

 **PHONE** 604-718-8201

 **E-MAIL** KILLARNEYSENIORSCENTRE@VANCOUVER.CA

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

KILLARNEY SENIORS CENTRE

OCTOBER 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
X̱MƏΘḴƏÝƏM (MUSQUEAM), SḴW̱X̱W̱Ú7MESH (SQUAMISH),
AND SƏLILWƏTƏŁ (TSLEIL-WAUTUTH) NATIONS.**



EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

MONTH	REGISTRATION	MENU
OCTOBER	SEPTEMBER 23	SEPTEMBER 19
NOVEMBER	OCTOBER 28	OCTOBER 24
DECEMBER	NOVEMBER 25	NOVEMBER 21

REGISTRATION DAYS:
ONLINE & IN-PERSON: 9:00AM
TELEPHONE: 12:00PM

NEW FEE! THE COST OF LUNCH IS \$8.80 + GST.

OCTOBER 2025 EAT, CHAT, THRIVE

LUNCH PROGRAM

十月長者中心菜單

MENU

SENIORS 55+

TAKE OUT DINE IN

外賣	堂食			
10:45	11:30	THURSDAY 星期四	2	MOON FESTIVAL: CHINESE-STYLE BBQ CHICKEN LEG, RICE, VEGETABLES. 中秋節：中式燒雞腿，飯，菜。甜品：水晶豆沙月餅。
10:45	11:30	FRIDAY 星期五	3	LEMONGRASS PORK CHOP, EGG NOODLES, ASIAN SALAD. 香茅豬扒，蛋麵，菜。
10:45	11:30	MONDAY 星期一	6	PARMESAN CRUSTED SALMON, BARLEY PILAF, VEGETABLES. 巴馬臣芝士焗三文魚，薏米飯，菜。
10:45	11:30	TUESDAY 星期二	7	KILLARNEY'S GROUND BEEFSTEAK WITH MUSHROOM GRAVY, POTATO, VEGETABLES. 中心招牌漢堡扒，蘑菇醬汁，薯仔，菜。
10:45	11:30	THURSDAY 星期四	9	STEAMED SNAPPER WITH GINGER GARLIC BLACK BEAN SAUCE, RICE, VEGETABLES. 薑，蒜蓉，豆豉蒸魚柳，飯，菜。
10:45	11:30	FRIDAY 星期五	10	CRISPY GERMAN-STYLE PORK SCHNITZEL WITH GRAVY, POTATO, VEGETABLES. 德國式吉列豬扒，醬汁，薯仔，菜。
10:45	11:30	MONDAY 星期一	13	CLOSED FOR THANKSGIVING. 感恩節休息
10:45	11:30	TUESDAY 星期二	14	BEEF LIVER OR TURKEY CUTLET WITH GRAVY, BACON & ONIONS, EGG NOODLES, VEGETABLES. 煎焗牛肝或者吉列火雞扒，醬汁，煙肉，洋蔥，蛋麵，菜。
10:45	11:30	THURSDAY 星期四	16	SMOKEY MEAT & BEAN CHILI (MILD), CORNBREAD, SALAD. 煙肉辣味豆（小辣），玉米麵包，沙律。
10:45	11:30	FRIDAY 星期五	17	SHRIMP IN SAVOURY CREOLE SAUCE, GREEN RICE, VEGETABLES. 西式茄醬蝦，波菜飯，菜。
10:45	11:30	MONDAY 星期一	20	MEATY CABBAGE ROLL, KIELBASA & PEROGIES, VEGETABLES. 碎肉椰菜卷，波蘭香腸和餃子，菜。
10:45	11:30	TUESDAY 星期二	21	DIWALI: TANDOORI SPICED (MILD) CHICKEN WITH YOGURT SAUCE, RICE, VEGETABLES. 光明節：印度天多利香料雞（小辣），飯，菜。
10:45	11:30	THURSDAY 星期四	23	HEARTY FISH AND VEGETABLE STEW, SALAD, CIABATTA BREAD. 雜菜炆魚，沙律，拖鞋麵包。
10:45	11:30	FRIDAY 星期五	24	KOREAN-STYLE GRILLED PORK WITH KALBI SAUCE, STEAMED BAO BUNS, VEGETABLES. 韓國式豬肉鐵板燒，蒸夾包，菜。
10:45	11:30	MONDAY 星期一	27	VEAL CUTLET PARMESAN, SPAGHETTI & MARINARA SAUCE, SALAD, GARLIC BREAD. 巴馬臣芝士吉列牛仔肉，醬汁意粉，沙律，蒜蓉包。
10:45	11:30	TUESDAY 星期二	28	BACON, BASIL PESTO AND ROASTED VEGETABLE QUICHE, SALAD. 香草青醬煙肉雜菜派，沙律。
10:45	11:30	THURSDAY 星期四	30	SAGE ROASTED CHICKEN WITH GRAVY, POTATO, VEGETABLES. 香草焗雞，醬汁，薯仔，菜。
10:45	11:30	FRIDAY 星期五	31	BREADED SOLE WITH CURRY SAUCE (MILD), RICE, VEGETABLES. 咖喱汁吉列魚柳（小辣）飯，菜。

KILLARNEY SENIORS CENTRE 6260 KILLARNEY STREET, VANCOUVER, BC V5S 2X7
604-718-8201

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 = \$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.

SEPTEMBER 23  BY PHONE

REGISTER NOW >

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.

WORKSHOP SPOTLIGHT

FALL 2025

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!

THURSDAY SEPT 25, 1:00-2:00PM

FREE - PRE-REGISTRATION REQUIRED.

COURSE #580143 SAVE-ON FOODS PHARMACY #2244 RIVER DISTRICT

ADVANCE CARE PLANNING

THIS IS RELEVANT TO EVERYONE SINCE WE DON'T KNOW WHAT THE FUTURE HOLDS. IT IS ABOUT HELPING PEOPLE PLAN FOR SERIOUS INJURY, ILLNESS AND END OF LIFE. IT COVERS THE WHAT, WHY, WHEN AND HOW OF ADVANCE CARE PLANNING AS WELL AS HOW TO SELECT A REPRESENTATIVE. IT ALSO INCLUDES ACCESS TO RELEVANT FORMS AND RESOURCES

TUESDAY OCT 7, 10:30-11:30AM

FREE - PRE-REGISTRATION REQUIRED.

COURSE #57499

CC ROOM 202

MEDICAL ASSISTANCE IN DYING (MAID)

THIS SESSION DISCUSSES END-OF-LIFE OPTIONS, WITH A FOCUS ON MEDICAL ASSISTANCE IN DYING (MAID), WHICH WAS LEGALIZED IN CANADA IN JUNE 2016. THE FUNDAMENTALS ARE ADDRESSED. HOW DID MAID EVOLVE IN CANADA? WHO CAN APPLY? WHAT ARE THE CRITERIA? HOW DOES THE PROCESS WORK IN BC? WHAT FUTURE CHANGES ARE EXPECTED IN THE LEGISLATION? THIS TALK WILL PROVIDE CLARIFICATION AND ALLOW ATTENDEES TO GET THEIR QUESTIONS ANSWERED

TUESDAY OCT 14, 10:30-11:30AM

FREE - PRE-REGISTRATION REQUIRED.

COURSE #572500

CC ROOM 202

WORKSHOP SPOTLIGHT

FALL 2025

ELDER ABUSE? WHAT IS IT? HOW CAN WE DEAL WITH IT?

THIS PRESENTATION WITH SENIORS FIRST BC DISCUSSES THE CORRELATION BETWEEN SOCIAL ISOLATION AND ABUSE OF OLDER ADULTS, TYPES OF ABUSE AND INDICATORS, RISK FACTORS, AND STRATEGIES TO DEAL WITH ABUSE. WE ALSO INTRODUCE SEVERAL RESOURCES THAT CAN ASSIST OLDER ADULTS AND CONCERNED THIRD PARTIES IN SITUATIONS OF ELDER ABUSE

THURSDAY OCT 16, 1:00-2:15PM
FREE - PRE-REGISTRATION REQUIRED.
COURSE #574128
CC ROOM 202

NAVIGATING THE HEALTH CARE SYSTEM

MANY OF THE AVAILABLE MEDICAL SERVICES AND WHAT YOU CAN EXPECT FROM THEM ARE REVIEWED. EFFECTIVE COMMUNICATION BETWEEN THE PATIENT AND THEIR HEALTHCARE PROVIDER IS EMPHASIZED.

TUESDAY OCT 21, 1:30-3:00PM
FREE - PRE-REGISTRATION REQUIRED.
COURSE #571065
CC ROOM 202

UNDERSTANDING REVERSE MORTGAGES

JOIN US FOR AN INFORMATIVE SESSION DESIGNED FOR SENIOR HOMEOWNERS IN OUR COMMUNITY. LEARN WHAT A REVERSE MORTGAGE IS, HOW IT WORKS, ITS BENEFITS AND POTENTIAL DRAWBACKS, AND KEY CONSIDERATIONS BEFORE DECIDING IF IT'S RIGHT FOR YOU. GET THE KNOWLEDGE YOU NEED TO MAKE INFORMED FINANCIAL DECISIONS IN RETIREMENT. LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED. WORKSHOP HOSTED BY A LICENSED BROKER FROM MORTGAGE ARCHITECTS.

SATURDAY OCT 18, 10:00-11:15AM (ENGLISH) - COURSE #570700
SATURDAY OCT 25, 10:00-11:15AM (CANTONESE) - COURSE #570871
FREE - PRE-REGISTRATION REQUIRED.
CC ROOM 202

Seniors & Caregivers

Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care.

From aging at home to long-term care, join us for an **informative** 1-hour workshop on the health care options available for you or your loved ones. Topics will include:

- Levels of care in retirement
- Potential care costs
- Income planning to reduce taxes and care costs
- Working with Health Authorities

Seating is limited.

To register for this **free** workshop please call Killarney Community Centre at **(604) 604-718-8201**

Or register online: www.vanrec.ca
Registration Program # **569842**

"Tax Planning for Assisted Living & Long-Term Care Options"

Host:	David Perkins CFP®, EPC, CEA Senior Financial Planner Assante Financial Management Ltd.
Date:	Monday October 27th, 2025
Time:	9:30 - 11:00am
Location:	Killarney Community Centre (Seniors Hall 151/152) 6260 Killarney Street Vancouver, BC V5S 1X7



PROGRAM SPOTLIGHT

FALL 2025

NO MORE SENIORS FALLS

DO YOU WANT A BETTER QUALITY OF LIFE? DO YOU WANT NOT TO SUFFER FROM INJURIES? DO YOU WANT TO AGE IN PLACE INSTEAD OF ADMITTING TO LONG-TERM CARE? ACCORDING TO THE GOVERNMENT OF CANADA, FALLS AMONG SENIORS ARE THE LEADING CAUSE OF INJURY-RELATED HOSPITALIZATIONS AND INJURY DEATHS. THIS WORKSHOP WILL GIVE YOU GREAT TIPS ON PREVENTING FALLS AND HOW TO IMPROVE THE QUALITY OF LIFE. PRACTICAL MEASUREMENTS AND EXERCISE WILL BE HIGHLIGHTED. ALL PARTICIPANTS WILL HAVE A NEW SCOPE ON SMART AGING. THIS WORKSHOP IS INSTRUCTED IN BOTH ENGLISH AND CANTONESE BY REBECCA LAM.
SPACE PERMITTING - DROP IN \$12.

TUESDAY OCTOBER 28 & NOVEMBER 4, 10:15AM-11:00AM
\$20. COURSE #573114
BOARD ROOM

WALKING SOCCER

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. WEAR RUNNING SHOES AND ALL SOCCER EQUIPMENT PROVIDED.
SPACE PERMITTING - DROP-IN \$3.25



TUESDAYS
1:00-2:30PM
GYMNASIUM

STORIES OF A LIFETIME

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:***

Th Sep 25, 9:30AM-11:00AM IN CC Room 211

Course #: 580813

Killarney Community Centre
6260 Killarney Street, Vancouver
Thursdays Oct 9-Dec 11,
9:30am – 11:00am
CC Room 211 | Course #: 579460
Free admission.
Pre-registration required.



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

人生故事

邀請長者們與藝術家Lisa g見面，分享生活經歷，並作出故事來分享。

我們想要了解您！

長者們來聆聽、分享與學習故事講述與數位故事講述的藝術形式。

無需經驗！

長者們有一生的生活經歷、建議與回憶可以參考！

您是最了解您自己的人！

面向所有經歷與身體狀況的人開放。工作坊將用粵語和英語進行。這是一個全新的項目，我們很高興與您相見——如果您想要以英語或粵語之外的其他語言參與，請告知我們，我們將會盡全力支持您的參與。

所有長者都歡迎！

Lisa g是一名多媒體藝術家，喜歡用許多媒介來進行故事講述與故事分享，她很高興能與她自己的社區合作！

人人都有故事！

如欲了解更多信息並與Lisa g見面，請參加免費訊息會：

9月25日週四 早上九點半至十一點 社區中心 211室

課程編號：580813

溫哥華 基拉尼街 6260號

基拉尼社區中心

週四 10月9日-12月11日，

早上9:30 - 早上11:00

社區中心 211室 | 課程編號 #: 579460

免費參與

需提前註冊



人生故事是「藝術與健康：透過藝術實現健康衰老」計畫的一部分，該計畫將藝術家與長者聚集在一起共同進行藝術創作。 www.artsandhealth.ca

MOVIE MATINEE

Downtown Abbey

A New Era



Wednesday

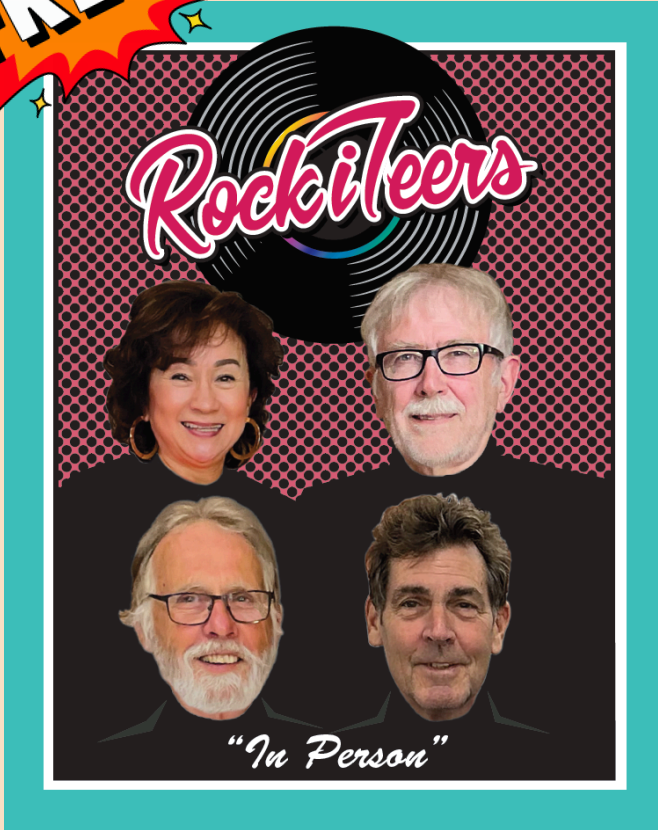
Oct 15

11:45 AM - 1:45 PM

Seniors Grand Hall

\$1.00

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 24 - Seniors Grand Hall

October 22- Seniors Grand Hall

GOLDEN BEATS CONCERT

A DRUM BREAK

TIME FLIES WHEN YOU'RE HAVING FUN! WE CAN'T BELIEVE THE ROCKITEERS HAVE TAKEN THE GOLDEN BEATS PROGRAM INTO ITS THIRD YEAR ALREADY. IT'S BEEN AN ABSOLUTE BLAST, AND WE'RE BEYOND GRATEFUL TO THE AMAZING KILLARNEY COMMUNITY WHO'S ALWAYS HAD OUR BACKS.

NOW, IT'S TIME FOR A BRIEF PAUSE — OR AS WE LIKE TO CALL IT, A “DRUM BREAK.” WE'RE TAKING A SHORT SABBATICAL WHILE OUR DRUMMER, GARRY, TAKES THE TIME HE NEEDS TO FOCUS ON HIS HEALTH. OVER THE PAST FEW MONTHS, GARRY'S BEEN POWERING THROUGH SOME INTENSE TREATMENTS — BUT NEVER MISSED A BEAT — AND THE GOLDEN BEATS JUST KEPT GOING STRONG.

WE'VE BEEN WORKING AND PLAYING HARD, AND NOW IT'S TIME FOR GARRY'S DRUM BREAK.

OUR BREAK WILL BEGIN NOVEMBER 1. BUT DON'T WORRY — THE ROCKITEERS WILL BE BACK AS SOON AS WE CAN AND NO LATER THAN FEBRUARY 1, 2026, STRONGER, HEALTHIER, AND WITH THE SAME HIGH ENERGY AND GOOD VIBES YOU KNOW AND LOVE.

SO KEEP ROCKING! JOIN US AT 1:30PM ON OCTOBER 22ND AT THE GOLDEN BEATS SESSION TO SAY “SEE YOU SOON,” SEND GARRY YOUR HEALING VIBES, AND COME BACK READY TO DANCE WHEN WE RESTART.

TO OUR INCREDIBLE KILLARNEY COMMUNITY — THE STAFF, BOARD OF DIRECTORS, MUSIC LOVERS, DANCERS, AND EVERYONE WHO STOPS TO LISTEN AND GIVES US A THUMBS UP — THANK YOU.

YOU ALL ROCK!!



SENIORS RESOURCES

SETTLEMENT

Immigrant Services Society of BC	604-684-2561
MOSAIC	604-636-4712 604-254-9626 (Head Office)
S.U.C.C.E.S.S. (Multilingual)	604-684-1628
PICS (Progressive Intercultural Community Services) South Vancouver Branch	604-324-7733
VPL English Classes	https://tinyurl.com/mpcv48aw

TRANSPORTATION

South Vancouver - Better at Home Program	604-324-6212
BC Ferries	1-888-223-3779
ConnecTra Society	604-688-6464
HandyDART Information (Multilingual)	604-575-6600, option 1 (Trip Booking) 604-953-3680 (Transit Customer Care)
SPARC BC Parking Permit Program for people with disabilities (English, Cantonese, Mandarin, Hindi)	604-718-7744
Senior Bus Pass Program, Access Income and Disability Assistance Services (for low-income seniors)	1-866-866-0800
TransLink Route Information	604-953-3333



KILLARNEY SENIORS CENTRE INFORMATION

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

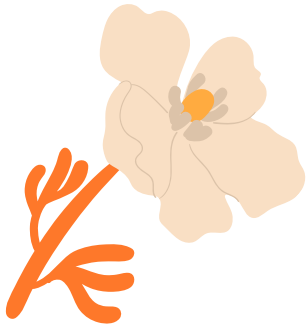


CONTACT US

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