



Phone 604-718-8201



E-mail [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca)



Website <http://www.killarneycentre.ca>

## KILLARNEY SENIORS CENTRE

# MARCH 2026

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

# EAT, CHAT, THRIVE

## LUNCH PROGRAM 55+

### REGISTRATION & MENU SCHEDULE

Month	Registration	Menu
March	February 24	February 20
April	March 24	March 20
May	April 21	April 17

#### 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.**

# MARCH 2026

## 三月長者中心餐單。

# EAT, CHAT, THRIVE

## LUNCH PROGRAM

Take Out 外賣  
Dine In 堂食

Menu

**SENIORS 55+**

10:45	11:30	Monday 星期一	2	Beef cabbage roll, pork kielbasa, perogies, vegetables. 碎牛肉椰菜卷, 豬肉香腸, 波蘭餃子, 菜。
10:45	11:30	Tuesday 星期二	3	Layered turkey & pesto lasagna, salad. 火雞肉香蒜青醬焗闊條意粉, 沙律。
10:45	11:30	Thursday 星期四	5	Red snapper with lemon and herbs, risotto, vegetables. 香草檸檬焗紅斑魚柳, 意大利燴飯, 菜。
10:45	11:30	Friday 星期五	6	Bill's BBQ honey pork spareribs, rice, vegetables. 中式蜜汁燒排骨, 飯, 菜。
10:45	11:30	Monday 星期一	9	Rosemary roast chicken, potato, vegetables. 香草焗雞, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	10	Ground beefsteak with red wine gravy, barley pilaf, vegetables. 紅酒醬汁煎漢堡扒, 意米飯, 菜。
10:45	11:30	Thursday 星期四	12	Grilled shrimp with spring salad & honey/dill dressing, garlic bread. 煎蝦, 蜜汁香草沙律, 蒜蓉包。
10:45	11:30	Friday 星期五	13	Vietnamese- style lemongrass pork chop, mild curried chow mein, vegetables. 越式香茅豬扒, 咖哩炒麵, 菜。
10:45	11:30	Monday 星期一	16	Turkey cutlet parmigiana, spaghetti & marinara sauce, Caesar salad. 焗烤帕馬森吉列火雞扒, 茄醬意粉, 凱撒沙律
10:45	11:30	Tuesday 星期二	17	Springtime beef stew with vegetables & baby potatoes, salad, crusty bread. 薯仔雜菜燉牛肉, 沙律, 脆皮面包。
10:45	11:30	Thursday 星期四	19	Japanese teriyaki chicken and onions, steamed bao buns, vegetables. 日式照燒雞鐵板燒, 蒸夾包, 菜。
10:45	11:30	Friday 星期五	20	Hakefish filet with mozzarella & mayonnaise sauce, potatoes, vegetables. 芝士蛋黃醬焗白魚魚柳, 薯仔, 菜。
10:45	11:30	Monday 星期一	23	Beef Liver or Turkey cutlet, gravy, bacon & onions, egg noodles, vegetables. 烤燉牛肝或吉列火雞扒, 醬汁, 煙肉, 洋蔥, 蛋麵, 菜。
10:45	11:30	Tuesday 星期二	24	Chicken enchiladas with tomatillo sauce, Mexican beans, salad. 墨西哥安吉拉雞肉捲餅, 茄醬, 墨西哥豆, 沙律。
10:45	11:30	Thursday 星期四	26	Curry (mild) beef brisket with Kabocha squash, rice, vegetables. 南瓜咖哩燉牛腩 (小辣) 飯, 菜。
10:45	11:30	Friday 星期五	27	Baked Pork Cutlet with pineapple, onion & sweet peppers sauce, rice, vegetables. 波蘿, 洋蔥, 甜椒汁焗吉列豬扒, 飯, 菜
10:45	11:30	Monday 星期一	30	Baked snapper with ginger, garlic & black bean sauce, coconut rice, vegetables. 薑, 蒜蓉鼓汁焗魚柳, 椰汁飯, 菜。
10:45	11:30	Tuesday 星期二	31	Roast chicken & Turkey pot pie, mixed greens. 雞肉和火雞肉雜菜派, 沙律

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.

February 24

By Phone

In Person

Online

**REGISTER NOW >**

604-718-8201

6260 Killarney Street,  
Vancouver, BC

<http://www.vanrec.ca>



All 10 visit lunch passes prior to March 2020 will be honoured.

# WORKSHOP & PROGRAM SPOTLIGHT WINTER 2026

## **WOMEN'S PERSONAL SAFETY TEAM WORKSHOP**

Since 2013, the VPD Women's Personal Safety Team—led by dedicated female officers—has empowered women through free workshops that teach easy-to-learn self-protection tactics.

Open to ages 16+ (parental waiver required for 16–18). Please arrive by 5:40pm to complete forms.

Thursday, Mar 5  
FREE, 6:00–8:00pm  
CC Full Gym  
Course # 593475

## **BEVERAGES AND YOUR HEALTH**

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, RD

Thursday, Mar 12  
FREE, 1:00–2:30pm  
CC Room 202  
Course #:585197

## **VISION HEALTH**

The structure of the eye is described and major diseases that may affect older adults are explained. Prevention and possible treatments are stressed.

Tuesday, Mar 24  
FREE, 1:30–3:00pm  
CC Room 202  
Course #: 586443

# WORKSHOP SPOTLIGHT

## WINTER 2026

### **GUITAR CIRCLE**

Grab your guitar and join Killarney's new guitar circle - a free drop in class for all ages to learn basic guitar techniques so that you can play any style of guitar (acoustic, electric, classical). The teacher, Charlie, is an Akha guitarist from Burma/Myanmar and speaks English, Thai, Burmese, and Akha. Everyone is welcome, guitars are not provided.

Saturday, Mar 28  
FREE, 2:30-3:45pm  
CC Room 203  
Course #593108

### **SCOOTER RODEO**

Join the fun at our Scooter Rodeo focused on Transportation, Mobility & Safety! Ride a thrilling obstacle course with traffic police, radar, and surprises, then explore safety workshops. Scooters provided— registration required to ride. Brought to you by Collingwood Community Policing.

Friday, Mar 6  
FREE, 12:00-2:00pm  
CC Full Gym  
Course #589444

# MOVIE MATINEE

Jurassic World: Rebirth



**WEDNESDAY, MARCH 18**

11:45 AM - 1:45 PM

Seniors Grand Hall

\$1.00



*Winter 2026*  
**SENIORS  
SOCIAL  
PROGRAM**



**JAN 21**

**BINGO**

**FEB 18**

**BINGO AND TRIVIA**

**FREE!**



**MAR 18**

**BINGO AND BOARD GAMES**



**THIRD WEDNESDAY EVERY MONTH  
FROM 10:30-12:00PM IN THE  
SENIORS LOUNGE**

# SENIORS RESOURCES

## Counselling and Support Services

Alzheimer Society of BC	604-681-6530 1-800-936-6033 (English) 1-833-674-5007 (Chinese) 1-833-674-5003 (Punjabi)
Seniors First BC (Seniors Abuse Info Line, Multilingual)	604-688-1927
Canadian Cancer Society	604-872-440
Canadian Diabetes Association	604-732-133
South Vancouver Family and Friend Caregiver Supports Program (English, Chinese and Punjabi)	604-324-6212
Grandparents Raising Grandchildren Support Line	604-558-4740
Family Respite Centre (For registration and assessment, please call the intake line at 604-263-7377)	604-327-952

# KILLARNEY SENIORS CENTRE INFORMATION

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

Email Us At [killarneyseniorscentre@vancouver.ca](mailto: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? Call Killarney Community Centre @ 604-718-8201

For additional information on Killarney Seniors Programs & Activities, visit our WEBSITE: <http://www.killarneycentre.ca> or [www.vanrec.ca](http://www.vanrec.ca)

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