

KILLARNEY

SENIOR CENTRE

SEPTEMBER

2025

Have a question and/or suggestion for the monthly newsletter?

We would like to hear from you!

Please contact us at

killarneyseniorscentre@vancouver.ca

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Labor Day - Sept 1

**Community Centre (excluding Rink/Pool)
Closed September 2-5, 2025 for Annual maintenance**

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), SK̓W̓X̓W̓Ú7MESH (SQUAMISH), AND SƏLILWƏTƏŁ (TSLEIL-WAUTUTH) NATIONS.



604-718-8201



killarneyseniorscentre@vancouver.ca



Website

<http://www.killarneycentre.ca>

EAT, CHAT, THRIVE

LUNCH PROGRAM 55+
REGISTRATION & MENU SCHEDULE

REGISTRATION DAYS:

Online & In-person: 9:00am
Telephone: 12:00pm

Month	Registration	Menu
September	August 26	August 22
October	September 23	September 19
November	October 28	October 24
December	November 25	November 21

Cost Of Lunch is \$8.80 + GST

SEPTEMBER

KILLARNEY SENIORS CENTRE LUNCH PROGRAM MENU

九月

長者中心餐單

Seniors 55+

Menu

Take Out Dine In

外賣

堂食

10:45

11:30

Monday
星期一

1

Closed for Labor Day
勞工日休息

10:45

11:30

Tue - Fri
星期二至五

2-5

Closed for annual maintenance
年度維修, 餐房休息

10:45

11:30

Monday
星期一

8

Beef Liver Or Veal Cutlet with gravy, bacon & onions, potatoes, vegetables.
煎焗牛肝或吉列牛仔肉, 煙肉, 洋蔥, 薯仔, 菜

10:45

11:30

Tuesday
星期二

9

Grilled Prawns Salad with mixed greens and summer vegetables, honey dressing, garlic bread. // 煎蝦夏日雜菜沙律, 蜜汁醬, 蒜蓉包。

10:45

11:30

Thursday
星期四

11

Chinese style 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

12

Breaded chicken breast stuffed with broccoli & cheese, mixed grains, vegetables. // 芝士百加利釀雞胸肉, 麥米飯, 菜。

10:45

11:30

Monday
星期一

15

Breaded Sole with sweet & sour pineapple sauce, rice, vegetables.
甜酸波蘿汁吉列魚柳, 飯, 菜。

10:45

11:30

Tuesday
星期二

16

Turkey Cutlet with mushroom gravy, egg noodles, vegetables.
吉列火雞扒, 蘑菇汁, 蛋麵, 菜。

10:45

11:30

Thursday
星期四

18

Portuguese style chicken with Kabocha squash, rice, vegetables.
南瓜葡汁焗雞, 飯, 菜。

10:45

11:30

Friday
星期五

19

Parmesan crusted Salmon, potatoes, vegetables.
巴馬臣芝士焗三文魚, 薯仔, 菜。

10:45

11:30

Monday
星期一

22

Herbed chicken breast, red pepper & Parmesan risotto, vegetables.
香草焗雞胸肉, 甜椒巴馬臣芝士飯, 菜。

10:45

11:30

Tuesday
星期二

23

Warm meatballs sub with marinara sauce, potato chips, salad.
肉丸茄醬汁夾麵包, 薯片, 沙律。

10:45

11:30

Thursday
星期四

25

Baked hakefish with herbs and lemon, scalloped potatoes, vegetables. // 香草檸檬焗魚柳, 乳香焗薯, 菜。

10:45

11:30

Friday
星期五

26

Bill's curried beef brisket, rice, vegetables.
咖哩牛腩, 飯, 菜。

10:45

11:30

Monday
星期一

29

Sage baked pork loin chop with apple sauce, egg noodles, vegetables.
香草焗豬柳扒, 蘋果醬, 蛋麵, 菜。

10:45

11:30

Tuesday
星期二

30

Closed for National Day for Truth and Reconciliation.
真相與和解日休息。



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 = \$88.00 + GST | 1 lunch = \$8.80 + 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.

NEW FEE!

Registration Open:

Aug 26

REGISTER NOW >



By Phone

604-718-8201



In Person

6260 Killarney Street,
Vancouver, BC



Online

<http://www.vanrec.ca>



Expand your knowledge with these...

WORKSHOPS



Improve Sleep Quality

with Rebecca

September 16 10:00 AM - 11:15 AM

Is it a must to have sleep issue when you age? do you have any trouble to get into sleep? Are you able to have sweet dreams at night? How can I improve the quality of sleep? If these are your questions, it's a great opportunity to join this workshop. Rebecca Lam will give you great tips and practice to improve sleep quality.

This workshop is instructed in both English and Cantonese by Rebecca Lam. Join the course now! Have a sweet dream every night!

573112

with COSCO **Osteoarthritis**

1:30 PM - 3:00 PM September 16



This debilitating disease is the most common form of arthritis. Its symptoms, self management strategies and various available therapies are presented.

571062



Adult Vaccine - What You Need To Know

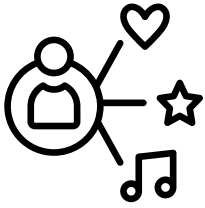
with Save on Foods Pharmacy #2244 River District

September 25 1:00 PM - 2:00 PM

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!

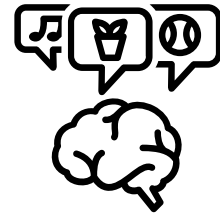
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Killarney Seniors Centre Programs



Don't miss out on these exciting...

Programs & Events



Choose To Move Info Session

with Keiko

September 17 1:45 PM - 2:45 PM

Choose to Move is a FREE 3-month program for people 55+ who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. Participants MUST attend the Info Session to be eligible for the full program.

570674

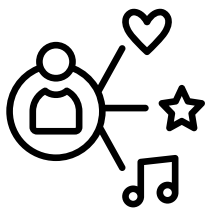


Senior's Centre Meet & Greet

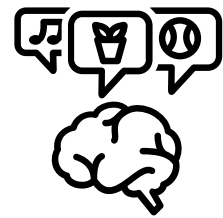
September 17 12:00 PM - 1:00 PM

Join us for a seasonal 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.

572274



Don't miss out on this exciting...
Event



You are invited to join us at our 4TH ANNUAL

ALL NATIONS GATHERING

Healing Medicines

This gathering is an opportunity to

- Participate in the Call to Shore and the Down Feather Ceremony
- Witness the drumming, singing, dancing, and healing ceremonies of the Nisga Nations
- Bring the drums to life and join in the drumming drill led by the Nisyok Boys
- Join the dance of the Four Directions
- Share lunch together



**KILLARNEY
COMMUNITY CENTRE**

(6260 KILLARNEY ST, VANCOUVER)

#574456
SATURDAY
SEPTEMBER 20

10AM
TO
1PM

Everyone is welcome

No registration required.



STORIES OF A *Life Time*

Seniors are invited to join artist Lisa g to meet, share life experiences and develop stories to share.

WE WANT TO GET TO KNOW YOU!

Seniors and Elders come to listen, share and learn about storytelling and digital storytelling as an art form.

NO EXPERIENCE NECESSARY!

Seniors and Elders have a whole life of experiences, advice, memories and more to draw upon!

YOU ARE AN EXPERT ON YOU!

Participation is open to all abilities and experience. Sessions are held in Cantonese and English. This is a brand new project, and we're excited to meet you—if you'd like to participate in a language other than English or Cantonese, please let us know, and we'll do our best to support.

ALL SENIORS WELCOME!

Lisa g is a multi-media artist who loves storytelling and story sharing in many mediums and is excited to collaborate with her own community!

EVERYONE HAS A STORY!

*To find out more and meet Lisa g, come to a **FREE Info Session:***

STORIES OF A LIFETIME is part of Arts & Health: Healthy Aging Through the Arts, which brings artists together with seniors and Elders for collaborative art making.

www.artsandhealth.ca

INFO SESSION

**580813
FREE**



Sept 25

9:30AM-11:00AM

**Thursdays Oct 9-Dec 11,
9:30am - 11:00am**

579460

Killarney Seniors Centre Programs

NEW PROGRAMS



SEPT 22 - NOV 12

FAME FOR STROKE

12:00 pM - 1:00 PM

\$240

579494

Designed specifically and proven to improve fitness, mobility and strength for people after stroke living in the community. This small group class (1:4 instructor to student ratio) includes functional strengthening exercises, agility, fitness and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 meters (even with a walking aid) and communicate with the instructor. www.fameexercise.com. No session Oct 13.

SEPT 9 - DEC 16

WALKING SOCCER

1:00 PM - 2:30 PM

\$29.25

575999

Stay active, have fun, and enjoy the beautiful game at your own pace! Walking Soccer is a low-impact, inclusive sports program designed specifically for older adults who want to stay healthy, social, and engaged through sport. This modified version of soccer eliminates running and physical strain, making it perfect for maintaining health, improving balance and coordination, and enhancing mental well-being in a safe and supportive environment. Whether you're a lifelong player or new to the game, all fitness and skill levels are welcome. Wear running shoes and all soccer equipment provided.



Space Permitting - Drop-in \$3.25

SEPT 10 - SEPT 24

LATIN BALLROOM DANCE

SERIES 1 - BRONZE/SILVER CHA CHA

\$27.00

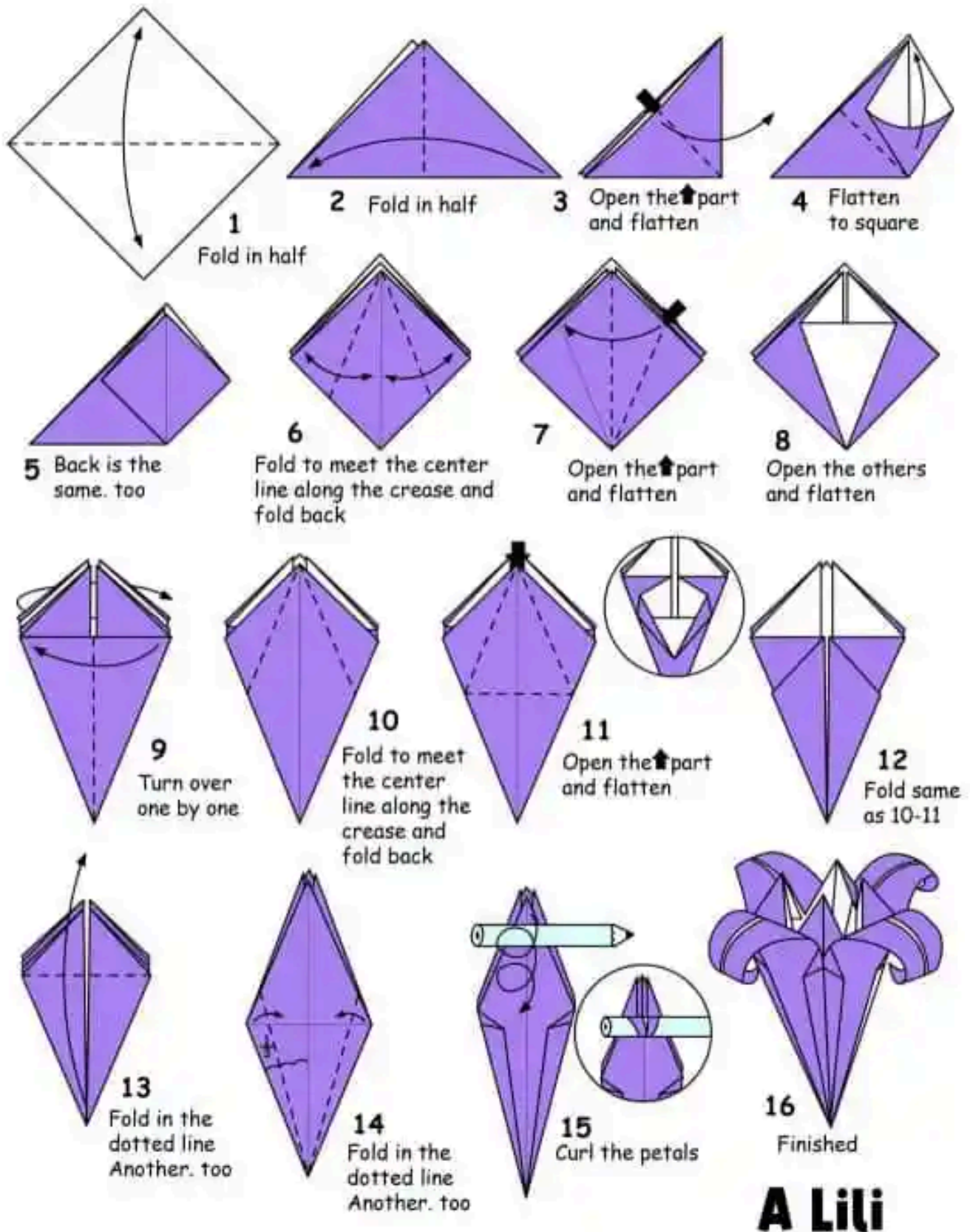
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9:00 AM - 10:00 AM

60 minute Latin Ballroom Dance Lessons - Bronze/ Silver - Cha Cha
Space Permitting - Drop-in \$10



Easy Origami



FREE!



GOLDEN BEATS CONCERT

1:30 PM - 3:30 PM

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.

September 10 - Seniors Multi 251/252

September 24 - Seniors Grand Hall

October 22- Seniors Grand Hall



FALL SENIORS SOCIAL

SEPT 17 2025 | 10:30AM - 11:30AM

Enjoy social activities and an opportunity to connect with fellow seniors! Activities will include: tech help, Bingo, board games, brain games, trivia and more!



MOVIE NIGHT

JOIN US WITH THIS AWESOME SHOWING

MOVIE NIGHT AT KILLARNEY

ELIO

5:00 PM - 9:00 PM



Sept 12

BY DONATIONS

MOVIE MATINEE!

BOOK CLUB: THE NEXT CHAPTER

11:45 AM - 1:45 PM

Sept 17

\$1 ENTRY FEE



STORY SUBMISSION

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.

WHAT MAKES KILLARNY FEEL LIKE HOME??

PLEASE SEND ALL SUBMISSIONS TO:
KILLARNEYSENIORSCENTRE@VANCOUVER.CA



Senior Resources

EMERGENCIES CALL 9-1-1 (for Police, Fire & Ambulance) Police Non-Emergency 604-717-3321

South Vancouver Neighborhood House 6470 Victoria Drive, Vancouver, BC V5P 3X7	604-324-6212
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FOOD SUPPORTS & SERVICES

Greater Bank Food Bank	604-876-3601
Meals on Wheels (Low Cost Meals)	(Western Meals) 604-732-7638 (Chinese Meals) 604-733-6615
Wednesday Community Lunch (South Vancouver Neighbourhood House)	604-324-6212
Eat, Chat, Thrive for 55yrs+; Lunch Program at Killarney Seniors Centre	604-718-8211
Buy-low Foods - 6095 Fraser Street (Low Cost Grocery stores and Markets)	604-321-9828
Consumer Food Market - 5889 Victoria Drive (Low Cost Grocery stores and Markets)	604-620-9266
Buy-low Foods - 6095 Fraser Street (Low Cost Grocery stores and Markets)	604-321-9828
Saige Community Food Bank	fb@saigecommunityfoodbank.com
Food Stash	604-862-9701
QUEST Grocery Markets	604-566-0110
South Vancouver Community Food Hub (waitlist capped)	604-324-6212

SOUTH VANCOUVER SENIORS HUB

604-324-6212	
SVNH Wellness Programs for Older Adults; Intercultural, Cantonese, Mandarin, Vietnamese, South Asian Men, South Asian Women, and Intercultural Men	604-324-6212

Killarney Seniors Centre Programs

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



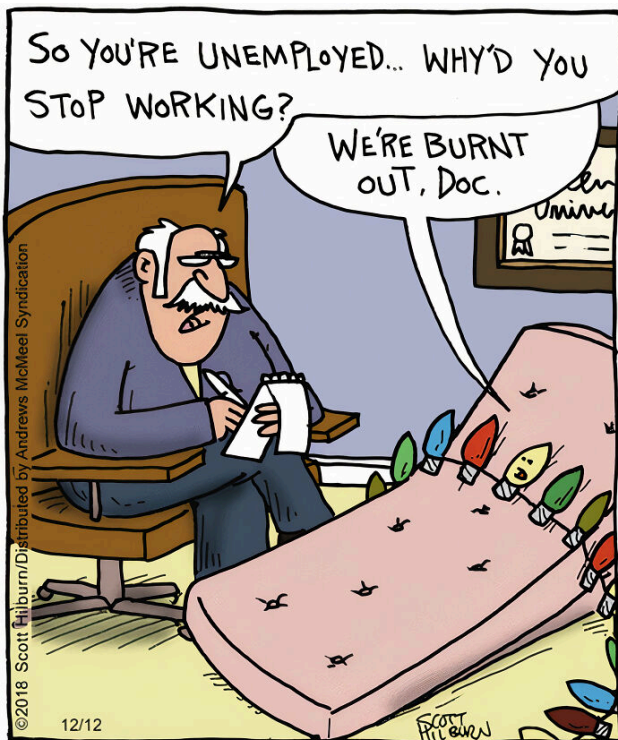
CONTACT US

Email Us At killarneyseniorscentre@vancouver.ca
If You Don't Want To Miss Out On Our
Monthly E-Newsletter

We won't share your information with any other organizations and you can unsubscribe at any time.
By signing up, you consent to receiving electronic communications.



Last Laugh



Have Questions? Please phone Community Centre @ **604-718-8201**
For additional information on Killarney Seniors
Programs & Activities,
visit our WEBSITE: <http://www.killarneycentre.ca> or
www.vanrec.ca