



604-718-8201



KILLARNEYSENIORSCENTRE@VANCOUVER.CA



[HTTP://WWW.KILLARNEYCENTRE.CA](http://www.killarneycentre.ca)



KILLARNEY SENIORS CENTRE

February 2025

WE WANT TO HEAR FROM YOU!

REACH OUT TO US IF YOU HAVE ANY QUESTIONS OR IDEAS
FOR THE E-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
X̱MƏΘKʷƏY̱ƏM (MUSQUEAM), SḴW̱X̱W̱Ú7MESH (SQUAMISH), AND SƏLILWƏTƏɬ
(TSLEIL-WAUTUTH) NATIONS.

Eat, Chat, Thrive

LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

MONTH	REGISTRATION	MENU
FEBRUARY	JANUARY 21	JANUARY 17
MARCH	FEBRUARY 18	FEBRUARY 14
APRIL	MARCH 25	MARCH 21

REGISTRATION DAYS:

ONLINE & IN-PERSON: 9:00AM

TELEPHONE: 10:00AM



THE COST OF LUNCH IS \$8.55 + GST.

DUE TO GST HOLIDAY TAX BREAK – NO GST WILL BE CHARGED
BETWEEN DECEMBER 14, 2024–FEBRUARY 15, 2025

February 2025

二月

EAT, CHAT, THRIVE LUNCH PROGRAM

SENIORS 55+

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	3	SPAGHETTI AND MEATBALLS, GARLIC BREAD, SALAD. 肉丸醬汁意粉, 蒜蓉包, 沙律。
10:45	11:30	TUESDAY 星期二	4	PORK LOIN CHOP W SAGE STUFFING & GRAVY, MIXED RICE & GRAINS, VEGETABLES. 香草醬汁豬柳扒, 麥米飯, 菜。
10:45	11:30	THURSDAY 星期四	6	BAKED RED SNAPPER W GINGER GARLIC SAUCE, RICE, VEGETABLES. 薑, 蒜蓉汁焗紅斑魚柳, 飯, 菜。
10:45	11:30	FRIDAY 星期五	7	CURRY BEEF BRISKET W KABOCHA SQUASH, RICE, VEGETABLES. 南瓜咖哩牛腩, 飯, 菜。
10:45	11:30	MONDAY 星期一	10	OLD FASHIONED SALMON LOAF W CELERY SAUCE, EGG NOODLES, VEGETABLES. 西芹汁焗三文魚卷, 蛋麵, 菜。
10:45	11:30	TUESDAY 星期二	11	GREEK ROASTED CHICKEN, ORZO & RICE, CUCUMBER FETA SALAD. 希臘式焗雞, 米型麵, 青瓜芝士沙律。
10:45	11:30	THURSDAY 星期四	13	CHINESE STYLE BBQ PORK RIBS, RICE, VEGETABLES. 中式燒排骨, 飯, 菜。
10:45	11:30	FRIDAY 星期五	14	VALENTINES DAY- BACON WRAPPED CHICKEN BREAST MEDALLION , POTATO, VEGETABLES. 情人節-煙肉圓形無骨雞扒, 薯仔, 菜。
10:45	11:30	MONDAY 星期一	17	CLOSED FOR BC FAMILY DAY 家庭日休息
10:45	11:30	TUESDAY 星期二	18	BAKED RED SNAPPER W FRUIT SALSA, COCONUT RICE, VEGETABLES. 菓醬汁焗紅斑魚柳, 椰汁飯, 菜。
10:45	11:30	THURSDAY 星期四	20	FRENCH PORK STEW "PROVENCAL " W TOMATO, POTATO & ORANGES, CRUSTY BREAD & SALAD. 法式普羅旺斯燉豬肉, 蕃茄, 香橙薯仔, 硬皮麵包, 沙律。
10:45	11:30	FRIDAY 星期五	21	PAN FRIED PRAWNS W ONIONS ON RICE, CREAM SAUCE, VEGETABLES. 白汁洋蔥煎大蝦, 飯, 菜。
10:45	11:30	MONDAY 星期一	24	BEEF LIVER OR VEAL CUTLET WITH BACON, ONIONS & GRAVY, MIXED RICE GRAINS, VEGETABLES. 烤焗牛肝或吉列牛仔肉, 煙肉, 洋蔥醬汁, 麥米飯, 菜。
10:45	11:30	TUESDAY 星期二	25	HOUSEMADE BEEFSTEAK W MUSHROOM SAUCE, POTATO, VEGETABLES. 自家製碎牛肉漢堡扒, 蘑菇汁, 薯仔, 菜。
10:45	11:30	THURSDAY 星期四	27	GRILLED CHICKEN BREAST WITH HONEY ORANGE SAUCE, EGG NOODLES W SEASAME SEED SAUCE, VEGETABLES 香橙蜜汁煎雞胸, 芝麻醬撈蛋麵, 菜。
10:45	11:30	FRIDAY 星期五	28	BREADED SOLE WITH BASIL CREAM SAUCE, ROASTED POTATOES, VEGETABLES. 香草白汁焗魚柳, 烤焗薯仔, 菜。

CLOSED

Eat, Chat, Thrive

LUNCH PROGRAM 55+

MONDAY – TUESDAY – THURSDAY – FRIDAY

Take Out

- PICK UP AT 10:45AM
- MAX: 40 LUNCHES
- MAX 2 ORDERS PER RECEIPT
- INCLUDES ENTRÉE, DESSERT, & JUICE

Dine In

NEW

- PAYMENT TAKEN AS EARLY AS 11:15AM
- SERVING LUNCH WILL BEGIN AT 11:30AM
- MAX 70 LUNCHES
- MAX 2 ORDERS PER RECEIPT
- INCLUDES ENTRÉE, DESSERT, & COFFEE, TEA OR JUICE
- PATRONS WILL BE INVITED TO LINE UP FOR LUNCH IN ORDER OF THEIR ASSIGNED NUMBER, WHICH IS BASED ON THE CHECK IN TIME AT THE SENIORS RECEPTION DESK. KINDLY WAIT UNTIL YOUR NUMBER IS CALLED BY STAFF BEFORE LINING UP.

Drop In

- 20 GUARANTEED FIRST COME FIRST SERVE DROP-IN SPOTS AVAILABLE AFTER 11:45AM.
- PAYMENT WILL BE TAKEN AFTER 11:45AM
- 1 DROP IN ORDER PER CUSTOMER (IN-PERSON ONLY)
- 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:

JANUARY 21

REGISTER NOW >



BY PHONE

604-718-8201



IN PERSON

6260 KILLARNEY STREET,
VANCOUVER, BC



ONLINE

[HTTP://WWW.VANREC.CA](http://www.vanrec.ca)



ALL 10 VISIT LUNCH PASSES PRIOR TO MARCH 2020 WILL BE HONOURED.

Eat, Chat, Thrive
LUNCH PROGRAM 55+
MONDAY – TUESDAY – THURSDAY – FRIDAY

Dine In



STARTING FEBRUARY 2025

Patrons will be invited to line up for lunch in order of their assigned number, which is based on the check in time at the Seniors Reception desk. Kindly wait until your number is called by staff before lining up.

**YOUR DINE IN #
CAN BE
FOUND HERE:**



Eat, Chat, Thrive
LUNCH PROGRAM 55+
MONDAY – TUESDAY – THURSDAY – FRIDAY

Take Out



NEW STARTING FEBRUARY 2025

Patrons can pick up the Take Out in order of their assigned number, which is based on the check in time at the Seniors Reception desk.

**YOUR TAKE OUT #
CAN BE
FOUND HERE:**



Eat, Chat, Thrive
LUNCH PROGRAM 55+
MONDAY – TUESDAY – THURSDAY – FRIDAY

Drop in



STARTING FEBRUARY 2025

After 11:45am

Drop in patrons will be invited to line up for lunch in order of their assigned number, which is based on the check in time at the Seniors Reception desk. Kindly wait until your number is called by staff before lining up.

**YOUR DROP IN # CAN BE
FOUND HERE:**



Eat, Chat, Thrive

LUNCH PROGRAM 55+

MONDAY – TUESDAY – THURSDAY – FRIDAY

Thank you all for
being so patient as
we implement these
new Lunch Program
changes.

Any questions – please
reach out to one of
Seniors Centre staff
members.

EAT, CHAT, THRIVE

LUNCH PROGRAM

SENIORS 55+

Menu highlight

FRENCH PORK STEW "PROVENCAL" W TOMATO, POTATO &
ORANGES; CRUSTY BREAD & SALAD

"PROVENCAL" REFERS TO DISHES PREPARED IN THE STYLE OF PROVENCE,
A REGION IN SOUTHEASTERN FRANCE.

THERE, BECAUSE OF ITS SUNNY AND WARM CLIMATE AND PROXIMITY TO
THE MEDITERRANEAN SEA, PROVENCE'S CUISINE CONTAINS SIGNATURE
INGREDIENTS SUCH AS GARLIC, OLIVE OIL, FRESH HERBS, TOMATOES
AND SEAFOOD IN ABUNDANCE. YOU MAY BE FAMILIAR WITH SOME OF
THEIR FAMOUS DISHES – BOUILLABAISSE (FISH, SAFFRON & TOMATO
STEW), RATATOUILLE (BRAISED ZUCCHINI, EGGPLANT, TOMATO & HERBS)
AND AIOLI (GARLIC & OLIVE OIL BASED SAUCE).

ON THURSDAY FEBRUARY 20, WE'LL BE SERVING A RUSTIC STEW OF
TENDER PORK IN TOMATOES, BAY LEAF, WINE, POTATO, OLIVE OIL AND
ORANGE PEEL; AND SERVED WITH SALAD AND CRUSTY BREAD TO SOAK
UP THE JUICES.

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



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

COURSE #542992

BOARD ROOM

Program Spotlights

WINTER 2025

WINTER SOCIAL SENIOR PROGRAM

ENJOY SOCIAL ACTIVITIES AND AN OPPORTUNITY TO CONNECT WITH
FELLOW SENIORS!

ACTIVITIES INCLUDE: SUDOKO, TRIVIA, BINGO AND MORE.

DROP IN AND PARTICIPATE!

WEDNESDAYS

2-3PM

FREE

SENIORS LOUNGE

6			5					
				4	9	1		
	8	9						5
8		1	2	5				9
	4		6		3		5	
5				9	1	8		2
7						9	1	
		8	4	1				
					5			6

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

BEGINNER PILATES FOR THE OLDER ADULT

IN THIS PILATES CLASS WE WILL CONCENTRATE ON STRENGTHENING THE BODY WITH PARTICULAR ATTENTION TO THE CORE. THIS WILL IMPROVE GENERAL FITNESS AND OVERALL WELLBEING , AS WELL AS POSTURE, BALANCE AND FLEXIBILITY MODIFICATIONS AND PROGRESSIONS WILL BE OFFERED

TUES FEB 18-MAR 18, 11AM-12PM

\$41.25/5 SESSIONS

COURSE #: #531099

BOARD ROOM



NEW

PAIN MANAGEMENT WORKSHOP

LEARN EVIDENCE-BASED STRATEGIES TO MANAGE ARTHRITIC PAIN SO THAT YOU CAN EXERCISE, REST AND HAVE A FUNCTION-CENTRED LIFE.. PRESENTER: SUSAN JOHNSTON, RN

THURS FEB 6 1PM-3:30PM

FREE

COURSE #: 537441

BOARD ROOM

STORY SUBMISSIONS



WE ARE ACCEPTING STORY SUBMISSIONS!

WE INVITE SENIORS TO SHARE THEIR STORIES AND EXPERIENCES WITH US! WHETHER IT'S A CHERISHED MEMORY OR A LESSON LEARNED OVER THE YEARS. WE BELIEVE EVERY STORY HAS THE POWER TO INSPIRE AND CONNECT GENERATIONS.

SHARE YOUR WISDOM, YOUR ADVENTURES, AND YOUR UNIQUE PERSPECTIVE WITH US – WE LOOK FORWARD TO READING YOUR HEARTFELT NARRATIVES. SUBMISSIONS WILL BE REVIEWED BY STAFF AND FEATURED IN AN UPCOMING E-NEWSLETTER.

PLEASE SEND ALL SUBMISSIONS TO
KILLARNEYSENIORSCENTRE@VANCOUVER.CA

Afternoon Movie Matinee!

“A Man Called Otto”

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 FEB 19

11:45AM–1:45PM

COURSE# 535765

\$1



KILLARNEY CC
PRESENTS

SAINT PATRICKS DAY

MARCH 5, 2025

11:30AM-1:30PM
SENIORS GRAND HALL
COURSE #: 534915
\$20

SHAMROCKS AND SMILES AWAIT! COME
ENJOY AN AFTERNOON OF ST. PATRICK'S
DAY FUN WITH AN IRISH-THEMED LUNCH,
COMPLETE WITH TRADITIONAL DISHES,
FESTIVE TREATS, AND LIVE MUSIC! DON'T
FORGET TO WEAR YOUR GREEN AND ENJOY
THE LUCK OF THE IRISH!





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](https://www.servicecanada.gc.ca)

CANADA REVENUE AGENCY

1-800-959-8281 [CANADA.CA](https://www.canada.ca)

VETERANS AFFAIRS CANADA

1-866-522-2122 [VETERANS.GC.CA](https://www.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](https://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](https://www.bc211.ca)

311

311 IS THE CITY OF VANCOUVER. REPORT AN ISSUE OR REQUEST A SERVICE.

DIAL 3-1-1 [WWW.VANCOUVER.CA](https://www.vancouver.ca)

BC SENIOR HOME CARE

PROVIDING SERVICES TO SENIORS INCLUDING RESPITE CARE

604-704-7894 [BCSENIORHOMECARE.CA](https://www.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](https://www.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, 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 NEW WEBSITE:
[HTTP://WWW.KILLARNEYCENTRE.CA](http://WWW.KILLARNEYCENTRE.CA) OR WWW.VANREC.CA

Last Laugh



haha'

