

 PHONE

604-718-8201

 E-MAIL

killarneyseniorscentre@vancouver.ca

 WEBSITE

<http://www.killarneycentre.ca>

KILLARNEY SENIORS CENTRE

NOVEMBER 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

xʷməθkʷəy̓əm (Musqueam), Sḵw̓x̓wú7mesh (Squamish), and
səlilwətał (Tsleil-Waututh) nations.



EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

MONTH	REGISTRATION	MENU
NOVEMBER	OCTOBER 28	OCTOBER 24
DECEMBER	NOVEMBER 25	NOVEMBER 21
JANUARY	DECEMBER 12	DECEMBER 16

REGISTRATION DAYS:

ONLINE & IN-PERSON: 9:00AM

TELEPHONE: 12:00PM

DINE IN: 60 SPOTS HELD FOR ONLINE, 10 SPOTS HELD FOR IN PERSON/ BY TELEPHONE ON THE DAY OF REGISTRATION.

THE COST OF LUNCH IS \$8.80 + GST.

NOVEMBER 2025

十一月長者中心餐單。

EAT, CHAT, THRIVE LUNCH PROGRAM

MENU

SENIORS 55+

TAKE OUT 外賣	DINE IN 堂食			
10:45	11:30	MONDAY 星期一	3	TURKEY CUTLET WITH PERSIAN SPICES & TAHINI SAUCE , YAMS, VEGETABLES. 吉列火雞扒, 波斯式香料醬汁, 蕃薯, 菜。
10:45	11:30	TUESDAY 星期二	4	BRITISH PORK DINNER SAUSAGE (BANGERS) & MASH WITH ONION GRAVY, VEGETABLES. 英式豬肉晚餐香腸, 洋蔥醬汁, 薯蓉, 菜。
10:45	11:30	THURSDAY 星期四	6	SNAPPER WITH COCONUT MILK & THAI BASIL, RICE , VEGETABLES . 泰式香草椰汁焗魚柳, 飯, 菜。
10:45	11:30	FRIDAY 星期五	7	CHICKEN CORDON BLEU (STUFFED W HAM & CHEESE), POTATO, VEGETABLES. 火腿芝士釀雞胸肉, 薯仔, 菜。
10:45	11:30	MONDAY 星期一	10	PARMESAN CRUSTED SALMON, WARM ORZO SALAD, VEGETABLES. 巴馬臣芝士焗三文魚, 熱米粒狀意粉沙律, 菜。
10:45	11:30	TUESDAY 星期二	11	CLOSED FOR REMEMBRANCE DAY 和平紀念日休息。
10:45	11:30	THURSDAY 星期四	13	ASIAN-STYLE PORK CHOP WITH TOMATO & ONION SAUCE, RICE, VEGETABLES. 中式豬扒, 鮮茄洋蔥汁, 飯, 菜。
10:45	11:30	FRIDAY 星期五	14	SWEDISH MEATBALLS WITH RICH GRAVY, EGG NOODLES, VEGETABLES. 瑞典式醬汁肉丸, 蛋麵, 菜。
10:45	11:30	MONDAY 星期一	17	BEEF LIVER OR VEAL CUTLET, WITH GRAVY, BACON, & ONIONS, MIXED GRAINS & RICE, VEGETABLES. 烤焗牛肝或吉列牛仔肉, 醬汁, 煙肉, 洋蔥, 麥米飯, 菜。
10:45	11:30	TUESDAY 星期二	18	CHICKEN AND VEGETABLE POT PIE, SALAD. 烤焗雞肉雜菜派, 沙律。
10:45	11:30	THURSDAY 星期四	20	ASIAN STYLE PRAWNS WITH CREAM SAUCE, RICE, VEGETABLES. 中式白汁煎蝦, 飯, 菜。
10:45	11:30	FRIDAY 星期五	21	VIETNAMESE LEMONGRASS CHICKEN, RICE, VEGETABLES. 越式香茅燒雞, 飯, 菜。
10:45	11:30	MONDAY 星期一	24	BREADED SOLE WITH SWEET & SOUR PINEAPPLE SAUCE, RICE, VEGETABLES. 甜酸菠蘿汁吉列魚柳, 飯, 菜。
10:45	11:30	TUESDAY 星期二	25	KILLARNEY SIGNATURE MEATBALLS , SPAGHETTI WITH MARINARA SAUCE, SALAD, GARLIC BREAD. 中心招牌肉丸醬汁意粉, 沙律, 蒜蓉包。
10:45	11:30	THURSDAY 星期四	27	CHICKEN BREAST WITH HONEY ORANGE SAUCE, RICE, VEGETABLES. 香橙蜜汁煎雞胸, 飯, 菜。
10:45	11:30	FRIDAY 星期五	28	BILL'S HONEY BBQ PORK SPARERIBS, RICE, VEGETABLES. 中式蜜汁燒排骨, 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
- DROP INS CAN ACCESS SEATING ONCE THEY HAVE PURCHASED A TICKET.
- 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.

OCTOBER 28



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 & PROGRAM SPOTLIGHT

FALL 2025

FOOTCARE

Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment will be 30 minutes in length. Please no open wounds. Call the Community Centre at 604.718.8211 or view online at vanrec.ca for available appointments.

THURSDAYS, NOVEMBER 6 & 20.
TIMESLOTS RANGE FROM 9AM-2:10PM.
\$55.71/PER 30 MINUTE APPOINTMENT.



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
1/3 GYMNASIUM

ENTREPRENEURS & SMALL BUSINESS OWNERS TO START BUSINESS IN CANADA

During this workshop, an RBC Representative will discuss and provide the detail information about entrepreneurs and small business owners to start business in Canada

TUESDAY NOV 25, 1:00-2:00PM
FREE - PRE-REGISTRATION REQUIRED.
COURSE #579455
BOARD ROOM



WORKSHOP SPOTLIGHT

FALL 2025

STAYING CONNECTED (PREVENTING SOCIAL ISOLATION)

This interactive presentation with Seniors First BC introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

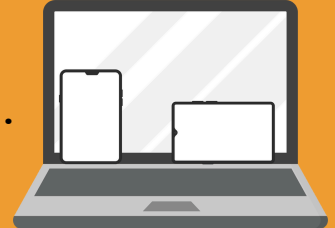


THURSDAY NOV 6, 1:00-2:15PM
FREE - PRE-REGISTRATION REQUIRED.
COURSE #574133
BOARD ROOM

TECHNOLOGY AND AGING

Learn how technology can help manage the demands of daily living, connect with family and friends and access assistance when needed.

TUESDAY NOV 18, 1:30-3:00PM
FREE - PRE-REGISTRATION REQUIRED.
COURSE #571068
BOARD ROOM



BC SRS ADVOCATE AGEISM PRESENTATION

The Killarney Seniors Council and the South Vancouver Seniors Hub Council invite you to attend a presentation delivered by Dan Levitt, the BC Seniors Advocate and focused on Ageism. The World Health Organization defines ageism as “...the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age.” Join us for a lively and interactive presentation as we learn more about the impact ageism can have on an older person’s self-worth, independence, safety, mental and physical health, social life and even financial well-being. Light refreshments will be provided.



WEDNESDAY DEC 3, 1:00-3:00PM
COURSE #574937
FREE - PRE-REGISTRATION REQUIRED.
SENIORS GRAND HALL



WORKSHOP SPOTLIGHT

FALL 2025

HOW TO REGISTER FOR KILLARNEY LUNCH PROGRAM (IN CANTONESE)

TUESDAY NOVEMBER 18, 1-2:30PM

SENIOR'S LOUNGE

PRE-REGISTRATION REQUIRED

COURSE #: 593106

FREE

INSTRUCTOR: JACKY

Join us as we show you how to quickly and easily sign up for the lunch program! We'll guide you step by step, answer questions, and make sure it's simple and stress-free. It's all about making sure you never miss a delicious meal with friends.

[This workshop will be led in Cantonese.](#)

Please bring your own device to use.

SENIORS SOCIAL PROGRAM SCHEDULE FALL 2025

FIRST AND THIRD WEDNESDAY FROM
10:30-11:30AM IN THE SENIORS LOUNGE

FREE!

OCT 15

BINGO

NOV 5

DROP-IN TECH SUPPORT

NOV 19

TRIVIA

DEC 3

BINGO

DEC 17

DROP-IN TECH SUPPORT

MOVIE MATINEE

THE FALL GUY



Wednesday

Nov 19

11:45 AM - 1:45 PM

SENIORS GRAND HALL

\$1.00

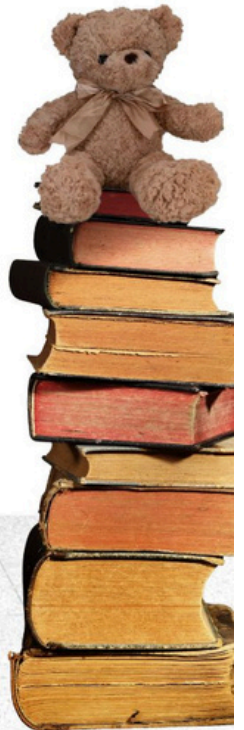
SPECIAL EVENTS

KILLARNEY



Indoor

FLEA Market!



- Items on sale can be used, but must be in good condition.
- The sale of any food items or commercial goods is strictly prohibited.
- Registration: in-person only
- Please note that the table fee is non-refundable and non-exchangeable.
- Vendors must complete a Vendor Agreement form at the time of registration.

CC Full Gym

Sa Nov 8 9:30 AM-1:30 PM

574434 \$25/table

ADMISSION TO THE
EVENT IS FREE!



SPECIAL EVENTS

HOLIDAY

Pup Photos with Santa Paws

You and your furry companions are invited to our third
Pet Photos with Santa Paws!

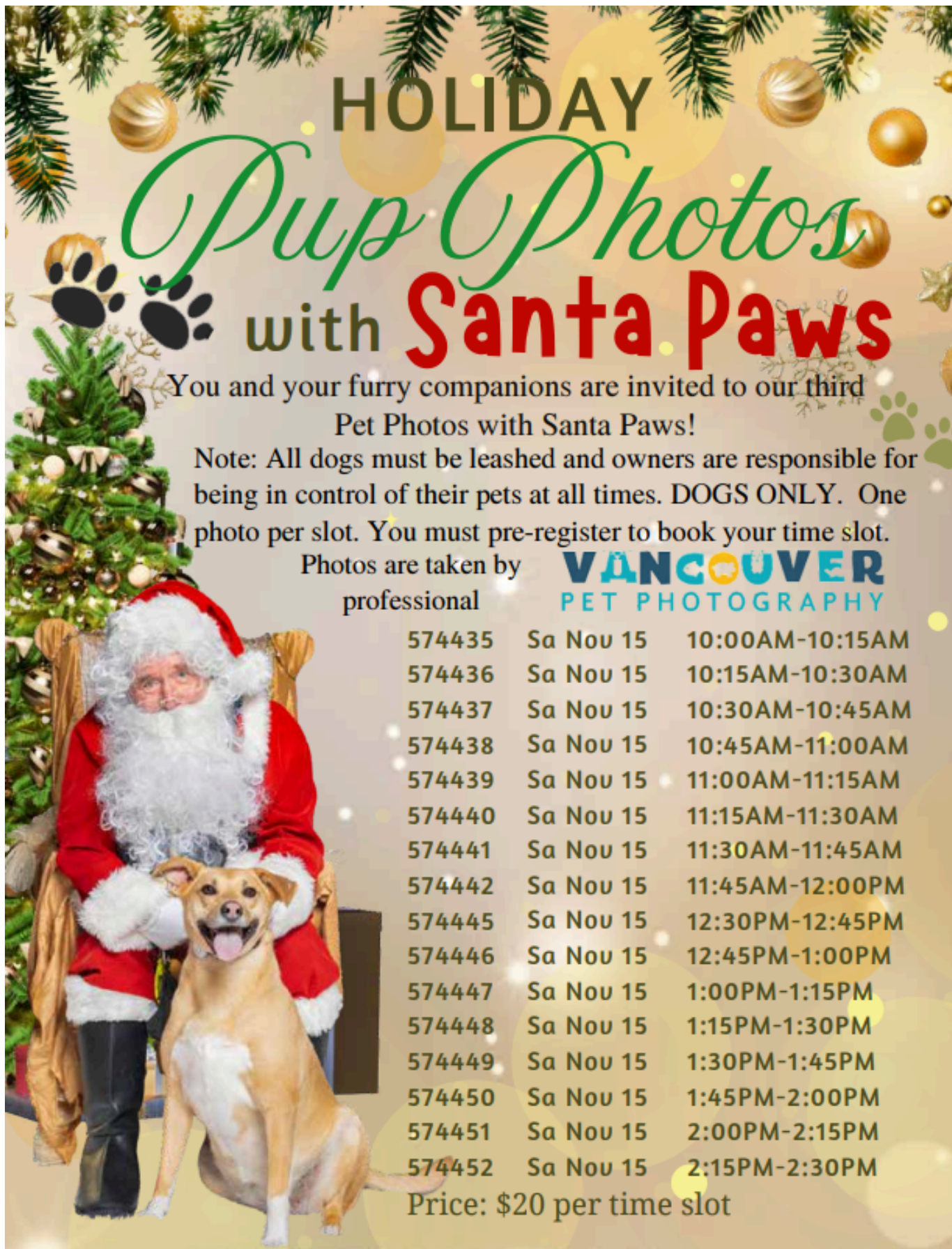
Note: All dogs must be leashed and owners are responsible for
being in control of their pets at all times. DOGS ONLY. One
photo per slot. You must pre-register to book your time slot.

Photos are taken by
professional

VANCOUVER
PET PHOTOGRAPHY

574435	Sa Nov 15	10:00AM-10:15AM
574436	Sa Nov 15	10:15AM-10:30AM
574437	Sa Nov 15	10:30AM-10:45AM
574438	Sa Nov 15	10:45AM-11:00AM
574439	Sa Nov 15	11:00AM-11:15AM
574440	Sa Nov 15	11:15AM-11:30AM
574441	Sa Nov 15	11:30AM-11:45AM
574442	Sa Nov 15	11:45AM-12:00PM
574445	Sa Nov 15	12:30PM-12:45PM
574446	Sa Nov 15	12:45PM-1:00PM
574447	Sa Nov 15	1:00PM-1:15PM
574448	Sa Nov 15	1:15PM-1:30PM
574449	Sa Nov 15	1:30PM-1:45PM
574450	Sa Nov 15	1:45PM-2:00PM
574451	Sa Nov 15	2:00PM-2:15PM
574452	Sa Nov 15	2:15PM-2:30PM

Price: \$20 per time slot



SPECIAL EVENTS

KILLARNEY COMMUNITY CENTRE

HOLIDAY CRAFT FAIR 2025

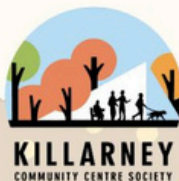
Looking for that perfect, thoughtful
★ gift – for someone special or even for
yourself? Find it at our Holiday Craft Fair –
where every item is handmade with heart!

Unique gifts, festive vibes, and
local artisans all in one place.
Don't miss it!

Lobby, Gymnasium & Seniors Grand Hall

Sa Nov 29 10:00 AM-4:00 PM

Price Free



SPECIAL EVENTS

Killarney Community Centre

Community Holiday Tree Lighting

As we get into the holiday spirit, we invite the community to join us for an evening of festive fun. Come help decorate our holiday tree, enjoy caroling, sip on hot chocolate, and treat yourself to goodies while making crafts and decorating gingerbread men with family and friends

Don't miss the highlight of the evening as we gather in the lobby for the countdown to watch the holiday tree lights sparkle to life.

Saturday, November 29

5:30PM - 7:30PM

CC Community Centre Lobby

Price: Free

#574453

6260 Killarney Street

Vancouver, BC V5S 2X7



www.killarneycentre.ca



SENIORS RESOURCES



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!



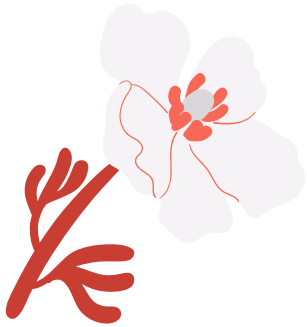
CONTACT US

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