



Phone

604-718-8201



Email

killarneyseniorscentre@vancouver.ca



Website

<http://www.killarneycentre.ca>



KILLARNEY SENIORS CENTRE

JANUARY 2025

We want to hear from you!

Reach out to us if you have any questions or ideas for the newsletter.

killarneyseniorscentre@vancouver.ca

Jointly operated by the Killarney Community Centre Society and the Vancouver Board of Parks and Recreation

Killarney Seniors Centre is situated on the unceded, ancestral territories of the x^wməθk^wəyəm (Musqueam), Sk^wxwú7mesh (Squamish), and səlilwətał (Tseil-Waututh) nations.

EAT, CHAT, THRIVE

Lunch Program

Registration & Menu Schedule

Month	Registration	Menu
January	December 17	December 13
February	January 21	January 17
March	February 18	February 14



The cost of lunch is \$8.55 + tax

Please Note:

The Lunch Program will closed for Winter Break December 23-January 3 and will resume on January 6.

JANUARY 2025 Eat, Chat, Thrive

Lunch Program

Seniors 55+

一月

Write down the number of meals you want to register for take out and/or dine-in

Menu

Take Out
外賣

Dine In
堂食

10:45	11:30	Monday 星期一	6	Crispy breaded Sole with lemon sauce, potato , vegetables. 香檸汁焗吉列魚柳, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	7	Mexican chicken enchiladas with tomatillo sauce, rice & beans, salad. 墨西哥式雞肉卷, 豆飯, 沙律。
10:45	11:30	Thursday 星期四	9	Shrimp cooked in savoury Creole sauce, green rice, vegetables. 茄醬汁煮大蝦, 波菜飯, 菜。
10:45	11:30	Friday 星期五	10	Asian style grilled pork chop with tomato onion sauce, rice, vegetables. 中式豬扒, 鮮茄洋葱汁, 飯, 菜。
10:45	11:30	Monday 星期一	13	Ukrainian Kielbasa sausage, potato & cheese perogies, vegetables. 烏克蘭式香腸, 薯蓉芝士餃子, 菜。
10:45	11:30	Tuesday 星期二	14	Beef Liver or Turkey cutlet, with gravy, bacon & onions, baked potato, vegetables. 烤焗牛肝或吉列火雞肉扒, 醬汁, 煙肉, 洋葱, 焗薯仔, 菜。
10:45	11:30	Thursday 星期四	16	Vietnamese style roasted chicken leg, coconut rice, vegetables. 越南式烤焗雞腿, 椰汁飯, 菜。
10:45	11:30	Friday 星期五	17	Baked red snapper with herbs & lemon, Italian risotto, vegetables. 香草檸檬焗紅斑魚柳, 意大利燴飯, 菜。
10:45	11:30	Monday 星期一	20	Veal cutlet Parmigiana, spaghetti with marinara sauce, Caesar salad. 烤焗茄子吉列牛仔肉, 醬汁意粉, 凱撒沙律。
10:45	11:30	Tuesday 星期二	21	Pork schnitzel with onion gravy & fresh applesauce; egg noodles, vegetables. 吉列豬肉扒, 洋葱醬汁, 蘋果醬, 蛋麵, 菜。
10:45	11:30	Thursday 星期四	23	Sicilian fish chowder with tomato, wine, & mint; salad, garlic bread. 西西里人茄子秋打魚濃湯, 沙律, 蒜蓉包。
10:45	11:30	Friday 星期五	24	Hot open faced roast turkey sandwich with gravy, mashed potato & vegetables. 熱醬汁火雞肉三文治, 薯蓉, 菜。
10:45	11:30	Monday 星期一	27	Quiche with bacon & roasted vegetables, salad. 煙肉雜菜乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	28	Parmesan crusted Salmon, dilled rice, vegetables. 焗巴馬臣芝士三文魚, 茴香草飯, 菜。
10:45	11:30	Thursday 星期四	30	Oregano roasted chicken leg, scalloped potato, vegetables. 香草焗雞腿, 奶香乳酪焗馬鈴薯, 菜。
10:45	11:30	Friday 星期五	31	Chinese New Year: Sticky Rice with pork, sausage, Chinese mushrooms, & dried shrimp; New Year vegetables (“Buddha’s Delight “) 慶祝農曆新年: 冬菇臘腸蝦米肉粒糯米飯, 羅漢齋, 椰汁年糕

Closed for Holiday Season until Monday, January 6, 2025

中心假期休息至二〇二五年一月六日星期一重開。



Eat, Chat, Thrive

Lunch Program

Seniors 55+

MENU HIGHLIGHT

Mexican Chicken Enchiladas with tomatillo sauce

The Enchilada, a comforting and homey Mexican dish, has been served in some form since Ancient Mayan times. The Enchilada is made with a corn tortilla (a traditionally thin and hand formed flatbread made of corn) wrapped around a savoury filling and covered and baked in a sauce. Any kind of meat, cheese, vegetables or fish can be rolled up in the tortilla and any of a wide variety of moles and chili sauces can be used for moistening and saucing the dish. Each region of Mexico has its specialty.

On Tuesday, January 7, we'll be serving Enchiladas filled with tender cumin chicken, covered in a simple fresh flavoured tomatillo sauce, sprinkled with sharp cheese, and baked 'til hot and bubbly.



Tomatillos are small, bright green fruits covered with a thin, papery husk that are a staple in Mexican cooking.

EAT, CHAT, THRIVE

Lunch Program

Monday - Tuesday - Thursday - Friday

TAKE OUT

- Pick up at 10:45am
- Max: 40 lunches
- 1 order per customer
- Includes entrée, dessert, & juice

DINE IN

- Seating at 11:30am
- Max: 70 lunches
- Includes entrée, dessert, & coffee, tea OR juice
- 1 order per customer
- All customers must register individually

DROP IN

- 20 guaranteed first come first serve drop-in spots available at 12:00pm
- Payment will be taken at 12:00pm
- 1 drop in order per customer
- Should there be excess food, more drop-in meals may be made available for purchase

Program Details & Refund Policy

- 10 lunch pass visits = \$85.50 + GST | 1 lunch = \$8.55 + GST
- Use KEYWORD “Killarney Eats” when registering online
- Refunds for lunch reservations are available until 5:00pm on the day before the scheduled lunch. Requests made after this deadline will not be eligible for a refund.

Registration Open:

December 17

REGISTER NOW >



By Phone

604-718-8201



In Person

6260 Killarney Street,
Vancouver, BC



Online

<http://www.vanrec.ca>

All 10 visit lunch passes prior to March 2020 will be honoured.



KSC UPDATES

- **Friendly reminder that for the Eat, Chat, Thrive lunch program, our refund policy is as follows: Refunds for lunch reservations are available until 5:00pm on the day before the scheduled lunch. Requests made after this deadline will not be eligible for a refund.**
- **Bus Trips hosted by Champlain Heights can be found on the Champlain Heights Program Guide. For more information and to register, please contact Champlain heights directly at 604-718-6575.**



“Believe you can and you're halfway there”.

Theodore Roosevelt

PROGRAM SPOTLIGHTS

WINTER 2025



Winter Senior Social Program



Enjoy social activities and an opportunity to connect with fellow seniors! Activities will include: board games, brain games, trivia and more! Check out the E-newsletter for the most up to date schedule of activities. If you would like to receive the Killarney Seniors Centre E-Newsletter on a monthly basis, please subscribe by emailing us at killarneyseniorscentre@vancouver.ca

Seniors Lounge	Program Assistant III
W Jan 8-Mar 26	2:00PM-3:00PM
534914	FREE



Senior 's Centre **NEW!** Meet & Greet



Join us for a monthly meet-and-greet with our wonderful staff, followed by a guided tour of our facilities. Indulge in a selection of teas and delicious cookies as you learn more about our Seniors Centre and what programs, workshops & special events we offer. This is also a great chance to socialize and meet other seniors in our Killarney community.

Seniors Lounge	Program Assistant III
Wed Jan 29	11:45AM-12:45PM
539152	FREE
Wed Feb 26	11:45AM-12:45PM
539197	FREE
Wed Mar 26	11:45AM-12:45PM
539198	FREE

MEMORY AND AGING WORKSHOP

How memory functions and how it changes as you age is explained. Tips for managing and improving memory, as well as information about seeking help, as needed, are also presented. Please bring a pen to take notes on the handout.

Tues Jan 28, 1:30-3pm

Free

542992

Board Room

Join Our Community Volunteer Gardeners Team!

Passionate about gardening or just eager to lend a hand? We invite you to join us in nurturing our small community garden nestled in the Preschool Playground area. Help with planting, watering, and weeding on a rotating basis, ensuring the wellness of our vibrant vegetables. Your efforts directly support the Killarney Seniors Centre Lunch program as all produce from the garden is supplied there. No prior experience required—just bring your enthusiasm and a willingness to make a difference! Let's grow together.

PROGRAM SPOTLIGHTS

WINTER 2025

NEW

Latin Dance - All Levels

Learn to dance with style and rhythm. Latin dancing is easy and fun for all ages and experience levels! Just follow the step and you will be dancing Salsa, Bachata and merengue to lively Latin songs. Latin dancing is also a great source of exercise! You will be achieving your daily step count as well as developing good balance, coordination and reflexes. No partner required. Just bring yourself and your favourite exercise shoes.

Sat Jan 11-Jan 18, 2-3pm

\$20/2 sessions

course #: 540191

Seniors Grand Hall

Chinese Square Group Dance

Square Group Dance originated in China around 10 years ago. Its main purpose includes happiness and health. It is most popular among seniors, especially women, but gradually liked by adult men, and even by children. People with the same interest in dancing come out in groups of 10-30 to dance on a square after a day of housework. They enjoy a happy and healthy life style by doing so.

Sat Jan 11-Mar 29, 3:30-5:30pm

\$24/12 sessions

course #: 535806

Seniors Grand Hall

AFTERNOON MOVIE MATINEE!

“MAMMA MIA”

**Gather with friends and meet new ones
as we celebrate the joy of cinema
together. Don't miss this chance to
unwind and enjoy a great movie! Check
out the concession Sixty2Sixty Eats to
purchase a variety of food and
refreshments.**

Seniors Grand Hall

Wed Jan 15 11:45AM-1:45PM

Course# 535126

\$1



SENIORS RESOURCES



Service Canada

Service Canada provides a single point of access to a wide range of government services and benefits.

1-800-622-6232

CPP & OAS:

1-800-277-9914 servicecanada.gc.ca

Canada Revenue Agency

1-800-959-8281 canada.ca

Veterans Affairs Canada

1-866-522-2122 veterans.gc.ca

seniorsBC.ca

This website provides information about government programs and services for older adults. The goal is to provide the residents of BC with one place to find all the information they need to plan for and live a healthy, active aging lifestyle.

Vancouver Coastal Health

General inquiries 604-736-2033 Monday - Friday, 8:30-5

1-866-884-0888 www.vch.ca

BC211

bc211 is a Vancouver-based nonprofit organization that specializes in providing information and referral, regarding community, government and social services in BC.

Dial 2-1-1 bc211.ca

311

311 is the City of Vancouver. Report an issue or request a service.

Dial 3-1-1 www.vancouver.ca

BC Senior Home Care

Providing services to seniors including respite care

604-704-7894 bcseniorhomecare.ca

BC NurseLine/HealthlinkBC - 811

24-hour confidential non-emergency health information and advice. Translation services are available in more than 130 languages.

604-215-8110 or dial 8-1-1 healthlinkbc.ca

For hard of hearing:

1-866-889-4700



KILLARNEY SENIORS CENTRE INFORMATION

The Killarney Seniors Centre Monthly E-Newsletter & Program Information features our promotions, special events, programs, services, coupons, community initiatives and more!



If you would like to receive this E-Newsletter on a monthly basis, please subscribe by emailing us at killarneyseniorscentre@vancouver.ca

We won't share your information with any other organizations and you can unsubscribe at any time.

By signing up, you consent to receiving the electronic communications.

To find out additional information about Killarney Seniors programs & activities, visit our WEBSITE:

<http://www.killarneycentre.ca> or www.vanrec.ca

LAST LAUGH



haha

