

Aids to Independent Living Program, Canadian Red Cross	Phone: (604) 859-5960 Website: redcross.ca
Alcohol and Drug Information Referral	Phone (toll-free): 1-800-663-1441
Assisted Living Registrar, Ministry of Health	Phone (toll-free): 1-866-714-3378 Website: health.gov.bc.ca Address: 300-1275 West 6th Avenue, Vancouver, BC V6H 1A6
Auburn Residences in Chilliwack	Phone: 604-792-3545 Website: retirementconcepts.com Address: 8531 Young Road, Chilliwack, BC, V2P 0E1
BC 211	Phone: 2-1-1
BC Association of Community Response Networks (BCCRNS)	Website: bccrns.ca
BC Centre for Elder Advocacy and Sup- port (BCCEAS)	Phone (toll-free): 1-866-437-1940 Hearing impaired [TTY] 1-855-306-1443 Website: bcceas.ca Address: 150-900 Howe Street, Vancouver, BC V6E 2R1
BC Elders' Guide, First Nations Health Authority & BC Ministry of Health	Phone: 1-866-913-0033 Website: seniorsbc.ca
BC Housing	Website: bchousing.org

BC Old Age Pensioners Organization	<p>#173- Sardis Phone: (604) 858-4066 Address: 5725 Tyson Road, Sardis, BC V2R 3R6</p> <p>#164- Cultus Lake Phone: (604) 858-7633 Address: Cultus Lake Community Hall, 4220 Columbia Valley Highway, Cultus Lake, BC V2R 5B6</p>
BC Palliative Care Benefits Program	Website: health.gov.bc.ca
BC Securities Commission, Scams and Fraud	Phone: (toll-free): 1-800-373-6393 Website: investright.org
BC Senior's Fishing License	Website: fishing.gov.bc.ca
BC Seniors Games Society, 55+ BC Games	Phone: 604-824-7963 Website: bcseniorsgames.org
BC Seniors' Guide	Phone: 1-877-952-3181 Website: seniorsbc.ca
BC Seniors' Home Renovation Tax Credit, BC Income Taxation Branch	Phone (toll-free): 1-877-387-3332 Website: www2.gov.bc.ca
Better At Home, United Way & Chilliwack Community Services	Phone: 604-393-3251 Ext 240 Website: comserv.bc.ca Address: 9214 Mary Street, Chilliwack, BC

Better Meals	Phone (toll-free): 1-888-838-1888 Website: bettermeals.com Address: 5742 Beresford Street, Burnaby, BC V5J 1J1
Birchwood Retirement Suites/Cottages	Phone: 604-792-8793 Website: chartwell.com Address: 45650 Patten Avenue, Chilliwack, BC V2P 1S4
Boomers and Beyond, Sardis Library	Phone: (604) 858-5503 Website: fvrl.bc.ca Address: 5819 Tyson Road, Sardis, BC V2R 3R6
Bradley Centre	Phone: 604-795-4103 Website: fraserhealth.ca Address: 45600 Menholm Road, Chilliwack, BC V2P 1P7
Bus Pass Program, BC Transit	Phone: 1-866-866-0800 Website: bctransit.com
Canadian Cancer Society, Chilliwack	Phone: 604-792-3984 Email: chilliwack@bc.cancer.ca Address: 9240 Young Road, Chilliwack, BC V2P 4R4

Canadian Hard of Hearing Association	Phone: 604-795-9238 or toll-free 1-866-888-2442 Website: chha-bc.org Address: 216-9181 Main Street, Chilliwack, BC V2P 4M9
Canadian National Institute for the Blind (CNIB)	Phone (toll-free): 1-800-563-2642 Website: cnib.ca Address: Unit #7-2630 Bourquin Crescent West, Abbotsford, BC V2S 5N7
Care & Share Centre, Salvation Army	Phone: 604-792-0001 Website: salvationarmychilliwack.ca Address: 45746 Yale Road, Chilliwack, BC V2P 2N5
Care Connection Health Services Co-operative	Phone: 604-826-6112 Website: careconnectionco-op.ca
Cascades Residential Care	Phone: 604-795-2500 Website: balticproperties.ca Address: 5586 McIntosh Drive, Chilliwack, BC V2P 7W8
Central Elementary Community School	Phone: 604-792-8539 Website: central.sd33.bc.ca Address: 9435 Young Street, Chilliwack V2P 4S7

Charities Listings, Canada Revenue Agency	Phone (toll-free): 1-800-267-2384 Website: cra.gc.ca/donors
Cheam Housing	Phone: 604-792-9420 Address: 29 9478 Broadway Street, Website: chf.bc.ca Chilliwack, BC V2P 5T9
Cheam Leisure Centre	Phone: 604-824-0231 Website: myreccentre.com Address: 45501 Market Way, Chilliwack, BC V2R 0M9
Chilliwack Alzheimer Resource Centre	Phone: 604-702-4603 Website: alzheimer.ca Address: 9291 Corbould Street, Chilliwack, BC V2P 4A6
Chilliwack and District Seniors' Resources Society (CDSRS)	Phone: 604-793-9979 Website: cdsrs.ca Address: 9291 Corbould Street, Chilliwack, BC V2P 4Y6
Chilliwack Community Band	Phone: 604-795-7371 Address: 9 - 45905 Yale Road, Unit 130 Chilliwack, BC V2P 8E6

Chilliwack Cultural Centre	Phone: 604-392-8000 Website: chilliwackculturalcentre.ca Address: 9201 Corbould Street, Chilliwack, BC, V2P 4A6
Chilliwack Family YMCA	Phone: 604-792-3371 Website: chilliwackYMCA.ca Address: 45844 Hocking Street, Chilliwack, BC V2P 1B4
Chilliwack Grief Support	Phone: 604-793-7239 or 604-792-5436 Website: chilliwackgriefsupport.ca Address: C/O 45938 Wellington Avenue, Chilliwack, BC V2P 2C7
Chilliwack Health Unit	Phone: 604-702-4900 Website: fraserhealth.ca Address: 45470 Menholm Road, Chilliwack, BC V2P 1M2
Chilliwack Home Health, Fraser Health	Phone (toll-free): 1-855-412-2121 Website: fraserhealth.ca Address: 45470 Menholm Road, Chilliwack, BC V2P 1M2

Chilliwack Home Support Services, Fraser Health	Phone: 604-858-0338 Website: fraserhealth.ca Address: 101-45485 Knight Road, Chilliwack, BC V2R 3G3
Chilliwack Hospice Society	Phone: 604-795-4660 Website: chilliwackhospice.org Address: 45360 Hodgins Avenue, Chilliwack, BC V2P 1P5
Chilliwack Landing Leisure Centre	Phone: 604-793-7946 Website: myreccentre.com Address: 1-9145 Corbould Street, Chilliwack, BC V2P 4A7
Chilliwack Learning Society (CLS)	Phone: 604-392-2404 Website: chilliwacklearning.com Address: Suite 227-8472 Harvard Place, Chilliwack, BC, V2P 7Z5
Chilliwack Lifestyles	Phone: 604-824-0109 Website: optima-living.com Address: 6980 Vedder Road, Chilliwack, BC V2R 4E1

Chilliwack Mental Health Centre	Phone: 604-702-4860 Website: fraserhealth.ca Address: 2nd floor, 4570 Menholm Road, Chilliwack, BC V2P 1M2
Chilliwack Primary Care Seniors Clinic	Website: divisionsbc.ca Address: 45600 Menholm Road, Chilliwack, BC V2P 1P7
Chilliwack RCMP Victim Services Program	Phone: 604-393-3020 Website: chilliwack.com Address: Community Policing Office, 45877 Wellington Avenue, Chilliwack, BC V2P 2C
Chilliwack Resource Centre	Phone: 604-702-9595 Website: cwkresourcecentre.com Address: 3-46240 Yale Road Chilliwack, BC V2P 2P3
Chilliwack Senior Peer Counsellors	Phone: 604-793-7204 Website: chilliwackseniorpeercounsellors.org Address: 45938 Wellington Avenue, Chilliwack, BC V2P 2C7
Chilliwack Seniors Recreation Centre	Phone: 604-792-4549 Address: 9400 College Street, Chilliwack, BC V2P 4L6

Chilliwack Seniors' Social Society	Phone: 604-792-6696 Address: 45795 Victoria Avenue, Chilliwack, BC V2P 2T4
Chilliwack Senior Veterans Society	Phone: 604-792-5850 Address: 9233 Main Street Chilliwack, BC V2P 4M8
Chilliwack United Church and the Chilliwack Kiwanis Soup Kitchen	Phone: 604-792-4634 Website: chilliwackunitedchurch.com Address: 45835 Spadina Avenue Chilliwack, BC V2P 1T4
Chronic Health Condition, Self- Management BC	Phone: 1-866-902-3767 Website: selfmanagementbc.ca
Columbia Valley Senior Citizens	Phone: 604-858-3694 Address: 1291 Columbia Valley Road, Chilliwack, BC V2R 4X6
Columbus Manor Chilliwack	Phone: 604-970-8444 Website: colchar.org Address: 8980 Edward Street Chilliwack, BC V2P 6K3

Community Drivers, Chilliwack Community Services	Phone: 604-847-2244 Website: ccsinfo@comserv.bc.ca Address: 7112 Vedder Road, Chilliwack, BC, V2R 3T6
Cooper's Foods	Phone: 604-824-6667 Website: coopersfoods.com Address: 45635 Tamihi Way, Garrison, BC V2R 0M4
Cottonwood Cottage	Phone: 604-702-9544 Website: cottonwoodcottage.ca Address: 10170 Kenswood Drive, Chilliwack, BC V2P 7N7
Crystal Ridge Manor	Phone: 604-858-0955 Website: crystalridgemanor.com Address: 45665 McIntosh Drive, Chilliwack, BC V2P 7L1
Cultus Lake Community School	Phone: 604-858-6266 Website: cultuslake.sd33.bc.ca Address: 71 Sunnyside Avenue, Cultus Lake V2R 5B5

Cultus Lake Golden Palette Club	Phone: 604-769-2787 Address: Cultus Lake Community Hall, 4220 Columbia Valley Highway, Cultus Lake, BC V2R 5B6
Dementia Help Line	Phone (toll-free): 1-800-936-6033
Donating to Charities: Get the Facts Before You Give	Phone: (toll-free) 1-800-465-4911 Website: seniorsbc.ca/shls/charities.html
Driving Miss Daisy	Phone (toll-free): 1-877-613-2479 Website: chilliwack.drivingmissdaisy.net
Eden Care Centre	Phone: 604-792-8166 Address: 9100 Charles Street, Chilliwack, BC V2P 5K6
ElderCollege Chilliwack, University of the Fraser Valley	Phone: 604-702-2611 Website: ufv.ca/eldercollege Address: Room A1367, 45190 Caen Avenue Chilliwack, BC V2R 0N3
Elders Transportation Program, BC Association of Aboriginal Friendship Centres	Phone (toll-free): 1-800-990-2432 Website: bcaafc.com
Emergency Preparedness Guide / Guide for People with Disabilities	Phone (toll-free): 1-800-830-3118 Website: www.getprepared.gc.ca

Emergency Transit Assistance Program, United Way	Phone: 604-702-9595 Website: cwkresourcecentre.com Address: 3-46240 Yale Road, Chilliwack, BC V2P 2P3
Equipment Registry	See Chilliwack and District Seniors' Resources Society (CDSRS)
First Nations Health Authority, Health Benefits Program	Phone (toll-free): 1-855-550-5454 Website: fnha.ca/benefits Address: 1166 Alberni Street, Room 701, Vancouver BC, V6E 3Z3
Fraser Health Crisis Line, The	Phone (toll-free): 1-877-820-7444
Fraser Health Patient Care Quality Office	Phone (toll-free): 1-877-880-8823 Website: fraserhealth.ca Address: 4 th Floor, 11762 Laity Street Maple Ridge, BC V2X 5A3

Fraser Valley Regional Library	Address: Chilliwack Library , 45860 First Avenue, Chilliwack, BC V2P 7K1 Phone: 604-792-1941 Sardis Library , 5819 Tyson Road, Sardis, BC V2R 3R6 Phone: 604-858-5503 Yarrow Library , 4670 Community Street, Yarrow, BC V2R 5E1 Phone: 604-823-4664
Garden Villa	Phone: 604-792-1531 Address: 9155 Garden Drive, Chilliwack, BC V2P 5M8
Greendale Elementary Community School	Phone: 604-823-7281 Website: gcs.sd33.bc.ca Address: 6621 Sumas Prairie Road, Chilliwack, BC, V2R 4K1
Grocery Delivery Service	See Safeway
Grocery Shopping and Home Delivery Service	See Cooper's Foods

Gwynne Vaughan Park Community Garden	Phone: 604-858-6310 Website: gwynnevaughanpark.ca Address: Gwynne Vaughan Society, Box 530, Chilliwack, BC V2P 7V5
Hampton House Retirement Residence	Phone: 604-703-1982 Website: chartwell.com Address: 45555 Hodgins Avenue, Chilliwack, BC, V2P 1P3
HandyDART	Phone: 604-795-5121 Website: bctransit.com Address: 44580 Yale Road West, Chilliwack, BC V2R 4H1
Health Equipment Short Term Loan Program, Canadian Red Cross	Phone: 604-792-2343 Address: 9290 Mary Street, Chilliwack, BC V2P 6J1
HealthLink BC	Phone (toll-free): 8-1-1 Phone (Deaf/hearing - impaired [TTY]): 7-1-1 Website: healthlinkbc.ca
Health Promotion Workshops, Council of Senior Citizens Organizations of BC	Phone: 604-684-9720 Website: coscobc.ca/cosco-workshops
HELP Plus, Canadian Red Cross	Phone: 604-930-9073 Website: redcross.ca

Heritage Village	Phone: 604-858-1833 Website: fraserhealth.ca Address: 7525 Topaz Drive, Chilliwack, BC V2R 3C9
Home Adaptations for Independence Program, BC Housing Homeowner Protection Branch	Phone (toll-free): 1-800-407-7757 (ext. 7055) Website: bchousing.org/HAFI
Home Owner Grant	Phone: 604-792-9498 Website: chilliwack.com Address: City of Chilliwack, Tax Department, 8550 Young Rd., Chilliwack, BC V2P 8A4
Home Oxygen Program, Fraser Health	Website: fraserhealth.ca
Immunization Services	Website: immunizebc.ca or see Chilliwack Health Unit
Independent Lifestyles Homecare	Phone: 604-799-8400 Website: independentlifestyles.ca
Jubilee Place	Phone: 604-792-5018 Address: 45440 Hodgins Avenue, Chilliwack, BC V2P 1P6

Legal Aid, Legal Services Society	Phone: 604-793-7243 Website: lss.bc.ca Address: 45938 Wellington Avenue, Chilliwack, BC V2P 2C7
Library for You, FVRL	Phone: 1-888-668-4141 ext. 7034
Lion Roy Campbell Lodge	Phone: 604-824-1385 Address: 141 School Street, Chilliwack, BC V2P 4L3
Lynnwood Retirement Residence	Phone: 604-792-0689 Website: chartwell.com Address: 9168 Corbould Street Chilliwack, BC V2P 8A1
Mae's Elite Foods	Phone: 604-702-1844 E-mail: maeselitefoods@telus.net Address: 44915 B Yale Road West, Chilliwack, BC V2R 4H3
Meals on Wheels, Chilliwack Community Services	Phone: 604-793-7242 Website: comserv.bc.ca Address: 45938 Wellington Avenue, Chilliwack, BC, V2P 2C7
Medical Equipment Loans/Leases	See Mount Cheam Lions Club

MedicAlert Safely Home Program, Alzheimer Society of Canada & MedicAlert Foundation of Canada	Phone: 1-855-581-3794 Website: alzheimer.ca Address: 2005 Sheppard Ave East, Suite 800, Toronto, ON M2J 5B4
Melody's House Calls	Phone: 1-855-510-5155 Website: housecallsnursing.ca
Mount Cheam Lions Club,	Phone: Hall 604-792-3810 Website: mountcheamlions.com Address: Mount Cheam Lions Hall, 45580 Spadina Avenue, Chilliwack, BC Mailing Address: Box 249, Chilliwack, BC, V2P 6J1
Moving Made Easier	Phone: 604-997-6505 Website: movingmadeeasier.org
National Association of Federal Retirees	Phone: 604-795-6011 Website: fsna.com Address: 9400 College Street, PO Box 463, Chilliwack, BC V2P 6J7
NetCare, Fraser Health	Phone: 604-792-7121 Website: fraserhealth.ca Address: 9090 Newman Road, Chilliwack, BC V2P 3Z8

Nidus: Personal Planning Resource Centre and Registry	Phone (toll-free): 1-877-267-5552 (voicemail) Website: nidus.ca Address: 1440 West 12 th Avenue, Vancouver, BC V6H 1M8
Norman Manor	Phone: 604-792-6666 Website: optima-living.com Address: 8515 Young Street, Chilliwack, BC V2P 4P2
Nurse Next Door	Phone: 604-856-5553 Website: nursenextdoor.com Address: 34334 Forrest Terrace, Abbotsford, BC V2S 1G7
Office of the Public Guardian and Trustee	Phone (toll-free): 1-800-663-7867 Website: trustee.bc.ca
Parking Permits for Persons with Disabilities, Social Planning and Research Council of BC	Phone (toll-free): 1-888-718-7794 Email: permits@sparc.bc.ca Address: 4445 Norfolk Street, Burnaby, BC V5G 0A7
Patient Attachment Mechanism (PAM), Chilliwack Division of Family Practice	Phone: 604-795-0034 / 1-844-795-0034 Website: divisonsbc.ca/chilliwack

Patient Care Quality Office	Phone (toll-free): 1-877-880-8823 Website: fraserhealth.ca Address: 4 th Floor, 11762 Laity Street, Maple Ridge, BC V2X 5A3
People's Law School	Phone: 604-331-5400 Website: publiclegaled.bc.ca Address: 150 – 900 Howe Street, Vancouver, BC V6Z 2M4
Piper Richards on V.C.	Address: 9576 Broadway Street, Chilliwack, BC V2P 5T6
Promontory Community School	Phone: 604-858-2999 Website: promontory.sd33.bc.ca Address: 46200 Stoneview Drive, Chilliwack, BC V2R 5W8
Property Tax Deferment, Province of BC	Phone (toll free): 1-800-663-7867 ask to be transferred to 250-356-8121 Website: www2.gov.bc.ca
Prospera Centre	Phone: 604-793-2904 Website: chilliwack.com/skate 45323 Hodgins Avenue, Chilliwack, BC V2P 8G1
Provincial Park Camping Discounts	Website: env.gov.bc.ca/bcparks

Rainbow Country Seniors, The Salvation Army	Phone: 604-792-0001 Website: salvationarmychilliwack.ca Address: 46420 Brooks Avenue, Chilliwack, BC V2P 1C5
Recycled Medical Equipment Program, Opportunities for the Disabled Foundation	Phone (toll-free): 1-888-242-7202 Website: oftdf.org Address: 319-4538 Kingsway, Burnaby, B.C. V9G 1G5
Redwood Manor	Phone: 604-792-0205 Address: 46530 Karen Drive, Chilliwack, BC V2P 1K1
Rental Housing List	See Salvation Army
Rental Housing Registry	See Chilliwack and District Seniors' Resources Society
Residential Tenancy Office	Phone: 1-800-665-8779 Website: rto.gov.bc.ca Address: 400 - 5021 Kingsway, Burnaby, BC, V5H 4A5
Rosedale Traditional Community School	Phone: 604-378-0300 Website: rtcass.ca Address: 56850 Yale Road, Rosedale, BC, V0X 1X2

Ruth and Naomi's Street Mission	Phone: Daytime - 604-795-2322 Evening - 604-795-0226 Website: ranmission.ca Address: 46130 Margaret Avenue, Chilliwack, BC V2P 2G5
Safeway (Chilliwack)	Phone: 604-795-6428 Website: safeway.ca Address: 45850 Yale Road, Chilliwack, BC V2P 4N6
Safeway (Sardis)	Phone: 604-858-8115 Website: safeway.ca Address: 45610 Luckakuck Way, Chilliwack, BC V2R 1A2
Salvation Army	Phone: 604-792-0001 Website: salvationarmychilliwack.ca Address: 45746 Yale Road, Chilliwack, BC V2P 2N5
Screening Mammography Program, BC Cancer Agency	Phone (toll-free): 1-800-663-9203 Website: screeningbc.ca
SeniorsBC	Phone (toll-free): 1-800-663-7867 Website: seniorsBC.ca

Seniors Housing Directory of BC, Senior Services Society	Phone: 604-520-6621 Website: seniorsservicessociety.ca
Seniors Hunting License Discount	Website: env.gov.bc.ca/fw/wildlife/hunting
Seniors' Skate Time	See Twin Rinks or Prospera Centre
Seniors' Vehicle Insurance Discounts, ICBC	Phone (toll-free): 1-800-663-3051 Website: icbc.com
Service BC—Chilliwack	Phone: 604-795-8415 Website: servicebc.gov.bc.ca Address: Suite 1– 45467 Yale Road West, Chilliwack, B.C. V2R 3Z8
Shelter Aid for Elderly Renters (SAFER), BC Housing	Phone: 1-800-257-7756 Website: bchousing.org Address: 101-4555 Kingsway, Burnaby, BC V5H 4V8
Silver Strands	Phone: 604-792-7440 Website: silverstrands.ca
Stó:lõ Elders' Lodge	Phone: 604-858-5414 Website: stolonation.bc.ca Address: 7519 Topaz Drive Chilliwack, BC V2R 0E8

Stó:lō Nation Health Services	Phone: 604-824-3200 Toll-free: 1-877-411-3200 Website: stolonation.bc.ca Address: 7-7201 Vedder Road Chilliwack, BC V2R 4G5
Sunshine Garden, Chilliwack Society for Community Living	Email: community.garden@cscl.org Address: 45195 Wells Road Chilliwack, BC V2R 1H6
Taxi-Saver Program	See handyDART
Topaz Place	Phone: 604-850-6608 Address: 45438 Knight Road Chilliwack, BC V2R 3E8
Travel Assistance Program, Province of BC	Phone (toll-free): 8-1-1 Deaf/hearing-impaired [TTY], toll-free 7-1-1 Website: health.gov.bc.ca/tapbc
Twin Rinks	Phone: 604-793-2904 Website: chilliwack.com/skate Address: 5725 Tyson Road, Sardis, BC V2R 3R6
University of the Fraser Valley, Senior Citizen Discount	Phone (toll-free):1-888-823-8734 Website: ufv.ca/admissions/feeandpay/seniors/

Upstage	Phone: 604-845-0851 Website: upstagenow.ca
Valley Alert Lifeline	Phone: 1-888-969-1818 Website: valleyalertlifeline.ca Address: 101 - 2445 West Railway Street, Abbotsford, BC V2S 2E3
Valleyhaven	Phone: 604-792-0037 Website: kaigo.ca Address: 45450 Menholm Road Chilliwack, BC V2P 1M2
VictimLink BC	Phone (toll-free): 1-800-563-0808 Website: victimlinkbc.ca
Volunteer Chilliwack, Chilliwack Community Services	Phone: 604-793-7203 Address: 45938 Wellington Avenue Chilliwack, BC V2P 2C Website: comserv.bc.ca
Volunteer Grocery Shopping Program, Market Place IGA & CDSRS	Phone: 604-795-3727 E-mail: iga028@igabc.com Address: IGA, 9700 Menzies Street Nth., Chilliwack, BC V2P 5Z6

Waverly Seniors Village	Phone: 604-792-6340 Website: retirementconcepts.com Address: 8445 Young Road Chilliwack, BC V2P 4P2
We Care Home Health Services	Phone: (toll-free): 1-866-729-3227 Website: wecare.ca Address: 301 – 10233 153 Street Surrey, BC V3R 0Z7
Yarrow Community School	Phone: 604-823-4408 Website: yarrow.sd33.bc.ca Address: Community School, 4605 Wilson Road, Yarrow, BC, V2R 4N3
Yarrow Senior Citizens Society	Phone: 604-823-4325 Address: 4670 Community Street, Chilliwack, BC V2R 5E1