

Games Week Itinerary

GAMES WEEK

Nanaimo 2025 55+ BC Games
September 9-13, 2025

Revised September 4, 2025

WELCOME

A warm welcome to you as we approach the Nanaimo 2025 55+ BC Games! Please find below information about Games Week and your Games Week itinerary.

HOST HOTEL

[Coast Bastion Hotel](#)

11 Bastion Street
Nanaimo, BC V9R 6E4
250-753-6601

Check in time is 3:00 pm and check out time is 12:00 noon.

Complimentary wireless internet access in all the guest rooms and in all the meeting rooms

Complimentary health club access

Self-parking rate of \$9.45 per day

Refer to the hotel website and the [Frequently Asked Questions](#) for additional information.

GAMES WEEK CONTACT INFORMATION

Games Office - Woodlands Secondary School, 1270 Strathmore Street, Nanaimo

The Games Office will be open 9am-5pm from September 9-13, 2025

Games Info email: info@55plusgames.ca

GAMES INFORMATION LINE: 250-760-2284 (operational September 9-13, 2025)

Calls will be redirected to the appropriate directorate

MEDICAL SERVICES

Licensed First Responders will be at every Sport Venue and at the Games Special Events

In case of emergency, call 911.

Medical services and supplies will be provided to participants of the Games only, unless an emergency situation arises with spectators/volunteers.

For any non-urgent medical-related inquiries, please call the Games Information Line or see the First Responder at your sport venue for treatment.

GAMES MEDICAL CENTRE

2450 Northfield Road (at the intersection of Highway 19), Nanaimo, BC

PARTICIPANT TREATMENT ACCESS

Treatment for Sport related injuries or request for therapy:

Island Optimal Health & Performance

1881 Dufferin Crescent

<https://islandoptimal.com>

Please call 250-753-9449 or book online through the following link:

<https://islandoptimal.janeapp.com/>

Island Optimal Health & Performance is Nanaimo's largest multidisciplinary health and sports therapy clinic with providers in all aspects of therapy and injury management.

LOST AND FOUND

A Lost and Found bin is located at each venue's Host Station. Items will be held until the venue closes at the end of the sport competition and then will be transferred to the Games Office.

SECURITY

If you have security questions or concerns, please look for a volunteer in an orange shirt or call the Games Information Line.

VOLUNTEER SHIRTS

Keep a look out for the volunteers in case you need any assistance. They will be proudly wearing the following shirt colours:

- Security Volunteers - **ORANGE**
- Medical Volunteers - **RED**
- Photography Volunteers - **BLACK**
- General Volunteers - **LIGHT BLUE**
- Host Society Staff - **LIGHT BLUE**
- Games Directors - **BLUE** & **BLACK VESTS** / **BLACK POLO SHIRTS**
- Games Chairs - **NAVY**

SPORT COMPETITIONS AND MEDAL PRESENTATIONS

Sport Competition Packages and Schedules are posted on the respective sport pages found on the main sport page.

If you applied to present a medal, you will hear from the Host Society for confirmation of your time, day and venue for medal presentations. If you would like to present medals, contact protocoldirector2025@55plusgames.ca

There is a spot on the itinerary to record your commitments.

The Start / Stop schedule can be found [HERE](#), you can download this schedule for reference during the Games.



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GETTING AROUND THE GAMES

The Nanaimo 2025 55+ BC Games are providing a free shuttle to/from key events. Participants must show their accreditation to board the buses.

Participants can also request a ride 24 hours in advance by calling 250-760-2280 between 8am and 8pm. We will do our best to accommodate requests within 24 hours.

Please provide the following information:

- Your name and contact number
- Pickup point, date time, and Games venue
- Return date, time and drop off location
- Number of passengers
- Please also identify any mobility concerns

Other transportation options in Nanaimo

- AC Taxi's number is 250-753-1231
- Uber – through the App
- URide – through the App



TRANSPORTATION

250-760-2280

Call from Aug 18 - Sep 13

Games Village | Tuesday September 9 from 1:00pm – 7:00pm | Beban Park

Free parking is available at Beban Park.

Participant Accreditation | Tuesday September 9 from 2:00pm – 8:00pm | Beban Park Social Centre

Free parking is available at Beban Park.

Opening Ceremony | Wednesday Sept 10 from 6:30pm – 7:30pm | Serauxmen Stadium

Free parking is available at Beban Park.

Opening Ceremony | Wednesday, Sept 10 from 6:30pm – 7:30pm | Serauxmen Stadium

Shuttle bus service will run from Beban Park to Serauxmen Stadium, and from Downtown Nanaimo to Serauxmen Stadium, starting at 5:00pm until 6:00pm. Return shuttles from 7:30pm until 8:30pm. There are pickup/drop-off locations at Beban Park Social Centre and in front of the Coast Bastion Hotel. The pickup/drop off at Serauxmen will be in front of the Nanaimo Ice Centre on Third Street.

** Limited parking is available at the Nanaimo Ice Centre and Nanaimo Aquatic Centre.

Mixer at Maffeo Community Event | Thursday Sept 11 from 7:00pm – 9:00pm | Maffeo Sutton Park

Shuttle bus service will run from Beban Park to Maffeo Sutton Park between 5:00pm and 6:00pm. Return shuttles will run from 9:00pm - 10:00pm. The pickup/drop off at the Beban Social Centre. The pickup/drop off at Maffeo Sutton will be at the regular bus stop on Comox Road next to the park.

Very limited parking is available at Maffeo Sutton Park.

Participant Dance & Passing of the Flag Ceremony | Friday Sept 12 from 7:00pm – 9:00pm | VICC

Shuttle bus service from Beban Park to the Vancouver Island Conference Centre (VICC) starting at 5:30pm to 6:30pm. Return shuttles from 9:00pm – 10:00pm. The pickup/drop off at the Beban Social Centre. The pickup/drop off at the VICC is at 101 Gordon St. on the lower level of the VICC.

Parking below the VICC in the Port Theatre/Conference Centre is limited. Other nearby options include the Bastion Street Parkade, Harbourfront Parkade, street parking, and Skinner Street Parkade





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TUESDAY, SEPTEMBER 9, 2025			
TIME	EVENT/FUNCTION	LOCATION	NOTES
1:00 - 6:00 PM	Guest Accreditation	Coast Bastion Hotel lobby 11 Bastion Street	
1:00 - 7:00 PM	Games Village	Beban Park 2300 Bowen Road	Local vendors and attractions Local bands and performers Pick up pre-ordered merchandise Buy merchandise
1:00 - 8:00 PM	Merchandise Sales	Beban Park Social Centre 2300 Bowen Road	
2:00 - 8:00 PM	Accreditation	Beban Park Social Centre 2300 Bowen Road	Pick up the Games Event Guide
3:30 - 7:45 PM	Sport Competition Hockey	Nanaimo Ice Centre 750 Third Street	Early start to schedule; teams still must attend accreditation to pick up badges



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WEDNESDAY, SEPTEMBER 10, 2025			
TIME	EVENT/FUNCTION	LOCATION	NOTES
Various times	Day 1 Sport Competitions All sport start	Various Locations	Refer to Games Event Guide for venue locations Refer to Start/Stop Schedule for start, stop & medal presentation times
1:00 - 5:00 PM	Guest Accreditation	Coast Bastion Hotel Lobby	
5:30 PM	Transportation to Opening Ceremony	Coast Bastion Hotel Front entrance	Bus departs from hotel at 5:30 PM Drop off will be at the far right entrance of Serauxmen Stadium A volunteer will guide Games Family to the tent within the stadium ground Any individual who is making their way on their own should know that parking is very limited at the Aquatic Centre and Nanaimo Ice Centre. We recommend Games Family use the provided shuttle. If you still choose to make your way on your own, please make sure you are at the tents on the



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			field of Serauxmen by 6pm. You will need to check in at the entrance with the volunteers and identify yourself as Games Family. The volunteer will direct you to the far right entrance and entrance to the field.
6:00 PM	Briefing	Serauxmen Stadium 745 Third Street	Meet at the tents on the field of Serauxmen by 6PM. You will need to check in at the entrance with the volunteer
6:30 - 7:30 PM	Opening Ceremony	Serauxmen Stadium 745 Third Street	Outdoor venue
After Ceremony	Transportation to Reception	Same location as bus drop off	The museum is located 2 blocks (250m) from the Coast Bastion hotel. No shuttle is planned for after the reception. If transportation is needed, please book it through the transportation dispatch.
After Ceremony	Reception Hosted by Nanaimo 2025 55+ BC Games Host Society and BC Seniors Games Society	Nanaimo Museum 100 Museum Way	Presentation to provincial sponsors by BCSGS President Cash bar \$7/drink Food will be provided



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THURSDAY, SEPTEMBER 11, 2025			
TIME	EVENT/FUNCTION	LOCATION	NOTES
Various times	Day 2 Sport Competitions	Various Locations	Refer to Games Event Guide for venue locations Refer to Start/Stop Schedule for start, stop & medal presentation times
7:00 - 9:00 PM	Special Event Mixer at Maffeo Community Event	Maffeo Sutton Park 100 Comox Road	Outdoor venue Bring a blanket, camping chair and your dancing shoes Enjoy the sounds of the Palace Band, the beautiful sunset on the waterfront Local food vendors available Refer to transportation section



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FRIDAY, SEPTEMBER 12, 2025			
TIME	EVENT/FUNCTION	LOCATION	NOTES
Various times	Day 3 Sport Competitions	Various locations	Refer to Games Event Guide for venue locations Refer to Start/Stop Schedule for start, stop & medal presentation times
7:00 - 9:00 PM	Participant Dance & Passing of the Flag Ceremony	Vancouver Island Conference Centre Mount Benson Ballroom 101 Gordon Street	Appetizers Cash bar available Silent auction
8:55 PM	50/50 draw		Ticket sales end at 8:45 PM

SATURDAY, SEPTEMBER 13, 2025			
TIME	EVENT/FUNCTION	LOCATION	NOTES
Various times	Day 4 Sport Competitions Final day of competition	Various locations	Refer to Games Event Guide for venue locations Refer to Start/Stop Schedule for start, stop & medal presentation times

