



Phone 604-718-8201



E-mail killarneyseniorscentre@vancouver.ca



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

Killarney Seniors Centre

May 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

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), Skwxwú7mesh (Squamish), and səliłwətał (Tseil-Waututh) nations.



Eat, Chat, Thrive

Lunch Program 55+

Registration & Menu Schedule

Month	Registration	Menu
May	April 21	April 17
June	May 26	May 22
July	June 23	June 19

REGISTRATION DAYS:

Online & In-person: 9:00am

Telephone: 12:00pm

Dine in: 60 spots held for online, 10 spots held for in person/phone registration on the day of registration.

The cost of lunch is \$8.80 + GST.

May 2026

五月長者中心餐單。

Eat, Chat, Thrive Lunch Program Seniors 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Friday 星期五	1	Grilled shrimp w mixed greens, veggies & honey/dill dressing, garlic bread 煎蝦雜菜沙律, 香草蜜汁醬, 蒜蓉包。
10:45	11:30	Monday 星期一	4	Parmesan crusted salmon w leek sauce, mixed grains & rice, vegetables 巴馬臣芝士焗三文魚, 香蒜汁, 麥米飯, 菜。
10:45	11:30	Tuesday 星期二	5	Cuban beef picadillo w tomatoes, olives, raisins & spices, rice & beans, vegetables 古巴式鮮茄, 橄欖, 提子乾, 豆, 香料燉碎牛肉飯, 菜。
10:45	11:30	Thursday 星期四	7	Chicken breast w honey orange sauce, egg noodles, vegetables 香橙蜜汁煎雞胸, 蛋面, 菜。
10:45	11:30	Friday 星期五	8	Mother's Day - Bill's Chinese honey roasted spareribs, rice, vegetables 母親節- 中式蜜汁燒排骨, 飯, 菜。
10:45	11:30	Monday 星期一	11	Veal cutlet w mushroom gravy, baked potato, vegetables 吉列牛仔肉, 蘑菇醬汁, 焗薯仔, 菜。
10:45	11:30	Tuesday 星期二	12	Brunch - Egg benedict w ham (pork) & hollandaise, roast veggies, fruit, coffee cake 火腿班尼迪克蛋, 荷蘭醬, 烤雜菜, 鮮菓, 咖啡蛋糕。
10:45	11:30	Thursday 星期四	14	Baked snapper w ginger, garlic & black bean sauce, turmeric rice, vegetables 薑蒜鼓汁焗紅斑魚柳, 黃薑飯, 菜。
10:45	11:30	Friday 星期五	15	Vietnamese-style lemongrass chicken leg, curried chow mein, vegetables 越式香茅燒雞腿, 咖哩炒麵, 菜。
10:45	11:30	Monday 星期一	18	Closed for Victoria Day 維多利亞日休息。
10:45	11:30	Tuesday 星期二	19	Classic English fare - Banger (artisan pork dinner sausage) & mash (potato), gravy, mushy peas 英式焗香腸, 薯蓉, 醬汁, 豆蓉。
10:45	11:30	Thursday 星期四	21	Bacon wrapped chicken breast medallion, potato, vegetables 煎烤煙肉圓狀雞胸扒, 薯仔, 菜。
10:45	11:30	Friday 星期五	22	Breaded sole w sweet & sour pineapple sauce, rice, vegetables 菠蘿甜酸汁焗吉列魚柳, 飯, 菜。
10:45	11:30	Monday 星期一	25	Beef liver or veal cutlet w 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	26	Snapper w lemon & herbs, potato, vegetables 香草檸汁焗紅斑魚柳, 薯仔, 菜。
10:45	11:30	Thursday 星期四	28	Asian-style pork chop w fresh tomato & onions, rice, vegetables 中式豬扒, 鮮茄洋蔥汁, 飯, 菜。
10:45	11:30	Friday 星期五	29	Minced beef & onions with Korean bbq sauce, steamed bao buns, Asian salad 韓國式碎牛肉洋蔥鐵板燒, 蒸夾包, 中式沙律。



Please respect all staff when participating in the Lunch Program.
Disrespectful behaviour may result in loss of lunch program privileges.



Lunch Program 55+ Eat, Chat, Thrive

Monday - Tuesday - Thursday - Friday

Take Out (Max 40 Lunches)

- Pick up at 10:45am
- Max 2 orders per receipt per lunch
- Includes entrée, dessert, & juice box

Dine In (Max 70 Lunches)

- 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.
- Please do not reserve seats in the dining hall for others.

Drop In (20 Guaranteed, more may become available)

- 20 guaranteed first come first serve drop-in spots available after 11:45am.
- Please do not reserve spots in line for others.
- 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
- If you have already had a meal as a dine in/ take out/ or Drop in, we ask you to please wait until 12:15PM before inquiring for a second meal.

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 only available until 5:00pm on the day before the scheduled lunch.

April 21

REGISTER NOW >



By Phone

(begins at 12pm)

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.



Workshop Spotlight

May 2026

65+ Frauds and Scams

How fraudsters manage to rob people of their money and possessions is the workshop's focus. Seniors are frequent victims and being aware of the tricks used and how to protect themselves is critical.

Tuesday, May 12
FREE, 1:30-3:00pm
CC Room 202
Course # 603822

65+ Exercise and Arthritis

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Thursday, May 7
FREE, 1:00-3:00pm
CC Room 203
Course #:608730

65+ Nutrition and Arthritis

Learn about the foods that can help manage your arthritis. An evidence based session that explores your food choices.

Thursday, May 28
FREE, 1:00-3:00pm
CC Room 203
Course #:608736

Program Spotlight

Spring 2026

Foot Care

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.

Th Apr 23 9:00AM-2:10PM

May 7 9:00AM-2:10PM

May 28 9:00AM-2:10PM

Jun 11 9:00AM-2:10PM

Seniors MPR 260

\$55.71/1 classes

Stories of a Lifetime

Seniors are invited to join local artist Lisa G to meet, share life experiences and develop stories to share. Participation is open to all abilities and experience. Sessions are held in Cantonese and English. 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
Cantonese translation is available in this program.

CC Room 211

Th Apr 2-Jun 25

FREE, 9:30AM-11:00AM

Course #: 600253

Stories of a Lifetime

The participants from the Stories of a Lifetime group will be showcasing their projects in the Seniors Lounge on Wednesday, April 29th from 1-2:30PM.

If you have been thinking of joining this program, please come check out what they have been working on.



Come and join us for an afternoon of stories!

FREE!

Tea and cookies !



Stories of a Lifetime

Killarney Community Center
Seniors Lounge (upstairs)

Wednesday, April 29, 2026
1-2:30pm

Movie Matinee

Wicked: For Good



Wednesday, May 6

11:45 AM - 1:45 PM

Seniors Grand Hall

\$1.00



SENIORS GETTING CRAFTY

EVERY 2ND AND
4TH WEDNESDAY

10AM-12PM
SENIORS
LOUNGE

Join us to make special projects:

April 8th - Hummingbird Swing

April 22nd - Meetup

May 13th - Beginners crochet coaster

May 20th - Meetup

June 10th - Birthday Crowns

June 24th - Meetup

All levels welcome!

WE ARE ACCEPTING DOANTIONS OF
ANY CRAFT SUPPLIES YOU HAVE!



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





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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
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 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