fax: (604) 536-2464

In-home nursing specialists. Staff includes registered nurses, licensed practical nurses and home-support care aides. Provides palliative and home support, personal care, companionship and travel assistance as well as respite for family and caregivers.

Home Instead Senior Care

(604) 541-3386

102A-15240 Thrift Ave.
White Rock, BC
V4B 2L1

Fax: (604) 541-6489
www.homeinstead.com

Home Instead Senior Care is a non-medical service designed to enable older individuals to maintain an independent life in their own home for as long as possible. Services include companionship, meal preparation, medication reminders, bath stand-by, light housekeeping, errands and dementia care service. Caregivers are all screened, trained, insured and carefully selected for the client. Service frequency is flexible and available hourly and overnight.

Home Support Services

(604) 596-3972

Will provide personal care, meal prep, respite care, light housekeeping, companionship and overnight stays in the White Rock/South Surrey Area.

Contact: Bertha
Cel: (604) 825-3421

Let's Make Space

(604) 536-5568

Let's Make Space can help you make practical downsizing decisions, organize your possessions, coordinate with charities so that unwanted possessions can be used by others, help pack possessions and recycle when and where possible.

Nurse Next Door

(604) 228-4357

Nurse Next Door provides consistent one-on-one care in the comfort of the client's own home. Experienced healthcare professionals can provide the client or a loved one with help in a variety of areas including: companionship, home support, personal care, live-in care, palliative care, post-surgical care, private nursing, senior care, meal preparation and shopping. Serves all areas of the Lower Mainland through offices in White Rock and Vancouver. To schedule a free assessment, call (604) 228-HELP (4357). Open 7 days/week and 24 hours/day.

Mailing address: Suite 320, West Boulevard, Vancouver, BC, V6M 3W6

PacifiCare Services

(604) 535-0638

#211, 15252 32nd Avenue
Surrey, BC
V3S 0R7

www.pacificare.ca
info@pacificare.ca

Services for seniors who wish to stay in their own homes, individuals with physical or mental disabilities and anyone who wishes to spend more time with family. Services include: cleaning, laundry, meal preparation, transportation, shopping and personal care. All staff are bonded and have had criminal record check. I.C.B.C., W.C.B. and D.V.A. claims accepted.

Private Home Assistance - Wendy

(604) 535-6346

Cell: (604) 805-3931

Home help services provided for seniors - Call Wendy:

- Running errands around town
- Preparing meals and delivering them
- Light Housekeeping
- Escorting on errands or doctor's appointments
- Going for walks
- Reading
- Weeding

Private Home Help

(604) 531-7936

Services include: housework, personal care, errands and pet care.
Contact: Madelaine Watkins

Queen Anne Estate Services

(604) 535-7917

Fax: (604) 535-7956

For all estate affairs: services include referrals to legal and realty services; professional appraisals and sales of art and real estate; storage, cleaning and disposal of goods.

Free consultation and estimate. Call Sylvia Rui and N. Dee Taylor at (604)535-7917.

Rajbir Sarahan

(604) 575-1464

Experienced private homemaker. Services provided: shopping, respite care, light housekeeping.

Sadie's Home Help

(604) 538-5341

Provides meal prep, shopping services, companionship, errands and housekeeping.

Sandy VanDeKinder

(604) 536-0434

16113-13A Avenue
Surrey, BC
V4A 6W4

Fax: (604) 536-1304
vandekin@direct.ca

Recreation Therapist with 15 years' experience working with seniors privately and in facilities. Helps seniors to maintain or improve mental and physical function through leisure and social activities. Provides home support functions such as homemaking, personal care, and transportation. Also trained in counseling. Call for complimentary in-home consultation.

Solutions, Organizing & Staging

(604) 584-3240

www.solutionsorganizing.com
info@solutionsorganizing.com

A professional home organizer & cleaner who helps you to rid clutter from your home. Assists with packing, organizing and cleaning, including donation or sale of possessions that you no longer want.

A total solution to your organizing dilemma.

Homes, Home Offices, Estates, Downsizing, Staging, Moving, Cleaning.

Insured and bonded. Call Ranka for a free estimate.

Member: Shell Busey's House Smart referral network

Hospice

Bayshore Home Health

#206, 2828 152nd Street
Surrey, BC
V4P 1G6

(604) 531-6111

Fax: (604) 531-0191
www.bayshore.ca
whiterock@bayshore.ca

Our hospice palliative care services deliver end-of-life care in a variety of settings - home, long term care facility, hospital or community. The services revolve around a personalized care plan developed with clients and their families. Our specially trained caregivers strive to provide support, compassion and dignity. Services include pain and symptom management, emotional and spiritual support, grief and bereavement support and funding investigations for extra care.

White Rock Hospice Society

15510 Russell Ave.
White Rock, BC
V4B 2R3

(604) 531-7484

Fax: (604) 531-8101
www.whiterockhospice.org
contactus@whiterockhospice.org

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

Hospitals

Langley Memorial

22051 Fraser Hwy.
Langley, BC
V3A 4H4

(604) 534-4121

Fax: (604) 533-6411

Peace Arch Hospital

15521 Russell Ave.
White Rock, BC
V4B 2R4

(604) 531-5512

Patient Info: (604) 535-4523

Surrey Memorial Hospital

13750 - 96 Ave.
Surrey, BC
V3V 1Z2

(604) 581-2211

Patient Info: (604) 588-3349

House Cleaning-Private

Sadie's Home Help

(604) 538-5341

Provides meal prep, shopping services, companionship, errands and housekeeping.

Housing

B.C. Housing

(604) 433-2218

#601-4555 Kingsway
Burnaby, BC
V5H 4V8

Fax: (604) 439-4722

www.bchousing.ca

Tenants eligible for BC Housing subsidized housing pay 30 percent of gross household income for rent. Low-income seniors must pay a minimum amount. Contact nearest BC Housing office to apply. 1-800-257-7756(outside Lower Mainland).

Hours: Monday thru Friday 8:30 am to 4:30 pm.

SAFER

(604) 433-2218

#101, 4555 Kingsway
B.C. Housing Commission
Burnaby, BC
V5H 4V8

Fax: (604) 439-4729

www.bchousing.ca

SAFER (Shelter Aid for Elderly Renters) is a program of BC Housing that provides financial assistance to BC renters age sixty and older whose rent is more than 30 percent of their income. Call for other requirements and information about applying.

Office Hours: Monday thru Friday 8:30 am to 4:30 pm.

1-800-257-7756(outside Lower Mainland)

Seniors Housing Information

(604) 520-6621

Royal Square Mall
#209, 800 McBride Blvd.
New Westminister, BC
V3L 2B8

Fax: (604) 520-1798
www.seniorshousing.bc.ca
info@seniorshousing.bc.ca

Formerly known as SHIP, housing counsellors are available to help. This is a free service for seniors. It provides information on housing options as well as Information and Referral on community resources. Call and ask for housing information. Hours Mon thru Fri, 8:30 am - 4:30 pm

Housing-Assisted Living

Elim Village

(604) 582-5579

9089 160th St
Surrey, BC
V4N 2X7

www.elimvillage.com
info@elimvillage.com

A Christian retirement community includes Assisted Living on 20+ acres with an "aging in place" vision. Current Elim residents live in 18 duplexes and two apartment buildings. Many extra services are available to Emerald residents to enhance the quality of everyday life. Presentation Centre is open Monday thru Saturday noon to 5:00 pm, or call for information.

English Manor

(604) 541-9694

16963 22nd Avenue
Surrey, BC
V3S 9Z3

sueandcharlie@shaw.ca

Licensed Assisted Living

24 hour care in a beautiful quiet setting. Landscaped gardens and pond. Just 7 minutes drive to White Rock and Peace Arch Hospital. Cost includes laundry, cleaning, 3 home cooked meals daily plus 2 snacks.

Permanent Residence

Adult Day Care - Full Time or Part Time

Respite

Convalescence

Call Sue or Charlie for more information.

Evergreen Heights

1501 Everall Street
White Rock, BC
V4B 3T2

84 units Assisted Living. Referral from Home Health (604 953-4965) required.

Fleetwood Villa

(604) 590-2889

16028 83rd Avenue
Surrey, BC
V3S 8M2

www.fleetwoodgardens.com

171 unit Private Assisted Living Residence. Provides apartment living within a community setting. Allows residents to live independently in their own suite as well as receive any support required such as meals, housekeeping or personal assistance.

Rosemary Seniors Village

(604) 519-8546

5200 32nd Street
Surrey, BC
V3S 0G3

www.retirementconcepts.com

Proposed New Housing - Scheduled to be completed February 2008. 151 unit campus of care.

61 (42 with subsidy) assisted living units and 90 residential care beds. Assisted living provides assistance with managing medications, bathing, dressing and grooming.

Housing-Intermediate (Long Term) Care

Crescent Gardens

1222 King George Hwy.
Surrey, BC
V4A 9W6

Residence: (604) 541-8861

Fax: (604) 541-8871

www.chartwellreit.ca

Retirement community with 54 independent living condominiums, 50 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping and flat laundry service, recreational and social activities and emergency response system. For more information or a personal tour of the residence, call (604) 541-6712.

English Manor

(604) 541-9694

16963 22nd Avenue
Surrey, BC
V3S 9Z3

sueandcharlie@shaw.ca

Licensed Assisted Living

24 hour care in a beautiful quiet setting. Landscaped gardens and pond. Just 7 minutes drive to White Rock and Peace Arch Hospital. Cost includes laundry, cleaning, 3 home cooked meals daily plus 2 snacks.

Permanent Residence

Adult Day Care - Full Time or Part Time

Respite

Convalescence

Call Sue or Charlie for more information.

Evergreen Manor

(604) 541-3835

1531 Everall Street
White Rock, BC
V4B 3T2

Subsidized residence for seniors in Surrey/White Rock. Application forms are available at the residence complex.

Morgan Place

(604) 535-7328

3288 156A Street
Surrey, BC
V3S 0A3

Fax: (604) 535-7386

lynne.dunbar@morganplace.ca

Multilevel care facility with 144 beds; 122, funded; 24, private pay.

Ocean View Care

(604) 531-2273

15628 Buena Vista Ave.
White Rock, BC
V4B 1Z4

Fax: (604) 531-8782

oceanviewcare@yahoo.com

Intermediate care facility.

Contact: Lynne Dunbar.

Peace Portal Lodge

(604) 535-2273

15441-16 Ave
Surrey, BC
V4A 8T8

Fax: (604) 535-3051

www.retirementconcepts.com

Intermediate care residence with special Alzheimer care also available. 84 private and semi-private rooms which include en suite bathrooms. Daily services include: 2 nutritious meals plus snacks, housekeeping, linen & laundry service, and varied and interesting social and recreation programs.

Rosemary Seniors Village

(604) 519-8546

5200 32nd Street
Surrey, BC
V3S 0G3

www.retirementconcepts.com

Proposed New Housing - Scheduled to be completed February 2008. 151 unit campus of care.

61 (42 with subsidy) assisted living units and 90 residential care beds. Assisted living provides assistance with managing medications, bathing, dressing and grooming.

Sunnyside Manor

(604) 531-7470

15340 - 17 Ave.
Surrey, BC
V4A 1T9

Fax: (604) 542-8399

www.sunnysidemanor.com

A private residence with 74 rental units for independent living. Recreational programs, two meals daily, housekeeping and laundry services included.

Email: admin@sunnysidemanor.com

Westminster House

(604) 538-5291

1653 - 140 St.
Surrey, BC
V4A 4H1

Fax: (604) 535-2510

A private intermediate care residence with 104 rental units. Recreational programs, three meals daily, housekeeping and laundry services included. Also has 10 independent living suites.

Contact: Hendrik van Ryk

Email: administrator@westminster_house.org

Whitecliff-Intermediate Care

(604) 538-7227

15501 - 16 Ave.
Surrey, BC
V4A 9M5

Fax: (604) 538-4919
www.cplodges.com

The ultimate in a private-care facility, with 18 intermediate care beds. Amenities and services are of the same quality and availability as in the independent living apartments.

Housing-Subsidized

Evergreen Heights

1501 Everall Street
White Rock, BC
V4B 3T2

84 units Assisted Living. Referral from Home Health (604 953-4965) required.

Evergreen Manor

(604) 541-3835

1531 Everall Street
White Rock, BC
V4B 3T2

Subsidized residence for seniors in Surrey/White Rock. Application forms are available at the residence complex.

Kiwanis Park Place

(604) 538-9669

12850 26th Avenue
Surrey, BC
V4P 1S1

Apartment living for individuals 55+. All one-bedroom apartments have been designed with seniors' needs in mind. Subsidies are available if you are over 60 and meet eligibility requirements.

Peace Arch Manor

(604) 531-4412

15468 Roper Avenue
White Rock, BC
V4B 2G5

79 one bedroom units. Rent is based on 35% of income. Contact Peace Arch Manor for application forms.

Peninsula Estates

(604) 202-4487

15135 20th Avenue
Surrey, BC
V4A 7C5

Call to apply Mon-Friday 8:30 am - 4:30 pm

Rosemary Seniors Village

(604) 519-8546

5200 32nd Street
Surrey, BC
V3S 0G3

www.retirementconcepts.com

Proposed New Housing - Scheduled to be completed February 2008. 151 unit campus of care.

61 (42 with subsidy) assisted living units and 90 residential care beds. Assisted living provides assistance with managing medications, bathing, dressing and grooming.

Somerset Gardens

1821, 1831, 1851 Southmere Crescent East
Surrey, BC

Apply to the BC Housing Registry (604) 433-2218
total of 10 one bedroom units

Sunnyside Villas

(604) 538-8308

2603 151 Street
Surrey, BC
V4P 1N3

Subsidized housing complex for seniors in Surrey/White Rock. Rent is based on 30% of net income. Contact Sunnyside Villas for application forms.

Housing-Supportive Living

Agape Home Care

(604) 575-0567

6039 192nd Street
Surrey, BC
V3S 7T8

Level 1 or Level 2 care is provided in a private home. Available is a self-contained suite for someone who desires independent living along with the addition of any needed home care. Services provided: assistance with personal hygiene, shopping, meal preparation, housekeeping, laundry, daily walks and medication management. Another room is available for rent in the main part of the house. A licensed long-term care aide available at all times.

Christina Place

(604) 541-4663

1183 Maple St.
White Rock, BC
V4B 5K9

Fax: (604) 541-8808

Seniors' residence for those 70 plus who seek an independent living situation. Many suites have ocean views; meals, housekeeping and recreational activities included. To view suites, phone for an appointment.

Concord by-the-Sea

(604) 531-6198

15869 Pacific Ave.
White Rock, BC
V4B 1S8

Fax: (604) 531-6192

Seniors' residence has studio, one-bedroom and one-bedroom plus den apartments available. Recreational and laundry facilities provided. Rent includes dining room meal service and self-serve snacks, weekly apartment cleaning service and weekly laundry of bedding and linen. Short-term accommodation available.

Email: concordretirementresidence@shaw.ca

Website: www.concordretirementresidence.com

Crescent Gardens

1222 King George Hwy.
Surrey, BC
V4A 9W6

Residence: (604) 541-8861

Fax: (604) 541-8871

www.chartwellreit.ca

Retirement community with 54 independent living condominiums, 50 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping and flat laundry service, recreational and social activities and emergency response system. For more information or a personal tour of the residence, call (604) 541-6712.

Elim Village

(604) 582-5579

9089 160th St
Surrey, BC
V4N 2X7

www.elimvillage.com
info@elimvillage.com

A Christian retirement community includes Assisted Living on 20+ acres with an "aging in place" vision. Current Elim residents live in 18 duplexes and two apartment buildings. Many extra services are available to Emerald residents to enhance the quality of everyday life. Presentation Centre is open Monday thru Saturday noon to 5:00 pm, or call for information.

Pacific Carlton

(604) 531-1160

15366 - 17 Ave.
Surrey, BC
V4A 1T9

Fax: (604) 535-8730

A private retirement residence with 76 rental units. Recreational programs, continental breakfast and dinner served daily; some transportation, housekeeping and laundry services included.

Sunnyside Manor

(604) 531-7470

15340 - 17 Ave.
Surrey, BC
V4A 1T9

Fax: (604) 542-8399
www.sunnysidemanor.com

A private residence with 74 rental units for independent living. Recreational programs, two meals daily, housekeeping and laundry services included.
Email: admin@sunnysidemanor.com

The Renaissance Resort Retirement Living

(604) 539-0571

6676 203rd Street
Langley, BC
V2Y 2Z1

www.residencesallegro.com
info@residencesallegro.com

The Renaissance is Langley's newest residence for seniors. Services include a concierge, dining with open seating & meal times in a restaurant style atmosphere, 24 hour security and emergency response, bus service and much more. A variety of options are offered such as a Marquis 32 seat theatre, fitness centre, hair salon, dance floor, bridge room, library, sports lounge, spa rooms and country store. There are 127 rental units in the complex ranging from studios to 2 bedrooms with two bathrooms.

Westminster House

(604) 538-5291

1653 - 140 St.
Surrey, BC
V4A 4H1

Fax: (604) 535-2510

A private intermediate care residence with 104 rental units. Recreational programs, three meals daily, housekeeping and laundry services included. Also has 10 independent living suites.

Contact: Hendrik van Ryk

Email: administrator@westminster_house.org

Whitecliff

(604) 538-7227

15501 - 16 Ave.
Surrey, BC
V4A 9M5

Fax: (604) 538-4919

www.cplodges.com

A luxury retirement residence consisting of 116 independent apartments plus 18 intermediate care beds. The independent suites offer a choice of studio, one-bedroom and two-bedroom designs. The amenities and services offer the ultimate in your lifestyle choices. Provides 3 meals, 3 snacks, weekly housekeeping, weekly laundry, cable, hydro, weekly excursions and a full-time recreation program. For more information, stop in for a tour.

Immigrant Services

Options

(604) 596-4321

#100, 6846 King George Hwy.
Surrey, BC
V3W 4Z9

Fax: (604) 572-7413

info@options.bc.ca

Options provides a variety of services including programs for families, immigrants and the disabled. Options is also an Information and Referral service.

Hours: Monday thru Friday 9:00 am to 5:00 pm.

Progressive Intercultural Community Services

(604) 596-7722

#109, 12414-82 Ave.
Surrey, BC
V3W 3E9

Fax: (604) 596-7721

pics@pics.bc.ca

Nonprofit society that helps new Canadians, including settlement of newcomers. Counselling available. Translators supplied if necessary. Assists the unemployed with job search; client resource centre available. Available to Surrey and South Surrey/White Rock residents. No appointment necessary.

Hours: Monday to Friday 8:30 am to 4:30 pm.

Surrey/Delta Immigrant Services Society

(604) 597-0205

#1107, 7330-137 St.
Surrey, BC
V3W 1A3

Fax: (604) 597-4299
www.sdiss.org

Information and Referral service. Programs offered through the society include: interpretation and translation, English language programs, family counselling, women's programs and citizenship preparation. Hours: Monday to Friday, 8:30 am to 4:30 pm.

Insurance

Kambo Insurance-Home Service

(604) 722-6205

www.kamboinsurance.com
jack@kamboinsurance.com

Insurance services include auto and home; life, disability and critical illness; long term care; health and dental plans; retirement planning and investments and estate planning. Services are provided in the client's home.

For more information, contact Jack at (604) 722-6205.

Intermediate Care Facilities

Crescent Gardens

1222 King George Hwy.
Surrey, BC
V4A 9W6

Residence: (604) 541-8861
Fax: (604) 541-8871
www.chartwellreit.ca

Retirement community with 54 independent living condominiums, 50 congregate rental suites with services included and 75 licensed intermediate care suites. Services include three meals daily in dining room, snacks, weekly housekeeping and flat laundry service, recreational and social activities and emergency response system. For more information or a personal tour of the residence, call (604) 541-6712.

Morgan Place

(604) 535-7328

3288 156A Street
Surrey, BC
V3S 0A3

Fax: (604) 535-7386
lynne.dunbar@morganplace.ca

Multilevel care facility with 144 beds; 122, funded; 24, private pay.

Ocean View Care

15628 Buena Vista Ave.
White Rock, BC
V4B 1Z4

(604) 531-2273

Fax: (604) 531-8782
oceanviewcare@yahoo.com

Intermediate care facility.
Contact: Lynne Dunbar.

Peace Portal Lodge

15441-16 Ave
Surrey, BC
V4A 8T8

(604) 535-2273

Fax: (604) 535-3051

www.retirementconcepts.com

Intermediate care residence with special Alzheimer care also available. 84 private and semi-private rooms which include en suite bathrooms. Daily services include: 2 nutritious meals plus snacks, housekeeping, linen & laundry service, and varied and interesting social and recreation programs.

Westminster House

1653 - 140 St.
Surrey, BC
V4A 4H1

(604) 538-5291

Fax: (604) 535-2510

A private intermediate care residence with 104 rental units. Recreational programs, three meals daily, housekeeping and laundry services included. Also has 10 independent living suites.

Contact: Hendrik van Ryk
Email: administrator@westminster_house.org

Whitecliff-Intermediate Care

15501 - 16 Ave.
Surrey, BC
V4A 9M5

(604) 538-7227

Fax: (604) 538-4919
www.cplodges.com

The ultimate in a private-care facility, with 18 intermediate care beds. Amenities and services are of the same quality and availability as in the independent living apartments.

Legal Assistance

Access Justice

(604) 878-7400

1440 West 12th Avenue
Vancouver, BC
V6H 1M8

www.accessjustice.ca

A non-profit organization that provides free legal service for clients. Free 30 minute appointment with a practicing lawyer. Lawyers do not appear in court but can assist you in preparation. You qualify if you cannot get legal aid and your net family income is below \$2,500 per month (plus \$100 per dependent). If you own a car or a house call to see if you qualify.

BC CEAS

(604) 437-1940

BC Coalition to Eliminate Abuse of Seniors
3rd Floor, 411Dunsmuir Street
Vancouver, BC

Fax: (604)437-1929
www.bcceas.ca
ceas@telus.net

Provides community education regarding abuse and neglect of seniors. Information and referral available.

The Legal Information and Advocacy for Seniors program, funded by the Law Foundation of BC, provides information, referrals and resources, summary advice, and advocacy. Call Monday through Thursday, 8:30 am to 3:30 pm, to speak with the Legal Information Counsellor.

Please note: address is for correspondence only.

Services are free of charge. Available outside Lower Mainland at 1-866-437-1940

Dial-A-Law

(604) 687-4680

www.dialalaw.org

Dial-A-Law is a library of pre-recorded messages prepared by lawyers to provide practical information on specific topics of law as they apply in BC, but not legal advice. If you need further information, you should consult a lawyer. Dial a law is a free service available by telephone and internet. For a list of topics call and request a brochure.

Kent Street Activity Centre

(604) 541-2231

1475 Kent Street
White Rock, BC
V4B 5A2

Local lawyers will help seniors 55+ on low income with legal queries & problems. Visits are free of charge at the centre. Usual fees will be charged for additional visits away from the centre or when any legal work is done. Lawyers are available the first Wednesday of every month at 9:30 am and third Wednesday of every month at 11:30 am.

Law Line

(604) 408-2172

A free service provided by Legal Services Society of BC. Legal information not legal advice is provided on many subjects by staff. Referrals may be made. Hours: Monday, Tuesday, Thursday, Friday 9:00 am to 4:00 pm; Wednesday 9:00 am to 2:30 pm.

Law Students' Legal Advice Program

(604) 822-5791

A non-profit organization that offers free legal advice and representation to low-income earners throughout the Lower Mainland. Volunteer UBC law students, working under the guidance of supervising lawyers, provide legal expertise in various areas of the law.

Lawyer Referral Service

(604) 687-3221

Public service that refers lawyers to the public. Lawyers who participate in the program offer an initial no-obligation consultation of up to 30 minutes for a fee of \$25.00 plus taxes. Service available by phone on weekdays from 8:30 am to 4:30 pm. Outside the Lower Mainland: 1-800-663-1919

Legal Services Society of BC

#1370 13450 102 Ave
Central City Tower One
Surrey, BC
V3T 5X3

(604) 585-6595

Fax: (604) 585-7898
www.lss.bc.ca

Legal Aid applications taken on a first come, first served basis at this office and at Surrey Courthouse (next to Courtroom 100). Centre deals with problems regarding family, crime and immigration.

Website provides information about:

- LSS services, including Legal Aid applications
- LSS publications to read online, download, or order
- billing information and resources for legal aid lawyers
- links to other sites about the law in BC

Hours: Monday thru Friday 8:30 am to 11:30 am and 1:00 pm to 3:30 pm

Public Guardian and Trustee of BC

www.trustee.bc.ca

Ministry of the Attorney General

#700-808 W. Hastings St.
Vancouver, BC
V6C 3L3

(604) 660-4444

Fax: (604) 660-0374

The Public Guardian and Trustee is a division of the Ministry of the Attorney General. A public trustee is appointed by the court or mental health centre to manage the financial and legal affairs of an incapable person.

Libraries

Outreach Services-Surrey Public Library

15105 105th Avenue
Surrey, BC

(604) 588-0909

libraryoutreach@surrey.ca

If you are a Surrey resident confined to your home, hospital, or care facility because of illness, disability or age for a minimum of 3 months, you are eligible to receive Library Home Services. Seniors living in Surrey and without transportation also qualify. You will receive library items based on your expressed interests once every 4 weeks from a Home Delivery Volunteer. This is a Free service. Materials available for delivery include fiction and non-fiction books in regular or large print, audiobooks, music on compact disc, magazines (in print or audio), paperback books descriptive videos for the visually impaired.

Surrey Public Library

Cloverdale Branch	(604) 576-1384
5642 - 176A St. Surrey, BC V3S 4G9	
Fleetwood Branch	(604) 572-5922
15996-84 Ave. Surrey, BC V3S 2N7	
Guildford Branch	(604) 588-5015
15105- 105 Ave. Surrey, BC V3R 7G8	
Newton Branch	(604) 596-7401
13795 - 70 Ave. Surrey, BC V3W 0E1	
Ocean Park Branch	(604) 502-6304
12854 - 17 Ave. Surrey, BC V4A 1T5	
Port Kells Branch	(604) 882-0733
18885 - 88 Ave. Surrey, BC V4N 1E8	
Semiahmoo Branch	(604) 592-6900
1815 152nd St Surrey, BC V4A 9Y9	
Strawberry Hill Branch	(604) 501-5836
7399-122 St. Surrey, BC V3W 5J2	

Whalley Branch

(604) 588-5951

10347-135 St.
Surrey, BC
V3T 4C3

There are 9 public libraries in the Surrey area. Library membership and services are free. Branch libraries offer many services for seniors such as books in large print, audio books, delivery of books to shut-ins and a variety of speakers; call Outreach Services (604)588-0909 for information. Summer hours differ.

White Rock Library

(604) 536-7601

15342 Buena Vista Ave.
White Rock, BC
V4B 1X6

Fax: (604) 541-2209

Branch of the Fraser Valley Regional Library. Delivery of books for the homebound is available. Special needs department offers large print books and audio book services. Call 1-888-668-4141 for information. Summer hours differ.

Meal Program

Community Hot Lunch

(604) 535-0015

First United Church
15385 Centre Street (at Semiahmoo Ave)
White Rock, BC

www.anhgv.org

A lunch program of Crescent Beach Community Services held every Thursday at First United Church starting at 11:30 am. It runs until June 15 and resumes again September 14. Cost is \$3 or what you can.

Crescent Beach Community Services at Camp Alexandra

(604) 535-0015

2916 McBride Street
Crescent Beach, BC
V4A 3G2

Fax: (604) 535-2720
www.anhgv.org
cbcsanh@uniserve.com

A member of the Association of Neighbourhood Houses of Greater Vancouver, this community service runs a variety of programs for all ages. Programs for seniors include meal programs and recreational activities.

Hours: Monday thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

Kent Street-Fresh & Lively

(604) 531-9400

Kent Street Activity Centre

Lunch program run by Senior Support Services in partnership with Kent Street Activity Centre

Lunch and Entertainment the first 3 Fridays of the month

Closed August

Call 604 531-9400 ext 24 to Register

HandyDART can be arranged

Kiwanis-Dinner Program

(604) 531-9400

Kiwanis Park Place

Program run by Senior Support Services

Dinner every Monday & Thursday evening

Cost \$6.00 per meal

Call 604 531-9400 ext 25 to Register

St. John's Presbyterian Church

(604) 536-9322

1480 George St.

White Rock, BC

V4B 4A3

Friday lunch program is from 11:00 am to 1:00 pm.

Cost: Donation

Sunnyside-Keep Well Lunch Program

(604) 531-9400

Sunnyside Villa

Program run by Senior Support Services

Lunch and socialization every Wednesday at Noon in the Recreation Area at Sunnyside Villa in South Surrey

Cost: \$6.00

Call 531-9400 ext. 25 to Register

Wheels to Wellness

(604) 538-9228

Hot meal and socialization at Westminster House, 1653-140 St., Surrey. The program includes exercise and music every Tuesday and Thursday at about 10:00 am.

Contact: Betty

Cost: \$5.00 for the lunch.

White Rock Baptist Church

(604) 531-2344

1657 - 140th St.
Surrey, BC
V4A 4H1

Monday 9:30 am drop-in meeting is followed by soup and sandwich lunch. Cost: \$2.00. Friday hot lunch, with entertainment, noon to 2:00 pm, September to June. Cost: \$5:00. Please make reservations by 10 am.

Meals

Better Meals

(604) 299-1877

3930 Kitchener Street
Burnaby, BC
V5C 3M2

Fax: (604) 291-0822
www.bettermeals.com

Home delivery. Frozen meals include soup, entree and dessert. \$5.75 per meal/\$20.00 minimum order. Depending on the area there is a delivery charge. Therapeutic diets are available.

Hours: Monday thru Friday 8:30 am to 5 pm.

Orders must be received before 4:00 pm

Order Monday for delivery to North Surrey on Wednesday

Order Tuesday for delivery to South Surrey/White Rock on Thursday.

Candlelight Cuisine

(604) 538-2662

12863 - 16 Ave.
Surrey, BC
V4A 1N6

Fresh and frozen, single size and four-serving size available for pick-up only. Phone ahead for fresh orders.

Casalinga Foods Services

(604) 435-1994

www.casalingafoods.com

Frozen dinners & entrees. No preservatives. No pressed meat products. Nothing processed.

Registered with Veterans Affairs Canada

Minimum order \$20.00

North Surrey - order Thursday for Monday delivery

Cloverdale/South Surrey/White Rock - order Friday for Tuesday delivery.

Gold Card Catering

(604) 594-5520

Unit 120, 12651-80th Ave.
Surrey, BC
V3W 3A6

Fax: (604) 594-5575
www.goldcardcatering.com
info@goldcardcatering.com

Individually portioned homestyle meals delivered frozen to your door. Ready in minutes, just heat and eat. Phone-in orders taken Monday and Tuesday. Products specially packaged for the microwave or oven. Deliveries made Wednesday for North Surrey, Tuesday morning for South Surrey/White Rock, Tuesday for Langley. Delivery charge (\$2.12) on all orders under \$50.00; minimum order is \$25.00. Telephone for a menu.

Office Hours: Monday thru Thursday 9:00 am to 4:00 pm and Friday 9:00 am to noon.

Meals-on-Wheels (White Rock)

(604) 541-6325

Service for those unable to prepare adequate meals for themselves. Meals delivered Monday, Wednesday and Friday.

Cost: \$5.00 per four-course meal.

Medical Equipment

Debra Lynn Creations

(604) 596-5320

#318, 7102 - 138th Street
Surrey, BC
V3W 7V8

Catering to seniors in extended-care facilities who are confined to a wheelchair. Garments are stylish and functional. Clothing can be purchased ready to wear or existing garments can be altered. Client should call before visiting location.

Loan Cupboard (Red Cross Loan Cupboard)

(604) 536-7911

#36, 1480 Foster St.
White Rock, BC
V4B 3X7

www.redcross.ca

Red Cross Medical Equipment Loan Service

This volunteer-run service provides short-term loans of equipment to clients for home use. Equipment, including wheelchairs, walkers, crutches and bathroom aids, available without charge, but donations supporting the service are much appreciated. A medical referral is required for loan of mobility items.

Hours: Monday, Tuesday, Thursday, Friday and Saturday, 9:30 am to 12:30 pm and Wednesday, 1:30 pm to 4:30 pm.

Medical Pharmacy

(604) 536-8225

#102-15451 Russell Ave.
White Rock, BC
V4B 2R5

Fax: (604) 536-8405

Services provided:

- Blister packing
- Dosette filling
- Free prescription delivery
- Hand-printed larger labels
- Video lending library
- Medical supply rental program

Hours: 9:00 am to 6:00 pm, Monday thru Thursday; 9:00 am to 5:30 pm Friday. Closed holidays and weekends.

Personal Mobility Products

(604) 576-1323

#102, 17760 No. 10 Hwy.
Surrey, BC
V3S 1C7

Fax: (604) 576-1400

Located in Clover Square Village Mall. Products include walkers, wheelchairs, electric scooters, bathlifts, bathroom safety products, hospital beds, powerlift chairs, home care products, incontinent supplies, hospital beds, home care products. Sales, service, rentals.

Hours: Monday to Friday, 9:30 am to 5:00 pm; Saturday, 11:30 am to 3:00 pm.

Save On Scooters

(604) 541-7550

15231 16th Avenue
Surrey, BC
V4A 1R6

www.saveonscooters.ca

Scooters & Medical Equipment including bathroom safety & mobility aids.

New and Used

Sales & Rentals

Service Department

Consignments & Trade-Ins Welcome

Monday-Friday 9:00am-5:00pm, Saturday 10:00am-4:00pm

Sew It Seams

(604) 594-1748

8623 Prestige Place
Surrey, BC
V3S 4Z3

Twenty-five years sewing and design experience. Patient-care products, such as shirt protectors, chair protection pads, wheelchair cushions, support cushions, hospital gowns, un-dresser clothes and adaptive clothing. Hospital gowns are designed with discretion in mind, are made of 100% cotton and come in a variety of colors and prints. We can design new things or alter existing clothing. We do alterations on clothes and repair upholstery. Pick-up and delivery service offered.

Shoppers Home Health Care

(604) 538-3400

15182 North Bluff Ave.
White Rock, BC
V4B 3E5

Fax: (604) 538-3481
www.shoppersdrugmart.ca

Rental, sales and service. Stocks a wide range of equipment and accessories including crutches, scooters, walkers and wheelchairs and some used equipment for rent or sale. A certified fitter of mastectomy prostheses forms and apparel is available.

Medication

Fair Pharmacare

1 (800) 663-7100

1515 Blanchard Street
2nd floor
Victoria, BC
V8W 9P2

Fax: (604)952-2861
Greater Van: (604) 683-7151

www.healthservices.gov.bc.ca/pharme

To receive your maximum financial assistance under the new Fair PharmaCare plan register at (604) 683-7151. The amount you pay for prescriptions depends on your net income. PharmaCare subsidizes eligible prescription drugs and medical supplies. In Lower Mainland, call (604) 683-7151

Mental Health

Mental Health-White Rock

(604) 535-4563

Berkeley Unit D, Peace Arch Hospital
15521- Russell Ave.
White Rock, BC
V4B 2R4

The community geriatric psychiatry program is a specialized outreach service for people 65 and over who are affected by dementia, major affective disorder or other severe mental illnesses. Referrals to the program may be made by anyone and services are provided at no cost.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Mood Disorders Association of BC

(604) 873-0103

#202-2250 Commercial Dr.
Vancouver, BC
V5N 5P4

Fax: (604) 873-3095
www.mdabc.ca
mdabc@telus.net

A nonprofit society whose mission is to provide support and to educate people with mood disorders, their families and their friends as we build an understanding community.

Hours: Monday thru Friday 9:00 am to 5:00 pm.

Recovery Inc.

(604) 581-4881

A community mental health group serving South Surrey and North Surrey. It offers support for those with nervous symptoms and fears. Weekly group meetings.

White Rock/South Surrey Mental Health

(604) 541-6844

Russell Unit, 15521-Russell Ave.
White Rock, BC
V4B 2R4

Fax: (604) 541-6870

A program of South Fraser Valley Regional Health Board. Provides a variety of mental health services for those between the ages of 19 and 65.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Mobile Medical Services

MDS Metro Laboratory Services

(604) 412-4495

Mobile lab services for homebound and non-ambulatory patients.
At a physician's request, full range of collection services at no charge to the patient.
To book a home visit, please call 604 412-4495

Multiple Sclerosis

Multiple Sclerosis Society of Canada

(604) 689-3144

1501 - 4330 Kingsway
Burnaby, BC
V5H 4G7

Fax: (604) 689-0377

Provides information regarding self-help groups, counselling and education for those with MS and their families.
Hours: Monday thru Friday 8:30 am to 4:30 pm.

Newcomers

Welcome Wagon

(604) 530-6009

Visits all newcomers to the community. Serves Langley, Surrey, Delta and White Rock. Provides information about community services. Represents businesses and supplies complimentary gifts.

Osteoporosis

Osteoporosis Canada-BC Division

(604) 731-4997

2075 West 37 Ave.
Vancouver, BC
V6M 1N7

Fax: (604) 731-4691
www.osteoporosis.ca
bcddivision@osteoporosis.ca

Provides information and support for those with osteoporosis. Call for information regarding exercise and support groups in your area. Call for information.
Hours: 9:00 am-4:00 pm Monday to Friday.

Pensions and Supplements

Canada Pension Plan (CPP)

1-800-277-9914

7404 King George Hwy
Surrey, BC
V3W 5A8

www.sdc.gc.ca

CPP is a federal program that provides benefits to those who have contributed to the pension plan through past employment in Canada. Applications are available at the local Social Development Canada office or online at CPP website.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Guaranteed Income Supplement (GIS)

1-800-277-9914

7404 King George Hwy
Surrey, BC
V3W 5A8

www.sdc.gc.ca

GIS is a federal income supplement program for low-income seniors who are receiving an OAS pension and meet the GIS income requirements.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

Phone: (604) 590-3346

Old Age Security (OAS)

1-800-277-9914

7404 King George Hwy.
Surrey, BC
V3W 0L4

www.sdc.gc.ca

A federal pension program for eligible Canadian citizens or permanent residents age 65 and older who have lived in Canada at least 10 years after age 18. Seniors should apply six months prior to their 65th birthday.

Hours: Monday thru Friday 8:30 am to 4:30 pm.

The Allowance and the Allowance for the Survivor

1 (800) 277-9914

7404 King George Hwy
Surrey, BC
V3W 5A8

A federal income benefit for low-income seniors who are 60 to 64 and whose spouse is collecting OAS and GIS or whose spouse has died, among other requirements.

(Previously called Spouse's Allowance or Widowed Spouse's Allowance.)

Hours: Monday thru Friday 8:30 am to 4:30 pm

Phone: (604) 590-3346

Pets

Cats for Seniors

(604) 709-6701

www.actionforanimals.net

Are you 60+ and missing the love and companionship of a cat? The Senior Cat Program run by Action for Animals in Distress Society can assist you in fostering a senior cat in your home.

The Senior Cat Program will work with you to arrange cat food, cat litter and litter boxes, transportation of pets to appointments, veterinary costs and relocation of the cat if necessary. The program will reclaim the cat when and if the senior is no longer able to care for their pet.

Newton, South Surrey and White Rock areas only.

Call Marlene or Carole

Errand Runners & Bowser's B&B

(604) 538-0581

www.errand-runners.ca

terri@errand-runners.ca

Errands, large and small; transportation to and from appointments; home minding/monitoring; daily friendly calls and reminders; in-home social visits; companionship on outings and appointments; seasonal decorating, dinner party coordination; special event gift-shopping. For pets, transportation and accommodation at Bowser's B&B. For free consultation, call (604)538-0581 or (604) 789-2530.

Pharmacies

Evergreen Pharmacy-Sunnyside

(604) 536-4404

2397 King George Hwy
Surrey, BC
V4A 5A4

Fax: (604) 536-4572

Services:

-Blister packing

-Delivery

-Bold Print Labels

Hours: 9:30 am to 6:00 pm Monday to Saturday, closed Sunday.

Linda's Pharmacy

(604) 538-6334

#102, 1790-152 St.
Surrey, BC
V4A 7Z7

Fax: (604) 538-6389

Services provided:

- Blister packing
- Dosette Filling
- Delivery
- Diabetic device teaching
- Larger print on labels

Hours: Monday to Friday 9:00 am to 6:00 pm, Saturday 9:00 am to 5:00 pm, closed on Sunday.

London Drugs

(604) 535-3281

#100-15355 24th Ave
Surrey, BC
V4A 2H9

Pharmacy Services provided:

- Medication review
- Blister packing
- Dosette filling
- Bold print labels
- Clinics, e.g., osteoporosis
- Diabetic device training
- Medical supply rental
- Blood pressure machine in-store and training

Hours: 9 am to 10 pm Monday to Saturday; 10 am to 8 pm Sundays and holidays.

Medical Pharmacy

(604) 536-8225

#102-15451 Russell Ave.
White Rock, BC
V4B 2R5

Fax: (604) 536-8405

Services provided:

- Blister packing
- Dosette filling
- Free prescription delivery
- Hand-printed larger labels
- Video lending library
- Medical supply rental program

Hours: 9:00 am to 6:00 pm, Monday thru Thursday; 9:00 am to 5:30 pm Friday. Closed holidays and weekends.

Morgan Creek Medicine Center Pharmacy

(604) 538-6333

#104-15252 32 Ave
Surrey, BC
V3S 0R7

Fax: (604) 538-6387

Second location of Linda's Pharmacy. Services provided: blister packing, dossette filling, delivery, diabetic device teaching, larger print on labels.

Hours: Monday to Friday 9:00 am to 6:00 pm; Saturday 9:00 am to 5:00 pm; Sunday closed.

Peoples Drug Mart-Hillcrest Mall

(604) 531-4636

1453 Johnston Rd.
White Rock, BC
V4B 3Z4

Fax: (604) 531-9299

Services:

Services provided:

- Blister packing
- Dossette Filling
- Delivery
- Diabetic device teaching
- Video lending library
- Specialized compounding

Hours: 9:00 am to 6:00 pm, Monday to Saturday: closed Sunday.

Pharmasave Health Centre #009 / Reid's Peace Arch Pharmacy

(604) 536-4211

#110-15321-16 Ave.
Surrey, BC
V4A 1R6

Fax: (604) 536-6864
reids_peace@unipharm.com

Services provided:

- Blister packing
- Delivery
- Larger print on labels
- Medication review
- Dossette and Compu-Med filling

Hours: Monday to Friday 9:00 am to 5:30 pm;
Saturday 10:00 am to 3:00 pm; closed Sunday.

Pharmasave-Ocean Park

(604) 536-7611

12851-16 Ave.
Surrey, BC
V4A 1N5

Fax: (604) 536-4261

Services provided:

- Blister packing
- Dosette Filling
- Delivery
- Video lending library
- Bold print on labels
- Hand-printed larger labels
- Monthly inservices
- Clinics

Hours: Monday, Tuesday, Wednesday, Saturday 9:00 am to 6:00 pm, Thursday and Friday 9:00 am to 9:00 pm and Sunday 10:00 am to 5:00 pm.

PriceSmart

(604) 536-6530

1641-152 St.
Surrey, BC
V4A 2H9

Services provided:

- Free blood pressure checks
- Medication review
- Health clinics with nurses, as advertised
- Diabetic device training
- Quarterly family health magazine
- Family health brochures

Hours: Monday to Sunday 8:00 am to 10:00 pm.

Safeway-Ocean Park

(604) 531-9694

12825-16 Ave.
Surrey, BC
V4A 1N5

Services provided:

- Blister packing
- Free blood pressure checks
- Medication review
- Health clinics with nurses
- Diabetic device training
- Quarterly family health magazine
- Family health brochures
- Delivery for emergencies only

Hours: Monday to Friday, 8:00 am to 10:00 pm, Saturday, 9:00 am to 7:00 pm and Sunday, 10:00 am to 6:00 pm.

Safeway-Peninsula Village

(604) 535-8879

#700, 15355-24 Ave.
Surrey, BC
V4A 2H9

Services provided:

- Blister Packing
- Free blood pressure checks
- Delivery
- Medication review
- Health clinics with nurses
- Diabetic device training and log books
- Quarterly family health magazine
- Family health brochures

Hours: Monday to Friday 8:00 am to 10:00 pm, Saturday 9:00 am to 7:00 pm and Sunday 10:00 am to 6:00 pm.

Save-On Foods - Southpoint

(604) 538-5467

3033 152 Street
Surrey, BC
V4B 3K1

Services provided:

- Weekly delivery for blister-pack medication
- Free blood-pressure checks
- Medication review
- Diabetic device training, with appointment
- Monthly newsletters, on chosen topics
- General health brochures

Hours: Monday to Sunday 8 am to 10 pm

Shoppers Drug Mart

(604) 536-3111

15180-North Bluff Rd.
White Rock, BC
V4B 3E5

Services provided:

- Blister packing
- Delivery: Monday to Friday until 6:00 pm
- Health clinics, as advertised
- Larger print on labels

Hours: Monday to Friday, 8:30 am to 9:00 pm, Saturday 9:00 am to 8:00 pm and Sunday 10:00 am to 6:00 pm

Zellers Pharmacy

1715-152 St.
Surrey, BC
V4A 4N3

(604) 536-4173

Fax: (604) 536-8943

Services provided:

- Blister packing
- Self-serve blood pressure checks
- Free delivery
- Larger print on labels
- Health clinics with nurse
- Diabetic device training
- Dosette filling
- Health brochures
- Video lending library

Hours: Monday to Friday 9:00 am to 9:00 pm, Saturday 9:00 am to 6:00 pm and Sunday, 11:00 am to 6:00 pm.

Physicians - Walk-in Clinics

Hilltop Medical

#140 - 15341 16 Ave
Surrey, BC
V4A 1R6

(604) 531-5575

Fax: (604) 535-0126

Drop-in medical clinic.

Hours: Monday thru Friday, 8:00 am to 5:00 pm; Saturday, 9 am to 3 pm.

Morgan Creek Walk-in Clinic

#106 15252-32 Ave
Surrey, BC
V3S 0R7

(604) 542-5990

Drop-in medical clinic.

Hours: Monday thru Friday 9 am to 9 pm; Saturday and Sunday 9 am to 5 pm.

Ocean Park Medical

12894 16 Ave
Surrey, BC
V4A 1N7

(604) 531-7712

Fax: (604) 538-7360

Hours: Monday, Wednesday, Thursday, Friday, 9:0 am to 5:00 pm. Tuesday, 9:00 am to noon.

Peace Arch Community Medical Clinic

(604) 535-8496

#101 - 1790 152 St.
Surrey, BC
V4A 7Z7

Drop-in medical clinic.
Hours: 9:00 am to 9:00 pm seven days a week.

Peninsula Medical Clinic

(604) 531-4131

#410 - 15355- 24 Ave.
Surrey, BC
V4P 2E6

Drop-in medical clinic.
Hours: Monday thru Friday 8:00 am to 9:00 pm and Saturday, Sunday and holidays
9:00 am to 5:00 pm.

Semiahmoo Medical Clinic

(604) 535-3388

1767-152nd Street
Surrey, BC
V4A 4N7

Contact: Dr. S. Petrovic
Hours: Monday thru Thursday 9:00 am to 9:00 pm and
Friday, Saturday and Sunday 9:00 am to 5:00 pm.

Policing

Royal Canadian Mounted Police - White Rock

(604) 531-5527

15299-Pacific Ave.
White Rock, BC
V4B 1R1

The White Rock RCMP handles all general policing issues within White Rock. The Community Policing section has the following programs in place: Community Patrol, Coastal Watch, Home Security Check, Wise Owl Program, Speed Watch, Photo with a Mountie, Business Watch, Block Parents and Block Watch.

Royal Canadian Mounted Police-Main Detachment (604) 599-0502

14355 -57 Ave.
Surrey, BC
V3X 1A9

RCMP provides policing services for all areas of Surrey including community education programs.

Royal Canadian Mounted Police-Surrey (604) 592-3800

#100 1815 152 St.
Surrey, BC
V4A 9Y9

This police detachment provides special programs such as Block Watch, Block Parent, Community Bicycle Patrol, Lock Out Auto Crime, Lock Out Auto Theft, Home Security, Bicycle Identification, Senior Safety, Residence Identification, Speed Watch, a Video Loan Program, and Safely Home (Alzheimer's Registry, Wanderer's Registry) and a Mature Driver's Program.

Hours: 9:00 am to 5:00 pm Tuesday thru Friday. Closed Saturday, Sunday and Mondays.

Victim Services

Victim Services-Surrey (604) 599-7600

14355 - 57 Ave.
Surrey, BC
V3X 1A9

Fax: (604) 599-8892

Victim Services-White Rock (604) 541-5111

15299 Pacific Ave.
White Rock, BC
V4B 1R1

Fax: (604) 541-5117

Information, support and follow-up program for victims and witnesses of crime.

Respite Care

Bayshore Home Health (604) 531-6111

#206, 2828 152nd Street
Surrey, BC
V4P 1G6

Fax: (604) 531-0191

www.bayshore.ca
whiterock@bayshore.ca

Bayshore is available to provide respite care for families, companion services through personal visits, light housekeeping, meal preparation and laundry.

Carol

(604) 574-7495

Services include respite for family caregivers, companionship, light housekeeping, transportation to appointments. Experienced with seniors.

Come Share Adult Day Programs

(604) 599-0034

Surrey Come Share Adult Day Program

(604) 599-0034

13855 - 68th Ave.

Fax: (604) 599-0982

Surrey, BC

V3W 2G9

White Rock Come Share Adult Day Program

(604) 531-2502

15008-26th Ave.

Fax: (604)535-8781

Surrey,

V4P 3H5

The Adult Day Programs are designed to assist individuals who need some support to remain independent in the community. The programs offer a wide range of therapeutic recreational activities as well as a hot lunch, transportation by HandyDART(within area) and access to professional support such as nursing and podiatry care. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis.

White Rock Hours: Monday thru Saturday 8:30 am to 4:00 pm.

Surrey Hours: Monday thru Friday 9:00 am to 3:00 pm.

Harmony Health Care

(604) 536-2445

#104 - 1548 Johnston Rd.

Fax: (604) 536-2464

White Rock, BC

V4B 3Z8

In-home nursing specialists. Staff includes registered nurses, licensed practical nurses and home-support care aides. Provides palliative and home support, personal care, companionship and travel assistance as well as respite for family and caregivers.

Home Away from Home

(604) 535-6411

Short-term stays for seniors when family members/caregivers are away or need a break. Respectful, certified caregivers provide full range of services in safe, comfortable, cheerful home. Experience assisting seniors at all levels of care.

Specialists in care for seniors with Alzheimer disease and other related dementia. Call Sheryl for information.

Seniors' Counsellors

Advocare

Bldg 4, 15050 54A Avenue
Surrey,
V3S 5X7

(604) 575-9033

ext 125

www.cornerstonecare.org
advocare@cornerstonecare.org

Advocare is a free and independent advocacy service for seniors and their families. It is a confidential service for those who may need assistance in navigating & obtaining access to necessary health & community services. Advocare can source out the appropriate contacts for clients & where clients are unable to speak for themselves, an Advocare advocate will speak on their behalf, helping them gain access to appropriate information and inform them of their options.

Kent Street Activity Centre

1475 Kent St.
White Rock, BC
V4B 5A2

(604) 541-2231

Fax: (604) 541-2239

A Seniors' Counsellor is available every Monday from 10:00 am to 11:30 am to help seniors with problems and concerns. The Counsellor can help complete application forms for OAS, GIS, Spouse's Allowance and SAFER. They can also inform you of benefits such as BC Medical, Pharmacare, bus passes, housing and Veteran's Affairs. No appointment necessary.

Senior Peer Counselling Centres

Lower Mainland

New Westminster	604 519-1064
Burnaby	604 987-8138
Richmond	604 279-7034
Coquitlam (Tri-Cities)	604 669-7339
Vancouver (West End)	604 669-7339
North Vancouver	604 987-8138

Seniors' Recreation

Cloverdale Seniors Centre

(604) 502-6432

6022 176 St
Surrey, BC
V3S 4E8

Fax: (604) 502-6434

A Surrey Parks, Recreation and Culture facility offering services, bus trips, special events, recreational and educational programs for seniors 55+. Lunch is available Monday, Tuesday, Thursday and Friday; a hot meal available on Wednesday.
Hours: Monday thru Friday 9:00 am to 4:00 pm.

Crescent Beach Community Services at Camp Alexandra

(604) 535-0015

2916 McBride Street
Crescent Beach, BC
V4A 3G2

Fax: (604) 535-2720
www.anhgv.org
cbcsanh@uniserve.com

A member of the Association of Neighbourhood Houses of Greater Vancouver, this community service runs a variety of programs for all ages. Programs for seniors include meal programs and recreational activities.
Hours: Monday thru Friday 9:00 am to 4:30 pm. Hours may change slightly in summer months.

Fleetwood Community Centre

(604) 501-5030

15996-84 Ave.
Surrey, BC
V3S 2M7

Fax: (604) 501-5031

Drop-in programs for seniors 55+ include bridge, dancing, knitting & crocheting, bowling, bingo, fitness, cribbage, table tennis, osteosupport, and monthly social events. Annual Fee \$16.90. Blood pressure clinic meet 3rd Wednesday of each month 10:00 am - 11:30 am. Book Club meet last Friday of each month at 10:00 am in the boardroom.

Guildford Recreation Centre

(604) 502-6362

Guildford Recreation
15105 - 105 Avenue
Surrey, BC
V3R 7G8

Programs for seniors 55+ include carpet bowling, cards and games, bus trips, bingo, badminton, pickle ball and special events. Annual Fee \$16.90
Hours: Monday to Friday 6:30 am to 10:00 pm, Saturday 7:30 am to 8:00 pm, Sunday 9:00 am to 8:00 pm.

Indo-Canadian Seniors Centre

(604) 591-1795

#200 - 7050 120 St.
Surrey, BC
V3W 3M8

Recreation services for seniors 55+. Guest speakers, counsellors and interpreters available.

Hours: 10:00 am to 5:00 pm, seven days a week.

Kennedy Seniors Recreation Centre

(604) 594-2717

11760 - 88 Avenue
Delta, BC
V4C 3C5

lgibson@corp.delta.bc.ca

Recreational centre designed for retired and/or semi-retired seniors 55+.

Hours: Monday thru Friday 9:00 am to 4:00 pm and Saturday 9:00 am to noon. Hours may vary during summer months.

Annual Membership Fee: \$15.00.

Kent Street Activity Centre

(604) 541-2231

1475 Kent Street
White Rock, BC
V 4B

Fax: (604) 541-2239

A White Rock Leisure Services facility. Mainly recreational, social and educational programs for seniors 55+ including special events. Available are legal advisors, personal counsellors and hearing tests. Coffee shop is open Monday to Friday. Special lunch program on Fridays. Call centre to reserve - tickets are \$6.00

Hours: Monday, Tuesday, Thursday 9:00 am - 8:00 pm, Wednesday 9:00 am - 11:00 pm, Saturday 9:00 am - 4:00 pm

Hours and programs may vary in the summer.

Langley Senior Resources & Recreation Centre

(604) 530-3020

20605 51B Avenue
Langley, BC
V3A 9H1

www.langleyseniorscentre.com
lsrs@telus.net

Membership: \$50 per calendar year - age 50+

Cafeteria, Sharing & Caring Socials, Thursday Night Dinners, Field Trips, Fitness Programs, Saturday Afternoon Movies

Seniors Outreach Programs - Annual Membership \$20 Call (604) 530-3020 ext 302 or 306 for more information.

Outreach Programs include Transportation Assistance, Telephone Reassurance Line, Shopping, Housing Counsellors, Peer Support.

Newton Senior Centre

(604) 501-5010

13775 - 70th Ave.
Surrey, BC
V3W 0E1

Fax: (604) 501-5011

A Surrey Parks, Recreation and Culture facility offering services, bus trips, special events, recreational and educational programs for seniors 55+. Nutritional lunches are served daily.

Hours: Monday thru Friday 9:00 am to 4:00 pm; Tuesday nights 6:00 pm to 9:00 pm; Saturdays noon to 4:00 pm.

South Surrey Indoor Pool

(604) 502-6200

14655 17th Avenue
Surrey, BC
V4A 5M2

Programs for seniors include a wide variety of aquatic fitness classes, Water Therapy programs, swimming lessons, Fitness Centre, cardio theatre & fitness programs. 37 meter pool, lane swimming, whirlpool, 2 dry saunas, and more.

Hours:

Mon, Wed, Fri 6:00 am-10:30 pm

Tues, Thurs 6:00 am-12 midnight

Sat 7:00 am-10:30 pm

Sun 7:00 am-9:30 pm

South Surrey Recreation Centre

(604) 592-6970

14601 - 20th Avenue
Surrey, BC
V4A 9P5

Programs for seniors include a wide variety of fitness classes, badminton, pickle ball, table tennis, duplicate bridge, various cards and games, dances, trips, special events and more.

Hours:

Monday, Wednesday, Friday 8:00 am-10:00 pm

Tuesday, Thursday 6:00 am-10:00 pm

Saturday, Sunday 8:30 am-8:00 pm.

Sunrise Pavilion Centre

(604) 502-6380

10341 - 135 St.
Surrey, BC
V3T 4C3

Fax: (604) 502-6381

A Surrey Parks, Recreation and Culture senior activity center offering services such as bus trips, special events, recreational and educational programs for seniors 55+.

Hours: Monday, Wednesday and Friday 9:00 am to 4 pm; Tuesday and Thursday 9:00 am to 9:30 pm; Saturday 12:45 pm to 4:30 pm.

Summer hours may vary.

Shopping Services

Buy-Low Foods

(604) 538-2152

1405 Johnson Rd.
White Rock, BC
V4B 3Z4

Store delivers to seniors for a \$4.00 charge. Clients must shop for themselves; no phone orders.

Dairyland

(604) 421-4663

6800 Lougheed Hwy.
Burnaby, BC
V5A 1W2

morethanmilk.ca

Delivers dairy products, fruit juices and a variety of prepared foods. Customers must order at least one day in advance. Minimum order: \$10.00.

Hours: Monday thru Friday 8:00 am to 4:30 pm.

Fran's Personal Shopping Service

(604) 538-8306

"Can't Get To The Store?

We'll Deliver To Your Door"

From \$8.00 for small orders - Groceries, pharmacies, library, etc.

IGA Marketplace

(604) 575-1488

#101 15127 Hwy 10
Surrey, BC
V3S 9A5

Fax: 604-575-1468

www.marketplaceiga.com

Grocery shopping and delivery service. Phone in orders Monday to Friday, 9 am to 3 pm. Deliveries in afternoon. Accept cash and check only. Minimum order \$30; service charge, \$2. Orders \$60 and over, no service charge.

Peace Arch Community Services

(604) 542-4357

882 Maple St.
White Rock, BC
V4B 4M2

Volunteers take the grocery orders on Monday between 8 am and 12:00 pm and shop at Save-On Foods. Orders are delivered from on Tuesdays between 12:00 pm and 4:00 pm. Cost: \$4.00 per delivery.
Hours: Monday thru Friday 8:30 am to 4:30 pm

Phone N Shop / Save-on Foods

(604) 536-6232

Save-on Foods
1641 - 152 St.
Surrey, BC
V4A 4N3

A program run by OPTIONS. Shop by phone Tuesday only. Phone in between 9:30 am and 11:30 am. Minimum purchase is \$25.00.
Cost is \$5.00 for seniors.

Safeway Home Delivery-Ocean Park

12825-16 Ave.
Surrey, BC

Customers must shop themselves.
Cost: Home delivery is \$3.50 for seniors.

Safeway Home Delivery-Peninsula Village

(604) 535-8960

15355 24th Avenue
Surrey, BC
V4A H9

Customers must shop themselves before 4:00 pm Monday thru Saturday.
Home delivery is \$3.50 for seniors.

Supermarket to You

(604) 584-2616

Provides complete grocery shopping and delivery service Monday to Friday. \$9.00 fee. Contact Dave Scott
Grocery shopping is done at IGA Marketplace, 14865 108th Avenue, Surrey, BC.
Serves Surrey, Langley, White Rock.

Snow Shoveling

South Pacific Landscaping

(778) 837-2719

(778) 837-2734

We do so much more than just mowing your lawn. Daniel can do just about anything you need done. He can build you a fence, clean your gutters, powerwash your house and driveway, hang up your Christmas lights, plant your bulbs for next spring, rake your leaves, painting projects. Everything is done with the South Pacific charm. Just ask him and he will do his best to help you out.

Odd jobs around the house that need to be done.
All outdoor chores can be taken care of.

Call Daniel (778) 837-2734 or Laurie (778) 837-2719 for more information or a free quote.

In the winter...snow shoveling and ice control.

Substance Misuse

Al Anon

(604) 688-1716

Support group for families of alcoholics. Call the main number for the meeting places of local chapters.

Hours: Monday thru Friday 10:00 am to 3:30

Alcoholics Anonymous

(604) 434-3933

3457 Kingsway
Vancouver, BC
V5R 5L5

AA hours: Business Office is open 8:00 am to 7:00 pm weekdays, 9:30 am to 5:00 pm on Saturdays and 9:30 am to 1:30 pm on Sundays. Telephone lines are open from 7:00 am to 2:00 am. Call for information about group meeting times and locations in the lower mainland.

Support Groups

Al Anon

(604) 688-1716

Support group for families of alcoholics. Call the main number for the meeting places of local chapters.

Hours: Monday thru Friday 10:00 am to 3:30

Alcoholics Anonymous

(604) 434-3933

3457 Kingsway
Vancouver, BC
V5R 5L5

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ALS Caregiver Support Group

(604) 541-1666

Meet 3rd Thursday of each month from 1:00-3:00 pm at Senior Support Services, 15008 26th Avenue
Call Gaye Bakuk for information

Ama Transition House

(604) 542-5992

Fax: (604) 542-5993

ama@atira.bc.ca

Providing one-to-one support, advocacy and outreach to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship.

Hours: Monday to Friday 7:30 am to midnight; volunteers available 10 am to midnight on weekends. Outside of these hours, crisis calls can be directed to Durrant Crisis at 604-531-4430, 24 hours a day, 7 days a week.

Breast Cancer Support Group

(604) 583-2228

White Rock Unit
15249 Thrift Ave
White Rock, BC

Self-help group for breast cancer patients, family, and friends. Meets the first and third Mondays of each month from 7:00 pm to 9:00 pm.

Caregivers Support

(604) 597-0205

#1107, 7330-137 St.
Surrey, BC
V3W 1A3

Caregivers Support

We provide information, referral and support services to South Asian caregivers in Punjabi, Hindi and Urdu languages. Services can be accessed in person or by telephone. Caregivers can meet the worker one to one in the office or at home (home visits) or in a group setting. Support groups offer support and information to caregivers of frail, elderly or ill family or friends. In addition, support groups offer caregivers a chance to connect with others in similar circumstances for relaxation and recreation. Refreshments, video presentations and leisure activities are included.

Videos and books pertaining to care giving are available to caregivers. Educational series for caregivers in English cover topics such as role and lifestyle changes, self-care (how to deal with stress, guilt, anger and isolation), legal and financial considerations, connecting with health care and community services, communication and problem solving skills. Some educational workshops/guest speakers may be available in Punjabi/Hindi as per requirements. Call for schedule.

All the group activities are held at Surrey Delta Immigrant Services Society, #1107, 7330 -137 St, Surrey. All services are confidential and free of charge.

Langley Better Breathers Club

(604) 731-5864

2675 Oak Street
Vancouver, BC
V6H 2K2

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 2:45 pm to 4:45 pm at TIMMS Community Center in Langley.

Contact the BC Lung Association or Ken Fisher at (604)534-2632 to register.

Hours: Monday thru Friday 8:30 am to 4:30 pm

Contact: Kelly Marrant

Mood Disorders Association of BC

(604) 873-0103

#202-2250 Commercial Dr.
Vancouver, BC
V5N 5P4

Fax: (604) 873-3095
www.mdabc.ca
mdabc@telus.net

A nonprofit society whose mission is to provide support and to educate people with mood disorders, their families and their friends as we build an understanding community.

Hours: Monday thru Friday 9:00 am to 5:00 pm.

Parkinson's Caregivers Support - Senior Support Services

(604) 531-9400

15008 26th Avenue
Surrey, BC
V4A 6Y7

www.seniorsupportservices.bc.ca

Group meets 1st Wednesday of the month, 1:00-3:00 pm

Parkinson's Disease Association

(604) 662-3240

#600-890 West Pender St.
Vancouver, BC
V6C 1J9

For information about Parkinson's disease and local support groups please call the main office for information.

Hours: Monday thru Friday 9:00 am to 4:00 pm

Parkinsons Support Group-S Surrey/White Rock

(604) 888-2025

Meet every 3rd Monday of the month at 1:30 PM at the Evergreen Baptist Home, 1550 Oxford Street, White Rock
Call Susan Peterson for information.

Post Polio Support Group

Information and Education. Meet 3rd Wednesday of each month at 10:30 am.

Locations vary so call for information. Newcomers welcome.

Contact Mary Brown (604) 535-6408 or Cheryl Young (604) 531-1875

Recovery Inc.

(604) 581-4881

A community mental health group serving South Surrey and North Surrey. It offers support for those with nervous symptoms and fears. Weekly group meetings.

Senior Support Services

(604) 531-9400

15008-26 Ave.
Surrey, BC
V4P 3H5

Fax: (604)531-9498
www.seniorsupportservices.bc.ca

An outreach program designed to assist seniors to maintain or increase their independence in their own homes as well as to improve their well-being and have a more satisfying lifestyle. Programs include Information and Referral, volunteer visiting, the telephone assurance line, special day trips, outreach lunches and meal programs. This service is offered throughout North Surrey, White Rock/South Surrey, Newton/Cloverdale.

Director: Marianne Brown

Hours: Monday thru Friday 9:00 am to 4:00 pm.

South Fraser Women's Services Society

(604) 536-9611

15318- 20 Ave.
Surrey, BC
V4A 2A2

Fax: (604) 536-6362
www.sfwomensservices.com
sfwss@sfwomensservices.com

A drop-in and resource centre for women of all ages. Clothing exchange, support groups for single mothers, lesbians, women with disabilities, survivors of sexual abuse and of abusive relationships. One-on-one counselling is also available. All services are free of charge.

Hours: Monday 12:00 noon to 4:00 pm and Tuesday thru Friday 9:30 am to 4:00 pm.

South Surrey/White Rock Caregivers

(604) 531-9400

15008-26 Avenue
Surrey, BC
V4P 3H5

Fax: (604) 531-9498

Support groups: Refreshments, talk, and support.

Services provided include:

Information & Referral

Library Resource Centre

Social Activities

Educational Series

Staff Visits

Health Fairs

Caregivers Morning Group: First Monday of the month, 10 am to noon

Caregivers Evening Group: First Monday of the month, 7-9 pm

Parkinson Support Group: First Wednesday of the month, 1-3 pm

ALS Support Group: Third Thursday of the month, 1-3 pm

Social Activities: Designed to connect caregivers and explore healthy options for recreation and relaxation. See newsletter calendar for latest presentations and leisure activities available.

Email: kmiller@seniorsupportservices.bc.ca

Educational Series: Held three times a year. Topics include role and lifestyle changes, care for the caregiver (how to deal with stress, guilt, anger, and isolation), legal and financial considerations, connecting with health care and community services, communication and problem-solving skills. Call for latest class schedule.

All of the above groups meet at Come Share Centre, Main Floor, 15008-26 Avenue, Surrey.

Email: kmiller@seniorsupportservices.bc.ca

Stroke Recovery Club

(604) 541-1290

St. John's Presbyterian Church
1480 George St.
White Rock, BC
V4B 4A3

Support group for stroke victims and their families. Speech and physical therapy are available. Group meets every Tuesday 9:00 am. New members group meets Monday @ 9:00 am. Contact: Gayl Hutchison

Surrey/White Rock Osteoporosis Society

(604) 538-8057

Group meets 3rd Thursday of the month 10:00 am at Mount Olive Lutheran, 2350 148th Street

White Rock Hospice Society

(604) 531-7484

15510 Russell Ave.
White Rock, BC
V4B 2R3

Fax: (604) 531-8101
www.whiterockhospice.org
contactus@whiterockhospice.org

Offers professional and volunteer services to people with life-threatening illnesses, to their families and to grieving people in White Rock/South Surrey. Services include: crisis support, assessment and referral, group and individual counselling by professional counsellors and volunteers, a hospital visiting program, a telephone support program, a speakers bureau, a resource library, a palliative care program and an emergency response team to provide support in cases of sudden death.

Hours: Monday thru Friday 9:00 am to 4:00 pm.

White Rock Visually Impaired Society

(604) 531-1218

St. John's Presbyterian Church Hall
1480 George St.
White Rock, BC
V4B 4A3

A support group for visually impaired individuals. Meets from May to September from 1:30 pm to 3 pm the second and fourth Thursday of each month at St. John's Presbyterian Church, 1480 George St., White Rock. Support, demonstrations, entertainment, trips, speakers and afternoon tea.
Yearly membership:\$20.00.

Contact: Emily Olexson, secretary @ (604)531-1218;
Elsie Carr, president @ (604) 541-8675

Tailor

Debra Lynn Creations

(604) 596-5320

#318, 7102 - 138th Street
Surrey, BC
V3W 7V8

Catering to seniors in extended-care facilities who are confined to a wheelchair. Garments are stylish and functional. Clothing can be purchased ready to wear or existing garments can be altered. Client should call before visiting location.

Taxes

Problem Resolution

(800) 663-9334

Income Tax - Problem Resolution

Tax Help

(604) 542-4357

Peace Arch Community Services
882 Maple Street
White Rock, BC
V4B 4M2

Help is available year round.
No appointment necessary
Hours: 10:00 am-12:00 pm and 1:00 pm-3:00 pm
Located upstairs, at the top of the stairs.

Transportation

BC Transit

(604) 953-3333

www.translink.bc.ca

Bus, Skytrain and Seabus schedule information. Open from 6:30 am to 11:30 pm.
Seniors' Fare Discount: Available to passengers 65 and over; present Gold Care Card when paying fare.

Bus Pass Program

(866) 866-0800

PO Box 9950, Stn Prov. Govt.
Victoria, BC
V8W 9R3

BC government program for low-income seniors and persons with disabilities who qualify. Seniors 65+. Must be receiving Old Age Pension and G.I.S. (Annual Income Supplement) and have lived in Canada for more than 10 years in order to qualify. If you have lived in Canada less than 10 years call for information about how you might qualify.

Annual pass; fee is \$45.

Covers all BC Transit in province (not valid on HandyDART).

Dial 1 (866) 866-0800, press 3, then press 4.

HandyDART Services

(604) 453-4634

HandyDART-Surrey

Bookings: (604) 629-5568
Info Line: (604) 629-5567
Cancellation: (604) 629-5569

HandyDART-White Rock & Langley

includes South Surrey

White Rock/Langley: (604) 576-1167
Cancellation: (604) 574-1472
Fax: (604)574-8833

A program of TransLink, HandyDART is a special door-to-door transit service for persons with disabilities who are unable to use the regular transit system. Clients need to apply and be registered for this program before they can use the HandyDART service. Referrals are made by doctors and other health professionals. Call for application form.

S N T Transport

| (800) SNT-0044

www.SNTransport.ca

Assisted personal transportation. Provides patient transfer service (nonemergency) and social and lifestyle transport. "Door to Door" service with guaranteed on-time pick up and drop off on confirmed bookings. Company owned, operated and maintained vehicles. Wheelchairs provided in all vehicles. Approved by BCAS, ICBC, WCB, Veterans Affairs. Call 1-800-768-0044 for more information.

SPARC

(604) 718-7744

#201-221 East 10 Ave.
Vancouver, BC
V5T 4V3

Business Office: (604) 718-7733
Parking Decals: (604) 718-7744
Fax: (604) 736-8697

SPARC is a nonprofit organization that offers a parking permit program for people with disabilities. Form must be signed by client's physician. Decal processing fee is \$18.00 and is subject to change.

Hours: Monday thru Friday, 9:00 am to noon and 1:30 pm to 4:30 pm.

Taxi-Saver/ HandyCard

1600-4720 Kingsway, Metrotower II
Burnaby, BC
V5H 4N2

To apply: (604) 453-4634

Program of BC Transit for individuals who are unable to travel on regular transit. HandyCard (Photo-ID) is required to be used with the Taxi-Saver program. Coupons can be purchased from the service provider in the area that you live. Each book costs \$20 but has \$40 worth of taxi rides.

Service Providers:

South Surrey/White Rock: Semiahmoo Society, 15306 24th Ave, Surrey, 604-576-1167
Surrey: Options (Services to Communities Society), 16211 84th Avenue, Surrey, BC
604 629-5568

Volunteer Driver-Canadian Cancer Society

(604) 538-0011

104-15240 Thrift Ave
White Rock, BC
V4B 2L1

Fax: (604) 538-1624

A program of the Canadian Cancer Society that provides transportation to treatment whether in Surrey, Vancouver or Bellingham.

Hours: 10:00 am to 2:00 pm.

Dispatcher Service: (604) 536-2961

Volunteer Wheels

(604) 542-4357

882 Maple St.
White Rock, BC
V4B 4M2

A program of Peace Arch Community Services. Transportation is available for medical and dental appointments. A donation is requested. Service is offered Monday to Friday during office hours.

Veterans Services

Veteran Affairs

1-866-522-2122

900 - 605 Robson Street
Regional Office
Vancouver, BC
V6B 5G4

www.vac-acc.gc.ca

General information line regarding programs and benefits for veterans of the Canadian Forces.

Hours: Monday thru Friday 8:00 am to 4:00 pm.

Victim Services

Victim Services

Victim Services-Surrey

(604) 599-7600

14355 - 57 Ave.
Surrey, BC
V3X 1A9

Fax: (604) 599-8892

Victim Services-White Rock

(604) 541-5111

15299 Pacific Ave.
White Rock, BC
V4B 1R1

Fax: (604) 541-5117

Information, support and follow-up program for victims and witnesses of crime.

VictimLINK

(800) 563-0808

VictimLINK is a province-wide telephone telephone help line for victims of family and sexual violence and all other crimes.

24 hours, 7 days a week

Certified information and referral specialists provide information and referrals to all victims of crime, including violence in relationships and elder abuse. ISV operates VictimLINK on behalf of the Ministry of Public Safety and Solicitor General.

Staff connect people to a network of community, social, health, justice and government resources, including victim services, transition houses and counselling resources.

Visually Impaired Services

Canadian Council of the Blind

(604) 669-2201

818-602 W. Hastings St.
Vancouver, BC
V6B 1P2

Fax: (604) 669-2214

BC-Yukon Division

Provincial division of a national organization run by and for the blind.

Hours: Tuesday thru Friday 9:30 am to 5:00 pm.

Canadian National Institute for the Blind

(604) 431-2121

Suite 100 - 5055 Joyce St.
Vancouver, BC
V5R 6B2

Fax: (604) 431-2199

CNIB provides educational and counselling services to blind, visually impaired and deaf-blind persons.

Fraser Valley Visually Impaired Society

(604) 589-1216

Royal Legion
13525-106 Ave.
Surrey, BC

Recreational and educational service for blind and visually impaired individuals. Society meetings are held the first Tuesday of every month at 7:00 pm.
Mailing Address: P.O. Box 556, Surrey BC V3T 5B7

White Rock Macular Degeneration

(604) 531-4727

15262 Pacific Ave
White Rock, BC
V4B 1P7

Support group for those diagnosed with macular degeneration. Meets 4th Thursday of each month, 1:00 pm to 3:00 pm, at:
Breakaway Bays Home Park Activity Center
1840 160 St
Surrey, BC

White Rock Visually Impaired Society

(604) 531-1218

St. John's Presbyterian Church Hall
1480 George St.
White Rock, BC
V4B 4A3

A support group for visually impaired individuals. Meets from May to September from 1:30 pm to 3 pm the second and fourth Thursday of each month at St. John's Presbyterian Church, 1480 George St., White Rock. Support, demonstrations, entertainment, trips, speakers and afternoon tea.
Yearly membership:\$20.00.
Contact: Emily Olexson, secretary @ (604)531-1218;
Elsie Carr, president @ (604) 541-8675

Family & Friends

Emergency Numbers



Helping seniors
to help
themselves
& enjoy life !

Let us help you
& make us a part
of your family !



SENIOR SUPPORT SERVICES

15008 - 26th Avenue
Surrey, BC V4P 3H5
PHONE: 604-531-9400
FAX: 604-531-9498

www.seniorsupportservices.bc.ca