



Phone

604-718-8201



E-mail

killarneyseniorscentre@vancouver.ca



Website

<http://www.killarneycentre.ca>

KILLARNEY SENIORS CENTRE

**OCTOBER
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 (Tsleil-Waututh) nations.

We want to hear from you!

**Reach out to us if you have any questions or ideas
for the E-newsletter.**

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EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

Month	Menu	Registration
October	Sep 18	Sep 22
November	Oct 23	Oct 27
December	Nov 20	Nov 24

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.

New!

The cost of lunch is \$9.05 + GST

OCTOBER 2026

長者中心十月餐單

EAT, CHAT, THRIVE LUNCH PROGRAM 55+

Take Out 外賣
Dine In 堂食

10:45	11:30	Thursday 星期四	1	Grilled shrimp, chow mien noodles, Asian salad. 煎蝦, 炒麵, 中式沙律。
10:45	11:30	Friday 星期五	2	Turkey cutlet w mild curry sauce, rice, vegetables. 咖喱汁吉列火雞扒 (小辣), 飯, 菜。
10:45	11:30	Monday 星期一	5	Breaded chicken breast stuffed w broccoli & cheese, potato, vegetables. 百加利芝士釀雞胸, 薯仔, 菜。
10:45	11:30	Tuesday 星期二	6	Housemade beefsteak w red wine gravy, barley pilaf, vegetables. 自制漢堡扒, 紅酒醬汁, 薏米飯, 菜。
10:45	11:30	Thursday 星期四	8	Baked hakefish w mayo & cheese sauce, potatoes, vegetables. 蛋黃芝士醬焗白魚柳, 薯仔, 菜。
10:45	11:30	Friday 星期五	9	Thai bang bang chicken, egg noodles, vegetables. 泰式棒棒醬焗雞胸, 蛋麵, 菜。
10:45	11:30	Monday 星期一	12	CLOSED FOR THANKSGIVING. 感恩節休息。
10:45	11:30	Tuesday 星期二	13	Roasted ham & autumn vegetable quiche, salad. 火腿雜菜乳蛋派, 沙律。
10:45	11:30	Thursday 星期四	15	Snapper w ginger & garlic sauce, rice, vegetables. 蒜蓉薑汁焗紅斑魚柳, 飯, 菜。
10:45	11:30	Friday 星期五	16	Pork cutlet w pineapple sweet & sour sauce, rice, vegetables. 吉列豬扒, 甜酸菠蘿汁, 飯, 菜。
10:45	11:30	Monday 星期一	19	Beef cabbage roll, pork kielbasa, perogies, vegetables. 碎牛肉椰菜卷, 波蘭豬肉腸, 餃子, 菜。
10:45	11:30	Tuesday 星期二	20	Beef liver or turkey cutlet w gravy, bacon & onions, egg noodles, vegetables. 烤焗牛肝或吉列火雞扒, 醬汁, 煙肉, 洋蔥, 蛋麵, 菜。
10:45	11:30	Thursday 星期四	22	Bill's honey char-siu (bbq pork), steamed bao buns, salad. 蜜汁叉燒, 蒸夾包, 沙律。
10:45	11:30	Friday 星期五	23	Veal cutlet w mushroom sauce, mixed rice & grains, vegetables. 吉列牛仔肉, 蘑菇汁, 麥米飯, 菜。
10:45	11:30	Monday 星期一	26	Parmesan crusted salmon, Italian risotto, vegetables. 焗巴馬臣芝士三文魚, 意大利燴飯, 菜。
10:45	11:30	Tuesday 星期二	27	Killarney's signature meatballs (beef & pork), spaghetti & marinara sauce, salad, garlic bread. 中心招牌肉丸 (碎牛肉和碎豬肉) 茄醬汁燴意粉, 沙律, 蒜蓉包。
10:45	11:30	Thursday 星期四	29	Vietnamese-style lemongrass chicken, egg noodles w sesame dressing, Asian salad. 越式香茅雞腿, 芝麻醬撈蛋麵, 中式沙律。
10:45	11:30	Friday 星期五	30	Breaded sole w creamed corn sauce, rice, vegetables. 玉米忌廉汁焗吉列魚柳, 飯, 菜。

EAT, CHAT, THRIVE

LUNCH PROGRAM 55+

MONDAY – TUESDAY – THURSDAY – FRIDAY

TAKE OUT (Max 40 Lunches)

- Pick up at 10:45am.
- Max 2 orders per customer.
- Includes entrée, dessert, & juice.

**Pre-registration
required**

DINE IN (Max 90 Lunches)

New!

- Payment taken as early as 11:15am.
- Serving lunch will begin at 11:30am.
- 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.

**Pre-registration
required**

DROP IN (20 Guaranteed)

- 20 first-come, first-served spots are available after 11:45am.
- Payment will be taken after 11:45am.
- Please DO NOT reserve spots in line for others.
- **New!** 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 available for purchase.
- If you have already purchased a meal, 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 available until 5:00pm on the day before the scheduled lunch. Requests made after the deadline will not be eligible for refund.

September 22

REGISTER NOW >

BY PHONE

604-718-8201
(begins at 12pm)

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

2026年7月起午餐安排調整

40 spots will remain for registered take-out.

40 個名額將保留予已登記的外賣午餐。

We will be increasing registration for dine-in from 70 to 90 spots.

堂食登記名額將由 70 個增加至 90 個。

15 of those spots will be reserved for in-person registration starting at 9 am on the day of registration or over the phone starting at 12 pm on the day of registration.

其中 15 個名額將預留作親身及電話登記。登記當日上午 9 時起接受親身登記；中午 12 時起接受電話登記。

Drop-ins will be limited to 20 spots.

即場購買名額將限於 20 個。

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.

即場購買人士如需堂食，敬請使用二樓長者休息室的預留座位。大堂不設即場購買堂食座位。

If there are more lunches available, we will make an announcement at 12:15 pm and they will be available as take-outs. 如有額外午餐供應，我們將於中午 12 時 15 分作出公告，剩餘午餐將以外賣形式出售。

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：我們計劃調整大堂的座位安排。試行期間，敬請大家耐心配合。

WORKSHOP SPOTLIGHT

OCTOBER 2026

Exercise & Arthritis (#629660)

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.

- Wednesday, Oct 28
- 10:00AM-12:00PM
- CC Room 202

Life without Driving (#623722)

The decision to no longer drive has a profound impact on many seniors. This workshop explores warning signs of the need to consider other ways of getting around, encourages planning and outlines alternatives to driving.

- Tuesday, Oct 13
- 1:30PM-3:00PM
- CC Room 202

Golden Beats (#629639)

Led by the RockiTeers, Killarney's talented volunteer band, this popular program brings the community together through rock 'n' roll, pop, Chinese tunes and classic dance favourites. With music inspired by requests from their dedicated Killarney fans, there's always something to enjoy!

- Wednesday, Oct 14 & 28, Nov 25, Dec 9 & 23
- 1:30PM-3:00PM
- Seniors MPR 151/152

Stories of a Lifetime (#635926)

Seniors are invited to join artist Lisa G to meet, share life experiences and develop their stories to share through multi-media art.

- Thursday, Oct 1-Dec 17
- 9:30AM-11:30PM

SENIOR'S SPECIAL EVENT OCTOBER 2026

Thrive After 55 Health & Wellness Expo



Discover helpful resources and connect with local organizations dedicated to supporting seniors in living active, healthy, and safe lives.

Explore booths featuring wellness services, safety information, and programs designed to help you thrive after 55.

Killarney Community Centre Gymnasium

6260 Killarney Street, Vancouver

Wednesday, October 14th 2026

10:00AM - 1:00PM

FREE



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.



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

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-	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