



2014 Seniors Services List

6672 Wadams Way, Sooke, B.C. V9Z 0H3

250-642-6364 Ext. 235

www.sookeregionresources.com

Store	Cost/ discount	Restrictions/ limitations	Dates/ times	Details	Location/ contact info
Aerial Roofing	7% Discount to seniors	65+	Monday to Friday 8:00am to 4:00pm		606 Sutiacum Road 250-474-1519
Fields Store	10% discount on non-sale items	Persons aged 55+ must be in attendance	First Monday of each month	NOTE: Also offer Foster Parents 10% discount - applies mostly back to school stuff with some exceptions. Ask any cashier or Leanne, Manager.	6660 Sooke Road
Future Health Care Planning	Free	Any age, do not need to have a local doctor	Monthly	Group workshop on planning for if you are temporarily unable to speak for yourself – who knows your wishes? Leave your name with reception and they will call you when the next class is running.	West Coast Family Medical Centre, 250-642-4233
GNK Insurance Services - Don McCormick	Up to 20% on all residential insurance "Mature Owner" discounts starting at age 45		call anytime leave a message (office hours 8:30 am to 4:00 pm Monday to Friday)	NOTE: Discounts starting at age 45 to age 64; 65+ for BC Government "Gold Card"	2 - 3690 Carey Road, Victoria 250-360-1168

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	discount	limitations	times		contact info
Good Food Box program	Low cost fresh fruit and vegetable boxes	Not dependent upon age or income level		The aim is to be low cost and primarily support low income families. http://thegoodfoodbox.ca/ Price ranges from \$6- \$18 depending on what you order.	Edward Milne Community School 260-642-6371 & T'Sou-ke Nation Health Office 250-642-4261
La Petite Boutique	10% (all times; except artisan jewellery sold on consignment)	65+	All times		6707 West Coast Road 778-425-2442
Little Vienna Bakery	10% (all times)	65+	Tuesday-Saturday 9am-5pm		6726 West Coast Road 250-642-6833
Notaries in Sooke, Cheryl Vavra, Notary Public	See details column		Hours: Tuesday-Friday 10:00AM to 4:30PM Appointments Recommended	\$75.00 OFF*/person: Simple Will, Power of Attorney and Representation Agreement documents; \$150.00 OFF*/couple: two Simple Mirror Wills, Powers of Attorney and Representation Agreements documents (*all documents must be prepared at the same time)	1-6726 West Coast Road 250-642-3318
Peoples Drug Mart	15% discount on non-sale items	Persons aged 60+ must be in attendance	2 nd Thursday of each month	NOTE: Free prescription delivery from Saseenos to Kemp Lake Store for house-bound persons. Exceptions may be made for delivery of 4 or more prescriptions in one delivery NOTE: The pharmacy pays a contractor for this service. For someone in need outside the delivery area arrangements can be made and there will be a cost associated with the delivery, payable by the recipient.	8 – 6716 West Coast Road 250-642-2226

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Prestige Oceanfront Resort	10% (best available rates Book directly with the hotel and receive a \$25 dining credit.)	55+	Monday-Sunday 24 hours/day		6929 West Coast Road 250-642-0805
Salvation Army Thrift Store	10% discount on non-sale items	Person aged 60+ must be in attendance	Every day	NOTE: Watch for additional periodic sales	#3 - 6686 Townsend Road, Sooke
Seniors Activity Society	Activity bus Annual membership \$15.00, additional cost for outings.	Not dependent upon age or income level		NOTE: Must be a member. Bus is for the purpose of supporting its members with transportation challenges.	The activity bus will pick up people at their homes and take them to various locations so they can socialize and get out of the house. Kay Forde 250-642-4662
Shoppers Drug Mart	20% discount on non-sale items	Persons aged 60+ must be in attendance and must have a Shoppers Points Card	2 nd Thursday of each month	NOTE: No cost for Shoppers Points Card NOTE: Free prescription delivery from Saseenos to Kemp Lake Store for house-bound persons. Exceptions <i>may</i> be made for delivery of 4 or more prescriptions in one delivery NOTE: The pharmacy pays a contractor for this service. For someone in need outside the delivery area arrangements can be made and there will be a cost associated with the delivery, payable by the recipient.	6660 Sooke Road 250-642-5229

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Sooke Senior Drop-in Centre	Inexpensive lunches & BINGO	55+	Tuesday & Thursday 10:30 – 3:00		Sooke Community Hall Dining room, Eustace Road entrance. (250) 642-6898
Village Foods	No senior discount			NOTE: You must purchase or have someone purchase groceries for you. NOTE: Will deliver groceries from the Connie Road to the Kemp Lake Store and village core for a fee of \$2.50 if in Village core and \$5.00 if further than 5 Km. from store. Grocery order <u>must</u> be over \$20.00 . No weekend or holiday delivery. Any age or level of ability may request this service.	103 – 6661 Sooke Road, 250-642-2734
Western Foods	10% (excluding advertised items, milk, tobacco, stamps and lotto)	Must have one person 60+ living in household	Daily 7:30am–10:00pm; Every Thursday is Seniors Day	NOTE: Will deliver groceries from the Stickle-Back Restaurant to the west end of Grant Road and village core for a fee of \$5.00 , for grocery order over \$20.00 . No weekend or holiday delivery. Any age or level of ability may request this service.	1400-6660 Sooke Road 250-642-4134
Tale of the Whale	10% (all times)	65+	Tuesday-Saturday 11am-5pm		2050 Otter Point Road 250-642-6161
Your Perfect Gift	15% Senior's Discount (Exclusion on alcohol)	65+	Open 7 days a week and most holidays; 24/7 online shopping		www.yourperfectgift.com 778-425-0772

Updated: March 5, 2014