



Phone 604-718-8201



E-mail killarneyseniorscentre@vancouver.ca



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

KILLARNEY SENIORS CENTRE

**SEPTEMBER
2026**

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

We want to hear from you!

Reach out to us if you have any questions or ideas for the E-newsletter. killarneyseniorscentre@vancouver.ca



EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

Month	Menu	Registration
September	Aug 21	Aug 25
October	Sep 18	Sep 22
November	October 23	October 27

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 \$9.05 + GST
STARTING SEP 1 2026**

SEPTEMBER 2026

EAT, CHAT, THRIVE LUNCH

老人中心九月膳食計劃

PROGRAM SENIORS 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Tuesday 星期二	1	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Thursday 星期四	3	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Friday 星期五	4	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Monday 星期一	7	CLOSED FOR MAINTENANCE SHUTDOWN SEPTEMBER 1ST – SEPTEMBER 7TH 中心維修及假期休息。
10:45	11:30	Tuesday 星期二	8	Garlic shrimp, Greek salad, pita bread w yoghurt sauce 蒜蓉煎蝦，希臘沙律，阿拉伯式薄麵包（皮塔餅）乳酪醬。
10:45	11:30	Thursday 星期四	10	Bacon wrapped chicken medallion, potato, vegetables 香煎煙肉卷包圓形雞扒，薯仔，菜。
10:45	11:30	Friday 星期五	11	Breaded sole w creamed corn sauce, rice, vegetables 煎焗忌廉玉米汁吉列魚柳，飯，菜。
10:45	11:30	Monday 星期一	14	Seafood & summer vegetable quiche, salad 海鮮雜菜乳蛋派，沙律。
10:45	11:30	Tuesday 星期二	15	Chicken w lemon & herbs, pasta salad, vegetables 香草檸檬焗雞，意粉沙律，菜
10:45	11:30	Thursday 星期四	17	Minced meat (beef & pork) & onions with Korean bbq sauce, steamed bao buns, Asian salad. 免治牛肉豬肉洋蔥韓式鐵板燒，蒸夾包，中式沙律。
10:45	11:30	Friday 星期五	18	Turkey cutlet w mushroom gravy, potatoes, vegetables 吉列火雞扒，蘑菇汁，薯仔，菜。
10:45	11:30	Monday 星期一	21	Snapper w crispy almond & panko crust, potato, vegetables 杏仁脆粉焗紅斑魚柳，薯仔，菜。
10:45	11:30	Tuesday 星期二	22	Warm meatball sub (beef & pork) w marinara sauce & cheese on a soft bun, potato chips, salad. 茄醬汁肉丸（碎牛肉豬肉）芝士夾麵包，薯片，沙律。
10:45	11:30	Thursday 星期四	24	Asian-style pork chop w fresh tomato & onion sauce, rice, vegetables 中式鮮茄洋蔥汁豬扒，飯，菜。
10:45	11:30	Friday 星期五	25	Moon Festival – Chinese-style bbq chicken, egg noodles w sesame dressing, vegetables. 中秋節：中式燒雞腿，芝麻醬撈蛋麵，菜。
10:45	11:30	Monday 星期一	28	Beef liver or turkey cutlet w gravy, onions & bacon, barley pilaf, vegetables. 煎焗牛肝或者吉列火雞扒，洋蔥醬汁，煙肉，薏米飯，菜。
10:45	11:30	Tuesday 星期二	29	Parmesan crusted salmon w leek sauce, potato, vegetables. 巴馬臣芝士焗三文魚，醬汁，薯仔，菜。

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 NEW STARTING JULY 2026 (MAX 90 LUNCHES)

- Payment taken as early as 11:15am
- Serving lunch will begin at 11:30am
- **Max 90 lunches (as of July 2026)**
- 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.
- There is a seat for each person who is reserved.

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
- **New July 2026 – Drop Ins must use seating in the Seniors Lounge**
- 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 = \$90.50 + GST | 1 lunch = \$9.05 + 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.

Aug 25

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.



Lunch Changes Beginning July 2026

午餐變化開始 2026年7月

40 SPOTS WILL REMAIN FOR REGISTERED TAKE OUT.

40 個位會保留畀登記外賣。

WE WILL BE INCREASING REGISTRATION FOR DINE-IN FROM 70 TO 90 SPOTS

我哋會將堂食嘅登記人數由70個增加到90個位

15 OF THOSE SPOTS WILL BE RESERVED FOR IN-PERSON REGISTRATION STARTING AT 9AM ON THE DAY OF REGISTRATION OR OVER THE PHONE STARTING AT 12PM ON THE DAY OF REGISTRATION.

其中 15 個名額將會預留畀報名當日上午 9 點開始親身報名，或者報名當日下午 12 點開始透過電話報名。

DROP-INS WILL BE LIMITED TO 20 SPOTS

入場名額將限於 20 個名額

DROP-INS ARE KINDLY ASKED TO USE THE RESERVED SEATING IN THE SENIORS LOUNGE TO EAT THEIR LUNCH. THERE WILL NOT BE SPACE IN THE GRAND HALL FOR DROP-INS.

請客人使用長者休息室嘅預留座位食午餐。大堂唔會有空間畀人落客。

IF THERE ARE MORE LUNCHESES AVAILABLE, WE WILL MAKE AN ANNOUNCEMENT AT 12:15 AND THEY WILL BE AVAILABLE AS TAKE OUTS

如果有更多午餐供應，我哋會喺12:15公佈，而佢哋會喺外賣時供應

PLEASE NOTE, WE ARE PLANNING TO ADJUST HOW THE SEATING IS SET UP IN THE GRAND HALL. PLEASE BE PATIENT AS WE TRIAL NEW SET UPS.

請注意，我哋計劃調整大堂嘅座位設置方式。我哋試用新嘅設施嗰陣，請耐心等待

WORKSHOP SPOTLIGHT

SEPTEMBER 2026

MINDFUL EATING 2 PART SERIES

Learn how your behaviours, thoughts and emotions affect your eating. Learn how to improve your relationship with food. This is an interactive class with discussion. This group will meet twice as a two part series.

Tuesday, Sept 15&22
FREE, 10:30am-12:30pm
CC Room 202
Course # 629649

AGING IN PLACE

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident that will be able to do so. This workshop outlines the advantages as well as the challenge of aging in place. Nine aspects of daily living are considered to help participants evaluate how prepared they are to age in place.

Tuesday Sep 15
FREE, 1:30PM-3:00PM
CC Room 202
Course# 623721

SENIORS RESOURCES

Support Services

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
South Vancouver - Information and Referral Services For Older Adults	604-324-6212
BC 211 (information about health & human services, Multilingual)	211
City of Vancouver Leisure Access Program (English, Cantonese, Mandarin, Punjabi, Vietnamese, Spanish)	3-1-1
BC Hydro	1-800-224-9376
South Vancouver - Better at Home Program (Transportation, Light Yard Work, Grocery Shopping, Frozen Meals, Light Housekeeping (waitlist capped), Friendly Visiting (Walking, Companions & Social Calls) Light Home Maintenance	604 324 6212

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

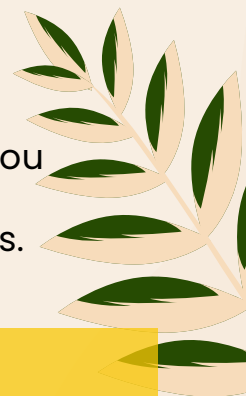
KILLARNEY SENIORS CENTRE INFORMATION

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
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