



Phone 604-718-8201  
E-mail [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca)  
Website <http://www.killarneycentre.ca>

# KILLARNEY SENIORS CENTRE

# JULY 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](mailto: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 xʷməθkʷəy̓əm (Musqueam), Sk̓wx̓wú7mesh (Squamish), and səliłwətał (Tseil-Waututh) nations.

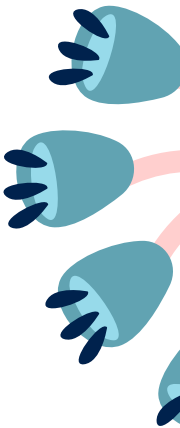


# Eat, Chat, Thrive

## LUNCH PROGRAM 55+

### REGISTRATION & MENU SCHEDULE

Month	Registration	Menu
July	June 24	June 20
August	July 22	July 18
September	August 26	August 22



REGISTRATION DAYS:  
ONLINE & IN-PERSON: 9:00AM



Telephone: 12:00pm

THE COST OF LUNCH IS \$8.55 + GST.

# JULY 2025

# EAT, CHAT, THRIVE LUNCH PROGRAM

## 七月長者中心餐單

Menu

Seniors 55+

Take Out Dine In

外賣	堂食			
10:45	11:30	Tuesday 星期二	1	Closed for Canada Day 加拿大國慶日休息
10:45	11:30	Thursday 星期二	3	Warm pulled pork with Smokey bbq sauce & coleslaw on brioche, potato chips, vegetables. 法式麵包夾BBQ汁豬肉絲, 薯片, 菜。
10:45	11:30	Friday 星期五	4	Grilled Prawns with cream sauce on rice, vegetables. 白汁煎蝦, 飯, 菜。
10:45	11:30	Monday 星期一	7	Beef cabbage roll, potato perogies with sour cream, fried onions & pork kielbasa, vegetables. 碎牛肉椰菜卷, 西式薯蓉餃子, 洋蔥, 波蘭豬肉香腸, 菜。
10:45	11:30	Tuesday 星期二	8	Killarney's signature meatballs, spaghetti & marinara sauce, salad, garlic bread. 長者中心招牌肉丸醬汁意粉, 沙律, 蒜蓉包
10:45	11:30	Thursday 星期四	10	Cobb salad: turkey breast, bacon, egg, blue cheese, salad greens & summer vegetables. 火雞肉, 煙肉, 蛋, 芝士夏日雜菜沙律。
10:45	11:30	Friday 星期五	11	Breaded Sole with Asian-style creamed corn sauce, rice, vegetables. 烤焗吉列魚柳, 玉米忌瀟汁, 飯, 菜。
10:45	11:30	Monday 星期一	14	Turkey schnitzel with gravy, potatoes, vegetables. 烤焗吉列火雞肉扒, 醬汁, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	15	Breaded chicken stuffed with broccoli & cheese, egg noodles, vegetables. 百加利芝士釀雞肉, 蛋麵, 菜。
10:45	11:30	Thursday 星期四	17	Asian style grilled pork chop with fresh tomato and onion sauce, rice vegetables. 中式豬扒, 鮮茄洋蔥汁, 飯, 菜。
10:45	11:30	Friday 星期五	18	Teriyaki chicken breast, baked sushi rice, vegetables. 日式照燒雞胸肉, 焗壽司飯, 菜。
10:45	11:30	Monday 星期一	21	Parmesan crusted Salmon, mixed grains & rice, vegetables. 焗烤巴馬臣芝士三文魚, 麥米飯, 菜。
10:45	11:30	Tuesday 星期二	22	Veal cutlet with mushroom gravy, roasted potatoes, vegetables. 吉列牛仔肉, 蘑菇醬汁, 薯仔, 菜。
10:45	11:30	Thursday 星期四	24	Chinese style BBQ chicken, egg noodles with sesame seed sauce, vegetables. 中式燒雞, 芝麻醬撈麵, 菜。
10:45	11:30	Friday 星期五	25	Steamed Hakefish with ginger, garlic and black bean sauce, rice, vegetables. 薑, 蒜蓉, 豆豉蒸魚柳, 飯, 菜。
10:45	11:30	Monday 星期一	28	Bacon, roasted garlic, tomato & basil pesto quiche, salad. 煙肉, 香蒜, 茄子, 香草青醬焗乳蛋派, 沙律。
10:45	11:30	Tuesday 星期二	29	Beef Liver or turkey cutlet with bacon, fried onions & gravy, baked potato, vegetables. 烤焗牛肝或吉列火雞肉扒, 煙肉, 洋蔥醬汁, 焗薯仔, 菜。
10:45	11:30	Thursday 星期四	31	Warm roast beef dip au jus on herbed focaccia, summer salad. 法式麵包夾暖牛肉點醬汁, 夏日沙律。

# 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 box

## 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.

June 24

**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 SENIORS SUMMER BBQ



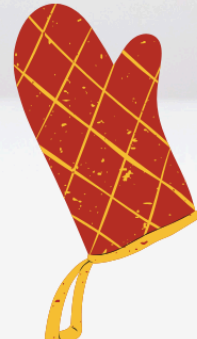
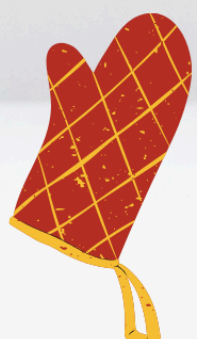
**WEDNESDAY, AUGUST 6<sup>TH</sup>**

**11:30AM-1:30PM, \$20**

**SENIORS GRAND HALL**

**COURSE ID: 564513**

***PRE-REGISTRATION IS REQUIRED.***



Join us for a relaxing and fun-filled afternoon at our Seniors BBQ . We'll be firing up the grill for a delicious BBQ lunch featuring all your favorites, followed by classic lawn games to keep the fun going!

VANCOUVER



BOARD OF PARKS  
AND RECREATION



KILLARNEY  
COMMUNITY CENTRE SOCIETY

# 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 JULY 16  
12:00PM-1:00PM  
COURSE# 564515  
FREE,  
PRE-REGISTRATION  
REQUIRED.

## Workshop Spotlight Summer 2025

### Senior Fraud And How To Stay Prepared

Join us for a presentation on senior susceptibility to financial fraud. We will be going over the crisis at hand, how to protect yourself, and what steps you need to take if you've been a victim. Refreshments will be provided!

Sun July 27, 11:00am-12:15pm  
FREE - pre-registration required.  
Course #564141 Seniors Grand Hall

# Workshop Spotlight Summer 2025

## TRAVEL TRAINING PROGRAM HOSTED BY TRANSLINK

Join us for an engaging workshop hosted by TransLink. Workshop will include information about how to prepare for a transit trip, what to expect when using the system, how to pay for fares and how to get help when on the system. You'll also have the opportunity to gain information about TransLink's HandyDART system.

Wed July 2, 1:00-3:00pm

FREE - pre-registration required.

Course #564141

Seniors Grand Hall



19+  
workshop

## ADULT VACCINES: WHAT YOU NEED TO KNOW

As we age, our immune systems naturally weaken, increasing the risk of serious illness. This presentation will cover key vaccines recommended for older adults, including those for pneumonia, shingles, RSV, and COVID-19. Learn how staying up to date with immunizations can help protect your health and support healthy aging!

Workshop coordinated through Save on Foods Pharmacy  
#2244 River District

Thurs July 17, 1-2PM

FREE - pre-registration required.

Course #568827

Board Room

# Workshop Spotlight Summer 2025

## Life without Driving

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

Tues July 29, 1:30-3:00pm

FREE - pre-registration required.

Course #562938

Board Room

## Canadian Banking for Newcomer

During this workshop, an RBC Representative will discuss and provide the detail information about Canadian Banking and what is most important to maintain a good credit.

19+  
workshop

Tues July 15, 1-2PM

FREE - pre-registration required.

Course #563065

Board Room

# Program Spotlight Summer 2025

## Art & Culture

### Seniors' Tech Help Desk - Navigating the Digital World **NEW!**

Seniors' Tech Help Desk - Navigating the Digital World with Confidence A hands-on support program designed for seniors who want to enhance their digital skills. Get personalized help with using smart phones, setting up emails, navigating social media, and managing apps. Materials: iPad or smart phones (students to bring their own).

No session Aug 2.

CC Room 202

Tarcila De Figueiredo Neves

Sa Jul 12-Aug 16

2:00PM-3:00PM

563068

\$125/5 classes

## Fitness & Health

### Mind-Body Yoga for Older Adults **NEW!**

The class incorporates breathing exercises, gentle yoga positions, and relaxation. What participants can expect from this class: Pranayama (deep relaxing breathing exercises, performed standing or sitting)

Warm-ups (kundalini repetitive slow movements for spine, shoulders, hips, performed standing and sitting)

Gentle Vinyasa (slow flow Yoga Poses, performed standing and sitting)

Stretching and relaxation (focusing on chakras and self-awareness,

performed on the floor only) Closing Chant (performed on sitting position

only) \*Older adults must be able to stay standing, and for some balance exercise they may use the wall.

\*Participants also must be able to go to the floor for yoga poses and relaxation.

Space Permitting - Drop-in \$10

Seniors MPR 251/252

Cecilia Barbero

Th Jul 3-Aug 28

10:45AM-11:45AM

563716

\$81/9 classes

# Estate Planning: Beyond the Will

**Estate planning extends beyond just the legal documents.** The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive.

Join us for this **free** and **informative** 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins.

Seating is limited.  
For more information and to register for this **free** workshop please call please call Killarney Community Centre at **(604) 604-718-8201**  
Or register online: [www.vanrec.ca](http://www.vanrec.ca)  
Registration Program #**550031**  
**"Estate Planning: Beyond the Will"**

<b>Host:</b>	<b>David Perkins</b> CFP®, EPC, CEA <b>Senior Financial Planner</b> <b>Assante Financial Management Ltd.</b>
<b>Date:</b>	<b>Thursday</b> <b>July 31<sup>st</sup>, 2025</b>
<b>Time:</b>	<b>9:00-10:30am</b>
<b>Location:</b>	<b>Killarney Community Centre</b> <b>(Seniors Hall MPR 151)</b> <b>6260 Killarney Street</b> <b>Vancouver, BC V5S 1X7</b>



# SENIORS SOCIAL PROGRAM SCHEDULE

# SUMMER 2025

EVERY WEDNESDAY FROM 2-3PM

SENIORS LOUNGE

JULY 2

Trivia

JULY 9

Drop-in Tech Support

JULY 16

Board Games

JULY 23

Drop-in Tech Support

JULY 30- AUG 20

Summer Break

AUGUST 27

Bingo

PLEASE NOTE, THE SOCIAL PROGRAM IS TAKING A SHORT BREAK FOR 4 WEEKS  
AND WILL RETURN ON WEDNESDAY AUGUST 27TH



# AFTERNOON MOVIE MATINEE! “CAPTAIN AMERICA BRAVE NEW WORLD”

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.

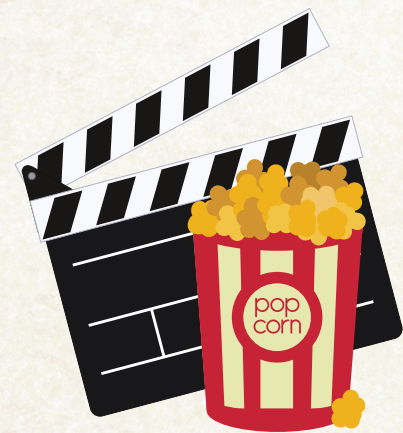
**SENIORS GRAND HALL**

**WED JULY 16**

**11:45AM-1:45PM**

**COURSE#561962**

**\$1**





# **GOLDEN BEATS CONCERT**

The Killarney Seniors Centre is very excited that the popular Golden Beats program led by the RockiTeers Band is continuing into its second year! Get ready to groove to their live rock music from the 50's to 80's and beyond. The afternoons will be filled with rhythm, connection, and unforgettable memories on the dance floor.

Wednesday July 9, 1:30–3:30pm

Wednesday July 23, 1:30–3:30pm

Seniors Grand Hall



# SENIORS RESOURCES

## GOVERNMENT OFFICES

Canada Revenue Agency	1-800-267-6999
Consumer Protection (Bilingual)	1-888-564-9963
City of Vancouver (Multilingual)	311
Employment Insurance (EI) SIN Program	1-800-206-7218
Member of Legislative Assembly (MLAs) Constituency Offices Sunita Dhir (Vancouver – Langara) George Chow (Vancouver – Fraserview) Mabel Elmore (Vancouver – Kensington)	604-660-8380 604-660-2035 604-775-1033
Member of Parliament (MP) Constituency Gregor Robertson	Not yet available
Office of the Seniors Advocate (Multilingual)	1-877-952-3181
Ombudsperson (Multilingual)	1-800-567-3247
Service BC (Multilingual)	604-660-2421 1-800-663-7867
Passport Office (Bilingual)	1-800-567-6868
Public Trustee of BC	604-660-4444
Service Canada (Pension, OAS, GIS) (Bilingual)	1-800-277-9914
Service Canada (Scam and fraud prevention)	1-800-622-6263
Work BC (General Contact Centre) (Multilingual)	1-877-952-6914
Work BC (Vancouver – North-East)	604-708-9300
Work BC (Burnaby – Metrotown)	778-357-0566
Work BC (Vancouver – South)	604-263-5005

## COMMUNITY & CULTURAL CENTRES

Champlain Heights	604-718-6575
Killarney	604-718-8200
Sunset	604-718-6505
Moberly Arts & Cultural Centre	604-718-6521
Jewish Community Centre of Greater Vancouver	604-257-5111

## TAX CLINIC

Seniors Brigade Society of BC (March - April) For more Tax Clinic info, <a href="http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/vancouver-bc-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/vancouver-bc-eng.html</a>	604-453-5885
--	--------------

## SENIOR RESOURCES

411 Seniors Centre	604-684-8171
Seniors Services Society	604-520-6621
West End Senior's Network	604-669-5051
Marpole Oakridge Family Place	604-263-1405
Marpole Neighbourhood House	604-628-5663



# Killarney Seniors Centre Information

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

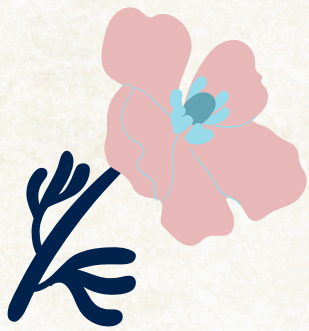
IF YOU WOULD LIKE TO RECEIVE THIS E-NEWSLETTER ON A MONTHLY BASIS, PLEASE SUBSCRIBE BY EMAILING US AT [KILLARNEYSENIORSCENTRE@VANCOUVER.CA](mailto:KILLARNEYSENIORSCENTRE@VANCOUVER.CA)

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](http://www.vanrec.ca)

## Last Laugh



haha

