

# If we have to grow old... let's do it in Metchosin

Metchosin is home to 1760 residents over the age of 55. That's every third person! And more than 400 of us are over the age of 70.



Our community was recently recognized by the Province of British Columbia for our age-friendly, forward thinking, but we need to do more to ensure our older residents can age independently in their own homes.

To carry our commitment further, we have formed the **Metchosin Seniors' Association**. The Association runs the **Seniors' Information and Resource Centre (SIRC)** in the village core. It is staffed by a part-time coordinator and volunteers and offers seniors a number of services, including:

- Volunteer drivers
- Help with yard work and odd jobs
- Help with navigating bureaucracies
- Resources for seniors needing emergency services
- Computer training
- Educational and other events.

## Be the change...

If you want to make Metchosin more 'age-friendly' for seniors please join this growing organization and be part of the solution. You may not think of yourself as a senior — heck who does? But this is a chance to help shape the community you will grow into. Or, you may live elsewhere and have parents living in Metchosin. This is a way of ensuring they have support even when you can't be here.

Individual memberships are just \$12 per year; family memberships are \$20 per year and donations of any size are always welcome.

Membership form is on the reverse side.

**SIRC** Metchosin Seniors' Association  
**Seniors' Information  
& Resource Centre**



*Aging is better  
in Metchosin*

Just fill out the membership form and mail it to SIRC at 4430 Happy Valley Rd., Victoria, BC V9C 3Z3 or, if you prefer, send us your email address and we'll send you an electronic version. You can make cheques out to Metchosin Senior's Association or SIRC.

Contact us at: [msirc@shaw.ca](mailto:msirc@shaw.ca)  
Or call: 250 478-5150

Watch for our SIRC website, which is currently under construction.

## METCHOSIN SENIORS' ASSOCIATION MEMBERSHIP FORM

<b>FIRST NAME:</b>
<b>SURNAME:</b>
<b>ADDRESS:</b>
<b>EMAIL ADDRESS:</b>
<b>TELEPHONE:</b> ( ) ___ - ___ <b>MOBILE:</b> ( ) ___ - ___
<b>MEMBERSHIP:</b> INDIVIDUAL(\$12) _____ FAMILY(\$20) _____ <b>DONATION:</b> \$ _____
<b>HOW WOULD YOU PREFER TO RECEIVE INFORMATION FROM SIRC?</b> <b>EMAIL</b> _____ <b>TELEPHONE</b> _____ <b>OTHER</b> _____

