



Quick Dial Services

911

911 – Emergency

Use in the event of an emergency for police, fire, ambulance

811

811 – HealthLink BC

Non-urgent health information and advice from nurse, pharmacist, dietician

711

711 – HealthLink BC For Hearing Impaired

Same as above with a relay service for people who are deaf or hard of hearing

211

211 – Community Services

Connect to non-medical community and government social services

Information Sources



Seniors Centre Newsletter and Website



Find It In Golden Guide www.finditingolden.com



The Golden Star Newspaper



Town of Golden & CSRD Websites



Columbia Basin Alliance for Literacy

Emergency & Community Service Numbers

Ambulance (non-emergency)
250-344-6226

Columbia Basin Alliance for Literacy
250-439-9665

Community Response Network
250-344-6866

Crisis Line – Canadian Mental Health
1-888-353-2273

Fire (non-emergency)
250-344-6401

Golden Food Bank
250-344-2113

Golden Hospice Society
250-344-6300

Golden Mental Health
250-344-3015

Poison Control Centre
1-800-567-8911

RCMP (non-emergency)
250-344-2221

RCMP Victim Services
250-344-3920

Suicide Distress Line
1-800-784-2433

Victim Link
1-800-563-0808

Women’s Safe Home
250-344-2101



Connecting you to local supports and resources

Age-Friendly Service Guide

This quick guide is made for you by
The Age-Friendly Community Plan Project
in collaboration with
Your Local Community Connector
October 2025



Health Services



Golden District Hospital

250-344-5271

Lab: 250-344-3040

Golden Medical Clinic

250-344-2211

Home and Community Care

250-344-3005

East Kootenay Primary Care Network (EKPCN):

Doctor's referral required. Social worker, occupational therapist, respiratory therapist, physiotherapist, dietician, chronic disease nurse, mental health clinician.

Community Paramedic

Healthcare provider referral required.

Recreation

Town of Golden Recreation

www.golden.ca/recreation

Seniors Centre Activities

www.goldenseniors.ca/activities

This quick guide highlights key seniors services and is not a complete list of all available options.

Better at Home

Helps older adults continue living independently in their own homes by providing non-medical support services.



Services Provided

- Light housekeeping
- Transportation to appointments within town and out of town
- Friendly visiting
- Grocery shopping
- Meals and Rx delivery
- Navigation and peer support including form completion



Email

GoldenBetteratHome@gmail.com



Phone

250-272-4660

Community Connector

A Social Prescribing Community Connector refers seniors to a wide range of local services provided by community agencies. A detailed resource network is available online or offline.

250-272-0651

GoldenCommunityConnector@gmail.com

Meal Services

Interior Health

Frozen prepared meals, order form available at hospital registration desk.

Seniors Centre

Soup Day

Golden Food Bank

Affordable Meal Kits, available to all, prep required

Transportation

Columbia Valley Regional Transit

1-877-343-2461

Book 24 hours in advance
Tuesdays & Thursdays

Departs Golden 8:00 a.m.
Arrives Invermere 9:45 a.m.
Arrives Cranbrook 11:15 a.m.
Departs Cranbrook 3:00 p.m.
Arrives Invermere 4:55 p.m.
Arrives Golden 6:30 p.m.

Mount 7 Taxi

250-344-5237

Seniors rate available

Better at Home

250-272-4660

Volunteer drivers for clients

Seniors Housing



Purcell View

info@goldenced.ca

Independent seniors residence
one-bedroom and studio units

Mountain View

250-344-7924

Independent and assisted living
one-bedroom units

Abbeyfield House

250-344-7997

Assisted living home
studio suites

Durand Manor

Long-term care,
respite & rehabilitation