



604-718-8201



killarneyseniorscentre@vancouver.ca



Website

<http://www.killarneycentre.ca>

KILLARNEY SENIORS CENTRE

MAY 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 x^wməθk^wəyəm (Musqueam), Sk^wx^wú7mesh (Squamish), and səliłwətał (Tseil-Waututh) nations.



EAT, CHAT, THRIVE

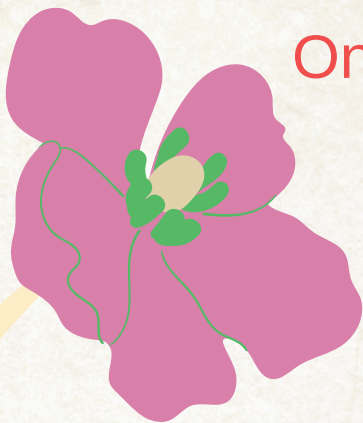
LUNCH PROGRAM 55+

Registration & Menu Schedule

Month	Registration	Menu
May	April 22	April 17
June	May 27	May 23
July	June 24	June 20

REGISTRATION DAYS:

Online & In-person: 9:00am



Telephone: 12:00pm

The cost of lunch is \$8.55 + GST.

MAY 2025

Eat, Chat, Thrive

五月長者中心餐單

Lunch Program

Seniors 55+

Menu

Take Out
外賣

Dine In
堂食

Take Out 外賣	Dine In 堂食	Day	Item	Description
10:45	11:30	Thursday 星期四	1	German-style breaded pork schnitzel with mushroom gravy, potato, salad. 德國式吉列豬柳, 蘑菇汁, 薯仔, 沙律
10:45	11:30	Friday 星期五	2	Vietnamese- style lemongrass chicken leg, egg noodles with sesame seed sauce, vegetables. 越南式香茅燒雞腿, 芝麻醬撈麵, 菜。
10:45	11:30	Monday 星期一	5	Polish roasted kielbasa, perogies with onions and sour cream, vegetables. 焗波蘭式香腸, 餃子, 洋蔥, 酸乳酪, 菜。
10:45	11:30	Tuesday 星期二	6	Killarney's signature meatballs, spaghetti & marinara sauce, salad, garlic bread. 長者中心招牌肉丸茄醬意粉, 沙律, 蒜蓉包。
10:45	11:30	Thursday 星期四	8	Baked Snapper with coconut milk & Thai basil, rice, vegetables. 泰式椰汁香草焗紅斑魚柳, 飯, 菜。
10:45	11:30	Friday 星期五	9	Billy's honey char- siu (bbq pork), rice, vegetables. 標哥蜜汁叉燒, 飯, 菜。
10:45	11:30	Monday 星期一	12	Mother's Day-Seafood & spring vegetable quiche, salad. 母親節- 烤焗海鮮雜菜乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	13	Homemade breaded chicken cordon bleu (stuffed w ham & cheese), potato, vegetables. 自制烤焗火腿芝士鑲雞胸肉, 薯仔, 菜。
10:45	11:30	Thursday 星期四	15	Cuban beef picadillo with tomato, olives, raisins & spices, rice & beans, vegetables. 古巴式美食, 內有碎牛肉, 茄子, 橄欖, 提子乾香料, 另配飯和豆, 菜。
10:45	11:30	Friday 星期五	16	Asian-style pork chop with fresh tomato & onion sauce, rice, vegetables. 中式鮮茄洋蔥汁豬扒, 飯, 菜。
10:45	11:30	Monday 星期一	19	CLOSED Closed for Victoria Day. 維多利亞日休息。
10:45	11:30	Tuesday 星期二	20	British Fare-Classic banger (artisan pork dinner sausage) and leek mashed potatoes, mushy peas. 傳統英式豬肉香腸, 蒜香薯蓉, 粒粒豆蓉。
10:45	11:30	Thursday 星期四	22	Breaded Sole with sweet & sour pineapple sauce, rice, vegetables. 菠蘿甜酸汁吉列魚柳, 飯, 菜。
10:45	11:30	Friday 星期五	23	Asian-style steamed chicken with Chinese sausage & mushrooms, rice, vegetables. 冬菇雲耳臘腸蒸雞, 飯, 菜。
10:45	11:30	Monday 星期一	26	Beef Liver or Turkey cutlet with bacon, onions & gravy, egg noodles, vegetables. 烤焗牛肝或吉列火雞扒, 煙肉, 洋蔥, 醬汁, 蛋麵, 菜。
10:45	11:30	Tuesday 星期二	27	Brunch- Egg Benedict with ham & hollandaise, roast veggies, fruit & coffee cake. 早午餐式火腿班尼迪克蛋, 蛋黃醬, 菜, 生菓, 咖啡味蛋糕。
10:45	11:30	Thursday 星期四	29	Korean- style grilled pork Bulgogi, Korean noodles, vegetables. 韓國式豬肉鐵板燒, 韓國麵, 菜。
10:45	11:30	Friday 星期五	30	Curried Prawns (mild) with onions & sweet peppers, rice, vegetables. 洋蔥甜椒咖哩汁煎蝦, 飯, 菜。



LUNCH PROGRAM 55+ EAT, CHAT, THRIVE

MONDAY - TUESDAY - THURSDAY - FRIDAY

TAKE OUT

- Pick up at 10:45am
- Max: 40 lunches
- Max 2 orders per receipt per lunch
- Includes entrée, dessert, & juice

DINE IN

- Payment taken as early as 11:15am
- Serving lunch will begin at 11:30am
- Max 70 lunches
- Max 2 orders per receipt per lunch
- 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 Opens:
April 22

[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.



Killarney CC will be a voting site for the 2025 Federal Election for more information on how to vote, what you need to vote and key dates visit:
<https://www.elections.ca/home.aspx>

Location: Seniors Grand Hall

Advance Voting Days

On the following days:

Friday, April 18, 2025 from 9:00 a.m. to 9:00 p.m.
Saturday, April 19, 2025 from 9:00 a.m. to 9:00 p.m.
Sunday, April 20, 2025 from 9:00 a.m. to 9:00 p.m.
Monday, April 21, 2025 from 9:00 a.m. to 9:00 p.m.

Location: Gymnasium

Election Day : Monday, April 28, 2025

You may vote from 7:00 a.m. to 7:00 p.m. at:
Killarney Community Centre
6260 Killarney Street
Vancouver

Killarney Community Centre

SHRED-A-THON

We're working together with Urban Impact to make your spring cleaning easier and more meaningful. Bring your confidential documents to be safely and securely shredded right before your eyes – giving you peace of mind and a clutter-free space.

**URBAN
IMPACT**
secure shredding



SATURDAY | MAY 17
10:00AM - 2:00PM
Location: Parking Lot

Price: By donation (minimum \$5 per box)

Your generosity makes a difference. If you're able, please consider donating more to help us reach our goal!

All proceeds go directly to support Youth Programs and Events at Killarney Community Centre.

**CLEAR OUT THE OLD, PROTECT YOUR
PRIVACY, AND GIVE BACK TO THE
COMMUNITY — ALL IN ONE GO!**

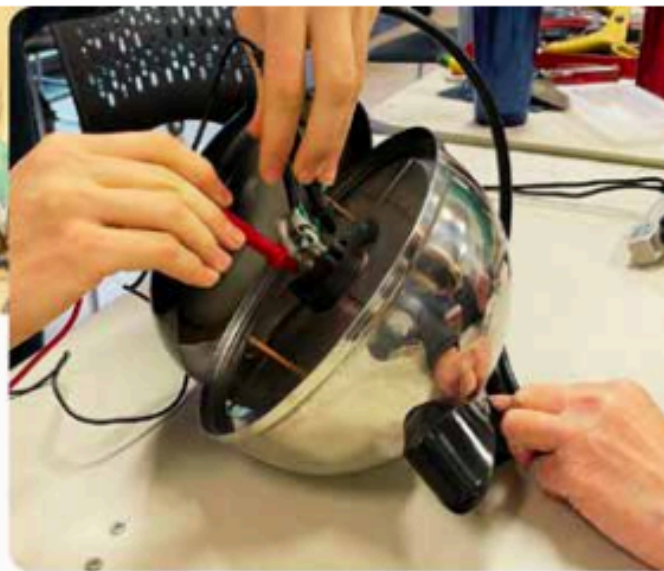


REPAIR IT CAFE

Book a FREE appointment to receive in person repair help from our volunteer repairers. One repair item per person.

Repair categories: Bikes, electronics, computers, textiles, small appliances.

Visit spec.bc.ca/repair-cafe for more information and to book.



FREE REPAIR CAFÉ

Book an appointment to receive FREE in person repair help from our volunteer repairers

One repair item per person

Where: Killarney Community Centre - Gym
6260 Killarney St, Vancouver

When: Saturday, May 17 2025
9:30am-1:30pm PT

Learn More: Scan the QR code or visit
spec.bc.ca/repair-cafe

Repair Categories:

Bikes, electronics, computers, textiles,
small appliances

Volunteer Opportunities:

Fixers, apprentice fixers, greeters,
event support

Learn More



GOLDEN BEATS CONCERT



Golden Beats

If you like live music, come check out the popular Golden Beats program led by the RockiTeers, a very professional band who volunteers their time and talent at Killarney. Over the years they have become part of the Killarney Community. They play rock 'n' roll and pop music, and have even added a few Chinese tunes, and classic dance numbers at the request of their dedicated Killarney fans.

Seniors Grand Hall

W Apr 9

W Apr 30

W May 14

W May 28

W Jun 11

W Jun 25

546149

RockiTeers

1:30PM-3:30PM

3:00PM-5:00PM |

1:30PM-3:30PM

1:30PM-3:30PM

1:30PM-3:30PM

1:30PM-3:30PM

FREE



EARTH DAY EVENTS

Check out these upcoming Earth Day events in the local communities.

Earth Fest at Everett Crowley Park.

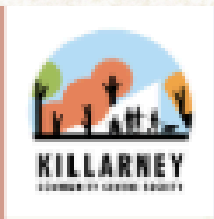
April 26, 11am-3pm. FREE

Earth Fest is an annual community event and spring celebration based in Everett Crowley Park. Join the Everett Crowley Park Committee (ECPC) for fun sustainability-themed booths and family friendly activities! The entertainment and activities are free and wheelchair accessible. Follow the signs from the Kerr parking lot entrance to get to our festival site. Any questions, or want to get involved? Contact Damian (ECPC Chair) at ecpcstewards@gmail.com!

Earth Day - Ravine Health Check Up at Renfrew Park CC


April 27, 2pm-4pm. \$2


Have you ever wondered about the health of our natural environment? Work with an ecologist to find out! Together we will investigate different aspects of the greenspace around Renfrew Park Community Centre to determine the health of this area. Along the way you will gain skills that professional scientists use in their work, and get tips on how you can make a positive difference in the natural world. Please ensure you dress for the weather as you will be outdoors in the ravine. Event will occur rain or shine!



"YOUNG AT HEART CHOIR" Fundraiser

Sunday June 22, 2-4pm.
Killarney Community
Centre Gym

 Indulge in the magic of music at our intimate afternoon concert, a fundraiser featuring the "Young at Heart Seniors Choir." Be serenaded with classic oldies and popular tunes, and sing along joyously. A portion of the proceeds support Killarney Seniors Centre programs. Fee: \$12/person



Registration begins : **Sunday April 27 at 10am at
Killarney CC.**

6260 Killarney Street, Vancouver, BC V5S 2X7 | Centre: 604-718-8200 | Pool: 604-718-8280
For program enquiries, please e-mail Killarney.CommunityCentre@vancouver.ca
www.killarneycentre.ca | www.vancouver.ca

PROGRAM SPOTLIGHTS

Spring 2025

A Story in stitches: intermediate slow stitching

This intermediate level course uses previously learned and newly introduced embroidery stitches to continue our exploration of slow stitching and fabric collage to complete a project of choice. Norma Toumayan, who learned embroidery as a child, now embraces slow stitching as a mindful, meditative art form.

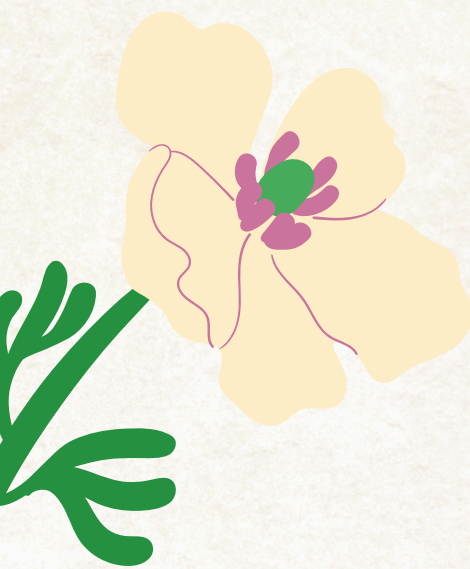


May 24-Jun 28, 2-4pm

\$130/ 6 classes

Course #547073

Board Room



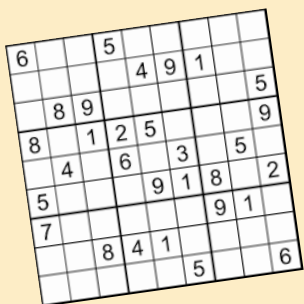
PROGRAM SPOTLIGHTS

SPRING 2025

Spring Social Senior Program

Enjoy Social activities and an opportunity to connect with fellow seniors!

Activities include: Sudoku, Trivia, Bingo and more.



Drop in and participate!

Wednesdays

2-3pm

Free

Seniors Lounge



Chair Pilates

Chair Pilates is perfect for anyone that has difficulty getting down to or up from the floor. In this class we sit in a chair to concentrate on strengthening the core muscles. A strong core will improve posture, balance, flexibility and wellbeing. Modifications and progressions will be offered so that anyone of any fitness level will be welcomed to the class This venue can accommodate wheelchairs.

Space Permitting - Drop-in \$10

May 15- June 26, 11:30am-12:30pm \$56/7 sess

Course #: 546741

Seniors Multipurpose Room

PROGRAM SPOTLIGHTS

Spring 2025

Chair Yoga

Good for Yoga beginners. Gentle yoga moves while in a seated position will benefit your joints and muscle areas and help reduce the pain from arthritis, osteoporosis, previous injury, stiff joints and so much more. Some posted can also be done standing using a chair for support. Stretching, deep breathing & meditation techniques are incorporated into this workout and will leave you with a feeling of connected BODY+MIND+SOUL. Regular yogi's welcome to attend.

Space Permitting - Drop-in \$12.50

May 21- June 25, 3:45pm-4:45pm. \$69/6 sess

Course #: 546247

Seniors Multipurpose Room

Cantonese Opera Singing

Unveil the enchanting world of Cantonese opera singing with our immersive program! Dive deep into the artistry of this ancient tradition and discover the secrets of mesmerizing performances. In our classes, expect intensive vocal training that explores the nuances of Cantonese opera vocal techniques, perfecting your breath control and tone modulation. Whether you're a beginner or seasoned enthusiast, all skill levels are welcome - no prior experience required.

Space Permitting - Drop-in \$13

May 26- June 30, 3:00pm-4:30pm

Course #: 549413

Seniors Grand Hall

WORKSHOPS SPRING 2025

Spine Arthritis

Individual classes for each of these joints focus on specific strategies for management, including joint protection, exercise and pain management. Presenter: Wendy Watson

CC Room 202

OASIS Vancouver Coastal Health

Th May 8

1:00PM-3:00PM

548650

FREE

Beverages - What are You Drinking?

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for arthritis. Presenter: Arlaina Waisman

CC Room 202

OASIS Vancouver Coastal Health

Th May 22

1:00PM-2:30PM

548648

FREE

HEALTHY EATING FOR SENIORS

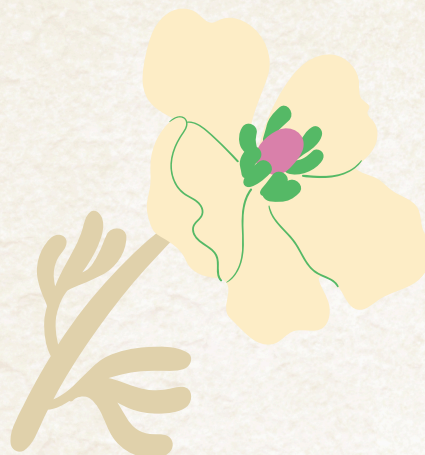
Eating well and maintaining a healthy diet as you age is important. This session offers tips to help you monitor and adjust your eating habits to reflect the latest Canada Food Guidelines

May 27, 1:30pm-3:00pm

Course #: 547177

Free

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.

This month's story prompt: What originally brought you to Killarney?

Was it the people, the programs we have, the food etc...

PLEASE SEND ALL SUBMISSIONS TO:
killarneyseniorscentre@vancouver.ca

AFTERNOON MOVIE MATINEE! "MARY POPPINS"

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.

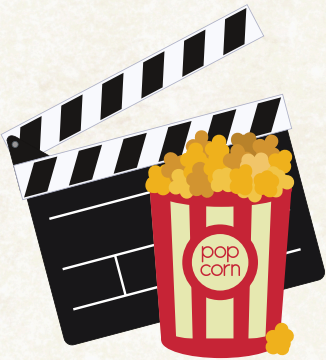
Seniors Grand Hall

WED MAY 21

11:45AM-1:45PM

COURSE# 546586

\$1



SENIORS CENTRE MEET & GREET

Join us for a meet-and-greet with our wonderful staff, followed by a guided tour of our facilities. Indulge in a selection of teas and delicious treats 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

WED MAY 21

12:00PM-1:00PM

COURSE# 554472

FREE





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, community initiatives and more!

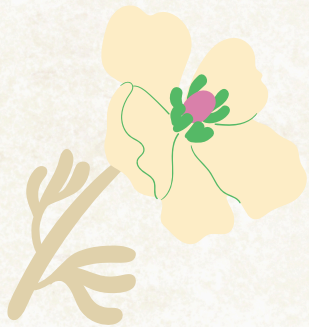
If you would like to receive this E-Newsletter on a monthly basis, please subscribe by emailing us at killarneyseniorscentre@vancouver.ca

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> or www.vanrec.ca

LAST LAUGH



haha

