Phone 604-718-8201

E-mail killarneyseniorscentre@vancouver.ca

Website http://www.killarneycentre.ca

KILLARNEY SENIORS CENTRE

November 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), Sḵwx̱wú7mesh (Squamish), and səlilwətaɬ (Tsleil-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

KILLARNEY COMMUNITY CENTRE SOCIETY

VANCOUVER BOARD OF PARKS AND RECREATION

EAT, CHAT, THRIVE
LUNCH PROGRAM 55+

REGISTRATION & MENU SCHEDULE

Month	Menu	Registration
November	Oct 23	Oct 27
December	Nov 20	Nov 24
January	Dec 18	Dec 22

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**

NOVEMBER 2026
長者中心十一月餐單

EAT, CHAT, THRIVE
LUNCH PROGRAM 55+

Take Out 外賣	Dine In 堂食			
10:45	11:30	Monday 星期一	2	Breaded chicken breast stuffed w broccoli & cheese, potato, vegetables 百加利芝士釀雞胸肉，薯仔，菜。
10:45	11:30	Tuesday 星期二	3	Breaded pork cutlet w housemade cran-applesauce & gravy, mixed rice & grains, vegetables 吉列豬扒，自制紅梅蘋果醬汁，麥米飯，菜。
10:45	11:30	Thursday 星期四	5	Baked coho salmon filet, warm rice salad, winter greens salad 烤焗新鮮三文魚柳，暖飯沙律，冬季沙律。
10:45	11:30	Friday 星期五	6	Thai-style bbq chicken w sweet & savoury kai yang sauce, egg noodles w sesame dressing, fruit salad 泰式香茅香料烤雞腿，芝麻醬撈麵 ，雜果沙律。
10:45	11:30	Monday 星期一	9	Bacon, basil pesto & roasted vegetable quiche, salad 煙肉，香草果青醬焗乳蛋派，沙律。
10:45	11:30	Tuesday 星期二	10	Housemade beefsteak w mushroom sauce, egg noodles, vegetables 自制碎牛肉漢堡扒，蘑菇醬汁，蛋麵，菜。
10:45	11:30	Thursday 星期四	12	Vietnamese-style lemongrass pork chop w green onion sauce, rice, vegetables 越式香茅豬扒，青葱醬，飯，菜。
10:45	11:30	Friday 星期五	13	Breaded sole w herbed cream sauce, potato, vegetables 香草白汁吉列魚柳，薯仔，菜。
10:45	11:30	Monday 星期一	16	Turkey cutlet Parmigiana, spaghetti w marinara sauce, salad 茄醬汁吉列火雞扒，意粉，沙律。
10:45	11:30	Tuesday 星期二	17	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	Thursday 星期四	19	Baked hakefish filet w ginger, garlic & black bean sauce, rice, vegetables 薑，蒜蓉，豆鼓焗白魚魚柳，飯，菜。
10:45	11:30	Friday 星期五	20	Breaded pork cutlet w pineapple sweet & sour sauce, chow mein noodles, vegetables 吉列豬扒，菠蘿甜酸汁，炒麵，菜。
10:45	11:30	Monday 星期一	23	Beef liver or veal cutlet w gravy, bacon & onions, potato, vegetables 烤焗牛肝或吉列牛仔肉，醬汁，煙肉，洋蔥，薯仔，菜。
10:45	11:30	Tuesday 星期二	24	Prawns w savoury Creole sauce, green rice, vegetables 茄醬汁炆蝦，波菜飯，菜。
10:45	11:30	Thursday 星期四	26	Asian-style chicken breast with honey orange sauce, egg noodles, vegetables 中式香橙密汁煎雞胸 ，蛋麵，菜。
10:45	11:30	Friday 星期五	27	Veal cutlet w onion gravy, baked potato & fixings, vegetables 吉列牛仔肉，洋蔥醬汁，焗大薯仔加餡料，菜。
10:45	11:30	Monday 星期一	30	Breaded sole w leek sauce, mixed rice & grains, vegetables 吉列魚柳，大蒜醬汁，麥米飯，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!

Pre-registration required

- 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.

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.

October 27

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 NOVEMBER 2026

65+ Tax Planning for Assisted Living & Long-Term Care Option (#630137)

Learn how to navigate health care and senior benefits, understand available care options, prepare required paperwork, and plan ahead for transitions in care—from aging at home to long-term care.

Monday, Nov 9

9:30AM-11:00AM **Seniors MPR 151/152**

Social Connectedness (#623723)

Loneliness and isolation can affect your health. This workshop examines the social determinates of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

Tuesday, Nov 10

1:30PM-3:00PM **CC Room 202**

Supplements and Arthritis (#629655)

This class focuses on vitamins, minerals, herbs, probiotics, prebiotics, and natural supplements for arthritis. Learn about the safety, quality and dosages of supplements, how they interact with medications and side effects.

Wednesday, Nov 18

1:00PM-2:30PM **Seniors MPR 151/152**

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 28, Nov 25, Dec 9 & 23

1:30PM-3:00PM **Seniors MPR 151/152**

SENIOR'S SPECIAL EVENT NOVEMBER 2026

Killarney Community Centre

Flea Market

Saturday, November 7

Indoor



Mark Your Calendar!
Join us for a fun-filled day of treasure hunting! Discover unique finds, uncover hidden gems, and enjoy a day of shopping for everyone.

FREE ADMISSION





Killarney Community Centre Gymnasium
9:30AM - 1:30PM

Stories of a Lifetime

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

Thursdays | Oct 1 - Dec 17 | 9:30AM to 11:30AM | #635926 | FREE



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 604-263-7377)	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 at 604-718-8201
For additional information on Killarney Seniors Programs & Activities, Visit our website:
http://www.killarneycentre.ca or www.vanrec.ca